Maple Ridge
Gracious Retirement Living

1531 Juliette Way • Cedar Park, TX 78613 • Phone (512) 425-0053 • www.seniorlivinginstyle.com

MARCH 2020

MAPLE RIDGE STAFF

Managers.....HERSCHEL & DONNA STAUFFER
Assistant Managers .. DENNIS & BROOK RIGDON
Assistant Managers ..... MURICE & SHANTEA MURPHY
Executive Chef..... JAMES COLE
Community Sales ..... LYSA DODD
Activity Coordinator .....KELLY MELDAU
Bus Driver ..... KERI MCCOY

TRANSPORTATION

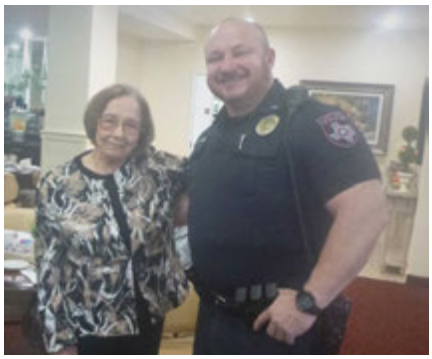
Monday, 9 a.m. to 2 p.m.: Shopping
Tuesday, 9 a.m. to 2 p.m.: Appointments
Wednesday, TBD: Outings
Thursday, 9 a.m. to 2 p.m.: Appointments
Friday, 9 a.m. to 2 p.m.: Shopping

First Responders' Breakfast

A first responder is a person with specialized training who is among the first to arrive and provide assistance at the scene of an emergency, such as an accident, natural disaster or terrorism.

We had the honor of having our local First Responders out to Maple Ridge for a wonderful omelette buffet with all the fixin's! Our First Responders mean the world to us, and we were so happy to spend time with them one-on-one.

We are so grateful for these men and women and appreciate their service!



Morocco

Morocco, a North African country bordering the Atlantic Ocean and Mediterranean Sea, is distinguished by its Berber, Arabian and European cultural influences. Marrakesh's Medina, a maze-like medieval quarter, offers entertainment in its Djemaa el-Fna Square and souks (marketplaces) selling ceramics, jewelry and metal lanterns.

We enjoyed delicious Avocado and Almond Milk Smoothies as we made Moroccan lanterns.

Avocado and Almond Milk Smoothies are not only filling and refreshing, but are high in potassium and packed with 20 essential nutrients including fiber, Vitamin E, B-vitamins and folic acid.

You will be surprised at how delicious this drink is! Give it a try!

- 1/2 ripe avocado, pitted
- 1 cup vanilla almond milk
- Add a couple of ice cubes and blend in blender until smooth.

Enjoy!

Ms. Roseann and her Moroccan lanterns!

Chef James and housekeeper Samantha enjoying their smoothie!

Moroccan avocado and almond milk smoothie

Tanzania

Tanzania is well known for Mt. Kilimanjaro, the beautiful Serengeti National Park and Zanzibar, also known as the Spice Island. The birds in Tanzania are just beautiful. After learning about the different birds, we made some bird feeders for our feathered friends.

Egypt

Egypt, a country linking northeast Africa with the Middle East, dates to the time of the pharaohs. Millennia-old monuments sit along the fertile Nile River Valley, including Giza's colossal Pyramids and the Great Sphinx, as well as Luxor's hieroglyph-lined Karnak Temple and Valley of the Kings tombs.

We had so much fun learning about Egypt during our Hawthorn Adventure! We watched some documentaries on the pyramids and the Nile River. We made mummy dogs, built sugar cube pyramids dusted with gold, ate three unique meals from Egypt, and did a photo session with King Tut! We finished the week with a mummy-wrapping contest at dinner. The Dining Room was filled with hoops and hollers for us as we wrapped our Managers in toilet paper!

Ms. Pat, traveling through Egypt.

Ms. Betty wrangled a camel!

Ms. Doris, building her pyramid.

Bingo Bash!

The Bingo Bash was a huge hit. The Activities Room was filled as we watched everyone win big prizes, including gift cards, microwaves, gift baskets and more! We played all different kinds of Bingo, like Texas T, Four Corners and Make a Z.

Our Bingo Bash filled the Activities Room!

