



Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

JANUARY 2020

SCHOLL CANYON STAFF

Managers..... WILLIAM & RENEE RAUSCHER

Assistant ManagersCLIFFORD & JANET
HANNEMANN

Executive Chef ...ALESSANDRA "ALEX" MCBRIDE

Sous Chef ANTONIO "TONY" JIMENEZ

Activity CoordinatorMARYBETH
MALONEY THICKE

MaintenancePAUL GONZALES

Bus DriverJUAN PARRA

CLASSY LADIES AND GENTS SALON

Mary Ellen, Owner

Tuesday-Friday, by appointment only

Hair, Nails, Facials

First Floor, Scholl Canyon Estates

818-551-1949



HAWTHORN
SENIOR LIVING

Hawthorn Adventure: Africa Expedition 2020

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 Thursday, January 16th and runs through February 8th.

In the next three weeks, we will explore the sights of Chefchaouen, a scenic dinner cruise on the Nile, create a thrilling ascent of one of Africa's highest peaks, Kilimanjaro, then head to a tropical island to discover unique cultures snorkel among rich sea life and relax on the tranquil beach in Zanzibar.

For our new residents, let us explain this fun adventure that takes place every January. After the holidays, there is often a lull we experience ... almost a let-down feeling from the hectic holiday season. Hawthorn Retirement wants to shake up our activity program for a few weeks and add some spice into your life. We will have increased exercise, games, and fun activities that will give you plenty of opportunities to explore a part of the world that we might not have visited in your lifetime or know very much about. We will take a trip to the Africa continent and learn about the culture and history of three amazing countries. Come take a "virtual escape" this winter as we tour through the countries, enjoying a sampling of music, cuisine and historical cities and monuments. This "trip" will offer you physical, mental, social and entertaining challenges to keep you moving and engaged. So hop in the Jeep and come along for the ride. Join us at the Kick-Off Party on January 16th at 3:15 p.m. to see, hear, and taste what our "trip" to Africa is all about.



..... New Year's Traditions Around the World

New Year's Eve and New's Years Day traditions are important and meaningful to many people around the globe. Here in America, people will travel to big cities for fancy parties, gather with friends while watching TV as the ball drops in New York City and celebrate with champagne. There are many traditions in our country and the world that people love to engage in. Here are a few.

A New Year's Kiss: Counting down the seconds to midnight on New Year's Eve, many take part in the tradition of kissing someone at the stroke of midnight. This fun tradition comes from the tradition that this kiss will prevent loneliness and ward off evil spirits in the coming year.

Champagne: Popping the cork and toasting to a New Year with a glass of fine champagne is a long tradition on New Year's Eve. Champagne has an interesting history that dates back to the 16th century as European aristocrats drank the festive bubbly at their royal parties. When New Year's Eve changed from a religious holiday to a secular one after the French Revolution, people started to celebrate with the lavish and expensive carbonated wine known as "champagne." As the tradition continued and became more and more popular, winemaker Dom Perignon developed safety features for the bottle. Heavier glass was used to stop the explosions of the bubbly alcohol and a wire was added to the cork to keep it in place. So, pop open some bubbly this year whether it's champagne or sparkling apple cider and share a glass with friends.

Auld Lang Syne: It is a tradition to sing this song on New Year's Eve at the stroke of midnight. This Scottish song was published by a poet by the name of Robert Burns in 1796. Canadian-born bandleader Guy Lombardo made the song famous here in America while playing it with his band each year during a New Year's celebration at the Roosevelt Grill in New York City and then at the Waldorf Astoria.

Dropping the Ball: The ball drop is a prominent part of the New Year's Eve celebration in Times Square. The ball drops down from a specially designed flagpole at 11:59 p.m. eastern time ... stopping at the bottom exactly at midnight as the crowds cheer and count down the seconds to the New Year. This tradition of celebrating in Times Square started in 1904. A huge party was held to commemorate the opening of The New York Times. However the ball wasn't dropped until three years later in 1907 when The Times owner decided to keep the party going by dropping a 700 pound ball made of iron and steel

from the newspaper building. Thankfully the tradition stuck and the famous New Year's Eve Time Square ball drop is now seen by over a billion people around the world. The ball has dropped every year since 1907 except for 1942 and 1943 during World War II. Those years, people had a moment of silence at midnight while bells chimed.

Fireworks and making noise has been a fun and celebratory tradition all over the world as we ring in the New Year. Noise makers, cheers and banging pots and pans are all ways Americans ring in the New Year. Noise making is fun for some, yet annoying for others. It comes from an ancient belief that making a lot of noise will drive away evil spirits.

Food Traditions: People all over the world follow certain food traditions that they believe will bring luck in the New Year. Germans eat pork and sauerkraut for good luck. In Spain and parts of Mexico, people eat 12 grapes at the stroke of midnight. Sweden and Norway, they eat rice pudding with almonds hidden inside. They believe that the person that finds a nut will have good fortune all year long. In America, people in the south eat black-eyed peas and collard greens. In France, they ring in the New Year with a feast known as le reveillon de la Saint-Sylvestre. The meal is full of decadent foods such as foie gras, oysters, lobster and escargot. Italians believe that eating lentils will bring good fortune in the New Year due to their coin-like shape. They pair the lentils with a pork dish of Cotechino, a spicy sausage, or Zampone, a de-boned pig trotter. Both dishes represents the plenitude of the land. In Japan, they feast on soba noodle and in the Philippines, they have round shapes all around! They dine on round fruits, symbolizing coins that represent a prosperity in the new year. Many people wear polka dots for good luck.

We would love for you to share some of your favorite New Year's memories and traditions with us. Marybeth will be collecting your celebration highlights during the week of December 26th and will present them at our party on December 31st. Please join us for our own New Year's Eve celebration with an elegant dinner and entertainment provided by one of our favorite entertainers, Michael Quest on December 31st starting at 5:30 p.m. Please invite your family and friends.

Whatever your tradition is for ringing in the New Year, your Scholl Canyon family wishes you a happy and healthy 2020 filled with love and happiness.



Homemade Soup for the Hearty Winter Season

Here at Scholl, we are lucky enough to enjoy wonderful soups all year round. Chef Alex and her team do a fabulous job of making our soups not only hearty and tasty but healthy as well.

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.

Join Marybeth and Chef Alex on Thursday, January 9th during Cooking Corner at 3 p.m. as we share our favorite Italian Soup recipe.

Carl’s Corner (Words, Trivia, Humor)

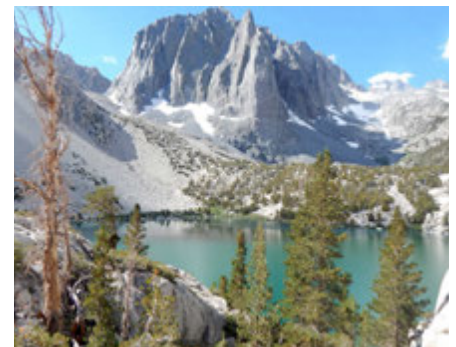
- “You have your name tag on upside down.”
“I know. That’s in case I need to read it.”
- Forget health food. At my age, I need all the preservatives I can get.
- I had amnesia once. Or maybe it was twice.
- All I ask is a chance to prove that money can’t make me happy.
- My memory’s not as sharp as it used to be. Also, my memory’s not as sharp as it used to be.
- Two old gents left at the dining table:
1st man: What’s the name of that restaurant you and your wife discovered last week?
2nd man: Uhhh ... lemme think. Uh, what’s the name of that flower ... we give it at Halloween, no, I mean Valentine’s Day? You know, the one with the thorns.
1st man: A rose
2nd man: Yeah that’s it. (Yells toward the kitchen.) Hey Rose! What’s the name of that restaurant we discovered last week?
- I asked this old guy how his first aerobics class went. He said, “For an hour I bent, twisted, gyrated, jumped up and down, and perspired like crazy. And that was just getting my leotard on!”

Adventures With Doug: Big Pine Lake

Adventure to Big Pine Lake
Tuesday, January 7th
3:30 p.m.
Activity Room

How lucky we are to have the High Sierra in California. Often called the Range of Life, the Sierra Range stretches 400 miles that is saturated with an array of wonder. Wildlife, peaks, valleys and lakes. The western side is known for its flora and trees, whereas the eastern side is famous for its rise from the desert.