MARCH 2020

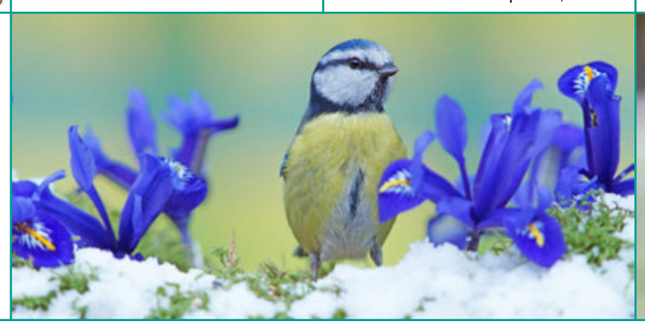
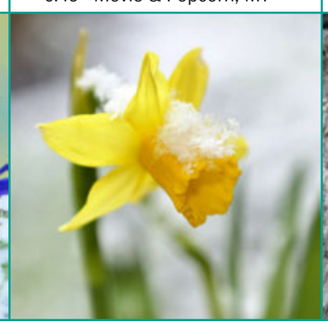
Birthdays

Dean Thompson, 1st
Sheri Davis, 10th
Dorris Livingstone, 12th
Jose Contreras, 24th
Ruth Wright, 28th
Phyllis Shockey, 30th

Locations

Activity Room, AR
Billiards Room, BR
Bus, B
Chapel, CH
Computer Center, CC
Dining Room, DR
Dining Room Alcove, DRA
Front Lobby, Lobby
Gym, G
Kitchen, K
Library, L
Movie Theater, MT
Patio, P
TV Room, TV