Join us for a slide show adventure full of fun stories and giant vistas, as we venture into a particularly spectacular area of the eastern side, where we’ll walk along the magnificent lakes and giant walls and see if we can spot some elusive wildlife.



Big pines

JANUARY
2020

Birthdays

Anita Mackey, 1st
Edward Voralik, 1st
Frank Hagan, 5th
Jan Windels, 8th
Elsie Robinson, 10th
Nena Turnia, 14th
Charlene Nappo, 20th
Marjorie Maron, 20th

Transportation

Monday, 9:30 a.m.
1st, 3rd and 5th —
Ralph's and Post Office
2nd and 4th — Von's
and Rite Aid

Monday, 11 a.m.
1st, 3rd and 5th —
Von's and Rite Aid
2nd and 4th — Ralph's
and Post Office

Monday, 2 p.m.
CVS Pharmacy

Tuesday and Thursday,
By Appointment Only
Doctor & Medical
Appointments

Friday, 10:15 a.m.
1st — 99 Cent Store
2nd — Big Lots
3rd and 5th —
Trader Joe's/Walgreens
4th — Walmart

Friday, 2 p.m.
1st — Trader Joe's/
Walgreens
2nd — Target and Macy's
3rd — Dollar King
4th — T.J. Maxx, Ross,
Nordstrom Rack

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>5</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie & Popcorn</div> <div>6:45 Cards</div> 	 <div>6</div> <div>Shopping Day</div> <div>9:30 Balance & Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Game of Taboo</div> <div>3:00 Painting Class with Hazel</div> <div>6:45 Cards</div>	<div>7</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:30 Adventures with Doug</div> <div>7:00 Poker Night</div>	<div>NEW YEAR'S DAY</div> <div>1</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>7:00 Jewel City Knitters</div> <div>7:00 Movie & Popcorn</div> 	<div>2</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>2:00 Game of Taboo</div> <div>3:00 Cooking Corner</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div>	<div>3</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation with Marybeth</div> <div>2:00 Bingo</div> <div>3:00 Chit-Chat and Snacks</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div>	<div>4</div> <div>9:30 Exercise</div> <div>10:00 Donuts & Coffee</div> <div>11:00 Beading Class</div> <div>2:00 Bingo</div> <div>3:00 Hangman</div> <div>3:00 Bible Study with Juan</div> <div>6:45 Cards</div>
<div>12</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie & Popcorn</div> <div>6:45 Cards</div>	<div>13</div> <div>Shopping Day</div> <div>9:30 Balance & Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Residents/Managers Meeting</div> <div>3:00 Arts & Crafts</div> <div>6:45 Cards</div>	<div>14</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>7:00 Poker Night</div> 	<div>15</div> <div>9:30 Balance and Fit Exercise with Marybeth</div> <div>10:00 Day Trip</div> <div>12:30 Monthly Birthday Celebration with Entertainment</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>7:00 Movie & Popcorn</div>	<div>16</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>2:00 Game of Taboo</div> <div>3:15 Hawthorn Adventure Kick-Off Party to Africa</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div>	<div>17</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation with Marybeth</div> <div>2:00 Bingo</div> <div>3:00 Chit-Chat and Snacks</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div> 	<div>18</div> <div>9:30 Exercise</div> <div>10:00 Donuts & Coffee</div> <div>11:00 Beading Class</div> <div>2:00 Bingo</div> <div>3:00 Hangman</div> <div>6:45 Cards</div>
<div>19</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie & Popcorn</div> <div>6:45 Cards</div>	<div>MARTIN LUTHER KING JR. DAY</div> <div>20</div> <div>Shopping Day</div> <div>9:30 Balance & Fitness with Marybeth</div> <div>11:15 Brain Train</div> <div>2:00 Welcome to Morocco: Facts and Trivia</div> <div>3:00 Painting Class with Hazel</div> <div>6:45 Cards</div> 	<div>21</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>3:30 Arts & Crafts: Moroccan Mosaics</div> <div>7:00 Poker Night</div>	<div>22</div> <div>9:30 Balance and Fit Exercise with Marybeth</div> <div>10:00 Day Trip</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>7:00 Movie & Popcorn</div>	<div>23</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>2:00 Game of Taboo</div> <div>3:00 Taste of Morocco</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div>	<div>24</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:30 Meditation Moment in Morocco</div> <div>2:00 Bingo</div> <div>3:00 Arts & Crafts: Dijembe Drum Making</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div>	<div>25</div> <div>9:30 Exercise</div> <div>11:00 Beading Class</div> <div>2:00 Bingo</div> <div>3:00 Hangman</div> <div>6:45 Cards</div>
<div>26</div> <div>10:00 First Congregational Church of Glendale Service</div> <div>11:00 Adult Coloring with Renee</div> <div>2:00 Movie & Popcorn</div> <div>6:45 Cards</div>	<div>27</div> <div>Shopping Day</div> <div>9:30 Balance & Fitness with Marybeth</div> <div>11:00 Welcome to Egypt</div> <div>2:00 Game of Taboo</div> <div>3:00 Arts & Crafts</div> <div>6:45 Cards</div>	<div>28</div> <div>9:30 Exercise with Julie</div> <div>11:15 Memory Magic Game</div> <div>11:15 Pharaoh Facts</div> <div>2:00 Bingo</div> <div>2:00 Scholl Choir Practice</div> <div>3:00 Hangman</div> <div>7:00 Poker Night</div>	<div>29</div> <div>9:30 Balance and Fit Exercise with Marybeth</div> <div>10:00 Day Trip</div> <div>2:00 Bingo by Pattern</div> <div>3:00 Bible Study with Juan</div> <div>7:00 Movie & Popcorn</div>	<div>30</div> <div>9:30 Exercise with Julie</div> <div>11:00 Beading Class</div> <div>11:30 Mummy Wrap Competition</div> <div>1:00 Resident Raffle Prizes</div> <div>2:00 Game of Taboo</div> <div>3:00 Cooking Corner: Egyptian Delights</div> <div>4:15 TLC Blood Pressure Clinic</div> <div>6:45 Cards</div>	<div>31</div> <div>Shopping Day</div> <div>9:30 Chair Yoga</div> <div>11:00 The Ancient Egyptian Pyramids</div> <div>2:00 Bingo</div> <div>3:00 The Nile River</div> <div>4:30 Praise Singalong</div> <div>6:45 Cards</div> 	