"Great art picks up where nature ends."
—Marc Chagall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:30 Church Services, CH 1:30 Bean Bag Baseball Practice, AR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT	**2** 9:15 Meet Me in the Gym, G 10:00 Dominoes Chicken Foot, AR 11:00 Conversation & Chit Chat, AR **1:45 Health Talk with Dr. Monica, MT** 2:00 Cooking with Kelly, K 3:00 Chair Volleyball, AR 3:30 Beth with Mary Kay, AR 6:45 Movie & Popcorn, MT	**3** **9:15 Balance Class with Outcomes Therapy, AR** 9:45 Daily Devotional, MT 10:00 Giant Crossword Puzzle, AR 11:00 Dominoes Chicken Foot, AR 2:00 Urban Golf with Tennis Balls, AR 3:00 Bingo-Nickel, AR 3:30 Connect with Kelly, New Residents, L 3:30 Chimes, CH 6:45 Movie & Popcorn, MT	**4** 9:15 Stretch Class, AR 10:00 Catholic Service, CH 10:30 Outing!, B 1:30 Giant Crossword Puzzle, AR 2:00 Bible Study, CH 3:00 Let's Go for a Walk!, AR 3:00 Pinochle, TV 6:45 Movie & Popcorn, MT	**5** **9:00 Blood Pressure Check with Texas Home Health, AR** 9:45 Daily Devotional, MT 10:30 Veteran Coffee & Donuts, DRA 11:00 Bean Bag Baseball, AR 1:45 Meet Me in the Gym, G 3:00 Bingo: Win a Prize, AR 6:45 Movie & Popcorn, MT	**6** 8:00 Wear Red Today 9:15 Exercise with Dance, AR 10:00 Pen Pals with Soldiers, AR 11:00 Putt-Putt Golf, AR 1:30 Jokes, Jokes and More Jokes!, MT 2:00 Let's Go for a Walk!, AR 3:00 Bingo Win a Prize, AR 6:45 Movie & Popcorn, MT	**7** 11:00 Bean Bag Baseball Throwing Practice, AR 1:45 Pool Sharks, BR **1:45 Live Entertainment, AR** 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT
DAYLIGHT SAVING TIME BEGINS **8** 11:30 Church Services, CH 1:30 Bean Bag Baseball Practice, AR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT	**9** 9:15 Meet Me in the Gym, G 10:00 Dominoes Chicken Foot, AR 11:00 Conversation & Chit Chat, AR 1:30 Bean Bag Baseball, AR 3:00 Chair Volleyball, AR 6:45 Movie & Popcorn, MT	**10** **9:15 Balance Class with Outcomes Therapy, AR** 10:00 Giant Crossword Puzzle, AR 11:00 Dominoes Chicken Foot, AR 1:45 Daily Devotional, MT **1:45 Live Music, AR** 2:00 Urban Golf with Tennis Balls, AR 3:00 Bingo-Nickel, AR 3:30 Chimes, CH 6:45 Movie & Popcorn, MT	**11** 9:15 Stretch Class, AR 10:00 Catholic Service, CH 10:30 Outing!, B 1:30 Giant Crossword Puzzle, AR 2:00 Bible Study, CH 3:00 Let's Go for a Walk!, AR 3:00 Pinochle, TV 6:45 Movie & Popcorn, MT	**12** **9:00 Blood Pressure Check with Texas Home Health, AR** 10:00 Crafts with Calcotes, AR 10:00 Poker, BR 11:00 Bean Bag Baseball, AR 11:00 Chef's Corner, K 1:45 Meet Me in the Gym, G **2:00 Author Reading, Russ Hall, AR** 3:00 Bingo: Win a Prize, AR 6:45 Movie & Popcorn, MT	**13** 8:00 Wear Red Today 9:15 Exercise with Dance, AR 10:00 Pen Pals with Soldiers, AR 11:00 Putt-Putt Golf, AR 1:30 Jokes, Jokes and More Jokes!, MT 2:00 Let's Go for a Walk!, AR 3:00 Bingo Win a Prize, AR 6:45 Movie & Popcorn, MT	**14** 11:00 Bean Bag Baseball Throwing Practice, AR 1:45 Pool Sharks, BR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT
15 11:30 Church Services, CH 1:30 Bean Bag Baseball Practice, AR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT	**16** 9:15 Meet Me in the Gym, G 10:00 Dominoes Chicken Foot, AR 11:00 Conversation & Chit Chat, AR 2:00 Cooking with Kelly, K 3:00 Chair Volleyball, AR 6:45 Movie & Popcorn, MT	**ST. PATRICK'S DAY** **17** **9:15 Balance Class with Outcomes Therapy, AR** 10:00 Giant Crossword Puzzle, AR 11:00 Dominoes Chicken Foot, AR **1:45 Live Music, AR** 2:00 Urban Golf with Tennis Balls, AR 3:00 Bingo-Nickel, AR 3:30 Connect with Kelly, New Residents, L 3:30 Chimes, CH 6:45 Movie & Popcorn, MT	**18** 9:15 Stretch Class, AR 10:00 Catholic Service, CH 10:30 Outing!, B 1:30 Giant Crossword Puzzle, AR 2:00 Bible Study, CH 3:00 Let's Go for a Walk!, AR 3:00 Pinochle, TV 6:45 Movie & Popcorn, MT	**FIRST DAY OF SPRING** **19** **9:00 Blood Pressure Check with Texas Home Health, AR** 11:00 Bean Bag Baseball, AR 11:00 Chef's Chat, DRA 11:30 Town Hall Meeting, AR 1:45 Meet Me in the Gym, G 3:00 Bingo: Win a Prize, AR 6:45 Movie & Popcorn, MT	**20** 8:00 Wear Red Today 9:15 Exercise with Dance, AR 10:00 Pen Pals with Soldiers, AR 11:00 Putt-Putt Golf, AR 1:30 Jokes, Jokes and More Jokes!, MT 2:00 Let's Go for a Walk!, AR 3:00 Bingo Win a Prize, AR 6:45 Movie & Popcorn, MT	**21** 11:00 Bean Bag Baseball Throwing Practice, AR 1:45 Pool Sharks, BR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT
22 11:30 Church Services, CH 1:30 Bean Bag Baseball Practice, AR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT	**23** 9:15 Meet Me in the Gym, G 10:00 Dominoes Chicken Foot, AR 11:00 Conversation & Chit Chat, AR 3:00 Chair Volleyball, AR 6:45 Movie & Popcorn, MT	**24** **9:15 Balance Class with Outcomes Therapy, AR** 10:00 Giant Crossword Puzzle, AR 11:00 Dominoes Chicken Foot, AR 1:45 Daily Devotional, MT 2:00 Urban Golf with Tennis Balls, AR 3:00 Bingo-Nickel, AR 3:30 Chimes, CH 6:45 Movie & Popcorn, MT	**25** 9:15 Stretch Class, AR 10:00 Catholic Service, CH 10:30 Outing!, B 1:30 Giant Crossword Puzzle, AR 2:00 Bible Study, CH 3:00 Let's Go for a Walk!, AR 3:00 Pinochle, TV 6:45 Movie & Popcorn, MT	**26** **8:00 First Responders Breakfast, DR** **9:00 Blood Pressure Check with Texas Home Health, AR** 10:00 Crafts with Calcotes, AR 10:00 Poker, BR 11:00 Bean Bag Baseball, AR 1:45 Meet Me in the Gym, G 3:00 Bingo: Win a Prize, AR 6:45 Movie & Popcorn, MT	**27** 8:00 Wear Red Today 9:15 Exercise with Dance, AR 10:00 Pen Pals with Soldiers, AR 11:00 Putt-Putt Golf, AR **1:30 Birthday Party with Texas Home Health, AR** 1:30 Jokes, Jokes and More Jokes!, MT 2:00 Let's Go for a Walk!, AR 3:00 Bingo Win a Prize, AR 6:45 Movie & Popcorn, MT	**28** 11:00 Bean Bag Baseball Throwing Practice, AR **1:40 Live Music, AR** 1:45 Pool Sharks, BR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT
29 11:30 Church Services, CH 1:30 Bean Bag Baseball Practice, AR 3:00 Bingo Nickel, AR 6:45 Movie & Popcorn, MT	**30** 9:15 Meet Me in the Gym, G 10:00 Dominoes Chicken Foot, AR 11:00 Conversation & Chit Chat, AR 3:00 Chair Volleyball, AR 6:45 Movie & Popcorn, MT	**31** **9:15 Balance Class with Outcomes Therapy, AR** 10:00 Giant Crossword Puzzle, AR 11:00 Dominoes Chicken Foot, AR 2:00 Urban Golf with Tennis Balls, AR 3:00 Bingo-Nickel, AR 3:30 Chimes, CH 6:45 Movie & Popcorn, MT				