Holiday Cheer at Scholl Canyon

Scholl Canyon Estates was buzzing with holiday spirit last month. We started the season off with decorating and wreath making. We had a glorious Open House with wonderful smells of hot apple cider and fresh-baked cookies. Residents gathered in the lobby and sang around the piano as pianist Jacquie Sullivan played beautiful Christmas music. In the Activity Room, a holiday boutique sale brought residents, families and visitors in to shop. Thelma sold some of her gorgeous hand-knitted blankets and scarves and Carol made more of her famous chicken pot holders. The beading class displayed and sold their elegant jewelry.

The festivities didn't stop there. The month was filled with musical concerts from Mayfield High School and the Girl Scouts and Boy Scouts of America. We had a fun singalong with a entertaining ukulele group and a jazz hour with appetizers. The glorious Verdugo Hills Women's Chorus impressed us once again with their beautiful voices. Residents traveled to the Pantages Theatre to see the live play "Frozen." We jumped on the bus and drove to Pasadena to see the beautiful Christmas lights, visited with the Glendale Academy Kindergarten Class, had a Hanukkah celebration ... all in the same week. What an exciting holiday season it was. Check the February newsletter for more pictures of these events and New Year's celebrations.



Entertainer Jacquie plays the piano during our Open House while Bob sings along to Christmas tunes.



Managers William and Renee and Clifford and Janet welcome Residents and visitors during our Scholl Canyon Open House.



Grace, Rose, Idell and Marion help with Christmas cards.



Clifford, Arkasia and Carol enjoy boutique shopping for the holidays.



Myrna shows off her beautiful hand-made wreath.

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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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