Why We Walk Here at Maple Ridge

Walking is a great way to improve or maintain your overall health. Walking just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training. Also, living close to nature and spending time outside has significant and wide-ranging health benefits, according to new research. A new report reveals that exposure to green space reduces the risk of Type II diabetes, cardiovascular disease, premature death, pre-term birth, stress and high blood pressure.

We have a beautiful walkway around the building. Join Kelly anytime!

Why We Wear R.E.D. on Fridays

Remember Everyone Deployed

R.E.D. Friday was created to remind people of our heroes overseas and show that we are thinking of them. People across the country wear red every Friday to serve as a reminder and spread the message of how important it is that we keep our troops in our thoughts and prayers.

Ms. Betty and Tommy hold the flag and pledge the flag every Friday for us.

Garden Club's Purple Cauliflower and Beautiful Purple Cabbage

Our raised garden beds are booming with beautiful and delicious purple cabbage and cauliflower! We cut it and ate it raw, and we cooked some of it one day in the Kitchen. Everyone enjoyed the fruits of our labors. It is so healthy and good for you. Purple cabbage, also referred to as red cabbage, belongs to the Brassica genus of plants. This group includes nutrient-dense vegetables, such as broccoli, Brussels sprouts and kale. It tastes similar to green cabbage.

Purple cauliflower is a cool-season biennial cruciferous vegetable, that has the botanical name, Brassica oleracea var. botrytis, and belongs to the plant order Capparales. Purple cauliflower's color is due to the presence of the antioxidant anthocyanin, which can also be found in red cabbage and red wine.

I had my friends try it raw at lunch one day with hummus. They liked it!

Our beautiful cabbage!

Health Talk: Love your Heart by Texas Home Health

Sandy gave a very informative health talk about congestive heart failure. Congestive Heart Failure (CHF) is a chronic, progressive condition that affects the pumping power of your heart muscles. While often referred to simply as “heart failure,” CHF specifically refers to the stage in which fluid builds up around the heart and causes it to pump inefficiently.

Symptoms are rated in congestive heart failure stages.

Class I: You don’t experience any symptoms during typical physical activity.

Class II: You are likely comfortable at rest, but normal physical activity may cause fatigue, palpitations and shortness of breath.

Class III: You’re likely comfortable at rest, but there is a noticeable limitation of physical activity; even mild exercise may cause fatigue, palpitations or shortness of breath.

Class IV: You’re likely unable to carry on any amount of physical activity without symptoms, which are present even at rest.

If you think you have any symptoms, contact your doctor or family member as soon as possible.

Pat, Margaret and Roseann, showing us their heart hands.

St. Paddy’s Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick’s Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country’s main crop, which half of the population depended on to feed their families. But for several years in a row, in the mid-1800s, much of the potato harvest was destroyed by a fungus causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. Among those recipes was a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

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EQUAL HOUSING OPPORTUNITY