



ACTIVITIES PROGRAM

TUESDAY, JUNE 2, 2020



all seasons
For the Joys of Senior Living.



BEAUTIFUL POLAND

This week we celebrate Polish culture, and of course, must start with the food! Modern Polish cuisine is flavorful, hearty, and complex. Poland's traditional foods are rooted in Slavic fare. However, Polish food also has influences from Italian and French cuisines, which date back to the medieval Polish court. Potatoes are a staple of the Polish diet, acting as a building block for a variety of foods. Cream and eggs are heavily used as well, although modern interpretations of some dishes may use lighter alternatives. Traditional Polish cuisine also features many kinds of soup made with mushrooms, broth, and beets. Fish dishes are also popular, especially in regional Polish food. Carp, pike, perch, eel, and sturgeon are all popular and served in various ways, and herring is a staple of the Polish holiday menu.

TASTEBUDS AND TRIVIA



Riddle June 2: What do a dollar and the moon have in common?





A DELICIOUS HISTORY OF PIEROGI!

Pierogi are one of the most recognizable Polish foods. Pierogi is actually the plural form of the word *pieróg*, a generic term for filled dumplings. These half circular dumplings are made from unleavened dough and are stuffed with fillings. These fillings can include mashed potatoes, cheese, sauerkraut, cabbage, mushrooms, spinach, ground beef and even grains or legumes. Because of the endless possibilities when it comes to fillings, pierogi can be anything from sweet to spicy. Pierogi is Poland's national dish and enjoyed year round by all ages. The origins of pierogi are disputed. Some legends say

that pierogi came from China through Italy from Marco Polo's expeditions. Others contend that pierogi were brought to Poland by Saint Hyacinth of Poland, who brought them back from Kiev.

PIEROGI IN THE US:

Despite the numerous legends regarding the origins of pierogi, it is known that this food was introduced in the United States at the onset of the Great Depression.

Pierogi were originally a family food among immigrants and were also served in ethnic restaurants. The first documented sale of pierogi was in May 1928. At the Marton House Tavern in Cleveland, proprietor Andrew Marton served pierogi to unemployed steel mill workers in the Cleveland Region. This goes back to the origins of pierogi, where they were designed to ensure survival in very poor, overpopulated areas of Europe. In the post- World War II era, pierogi became a staple of fundraisers by ethnic churches. By the 1960's pierogi became a common frozen supermarket item in many parts of the United States and Canada.



POLAND'S FIVE NATIONAL DANCES

Poland is a nation rich in culture and musical tradition. In fact, Poland even has five National Dances. There are few countries in the world that have even one national dance! These dances, which originated in the Polish countryside, were so popular that they found their way to the royal court and were even incorporated into classical works by composers like Chopin.



The **Polonez** has its roots in the 17th century walking dance Chodzony, which traditionally opened up balls and weddings in country villages throughout Poland. Danced to a slow 3/4 tempo, the partners do not face each other, but rather walk to the music around the ballroom... forward, back, side, often bowing, but always maintaining a formal, stately posture. The Polonez is still danced in Poland today as the opening procession for student proms!

<https://tinyurl.com/y9zfgxy5>

The **Mazur** originated in the Mazowsze region of central Poland in the 16th century, and by the 17th century was danced in villages throughout Poland. So

popular is the Mazur that most of that country's patriotic songs have a Mazur tempo, including the National Anthem:

<https://tinyurl.com/y9wvrcvz>

The Mazur also found its way into operas, like this one from the Polish Opera *Halka* by famed composer, Stanisław Moniuszko:

<https://tinyurl.com/y9vkkfwy>



The **Krakowiak** originated in the southern Polish city of Kraków, Poland's capital in the 16th century. Known as the Polish dance, the Krakowiak has a 2/4 timing, and is danced in groups, often forming intricate formations, like stars. The steps include shuffling, running, and heel clicking. While the Krakowiak was a popular ballroom dance in Austria and France in the mid-19th century, it is not danced socially today. American Polka bands, however, often take Krakowiaks and turn them into Polkas. <https://tinyurl.com/yc2kb5fv>

The **Kujawiak** originated in the Kujawy region of North-Central Poland in the 19th century, and was quickly embraced by the gentry because of its dignified simplicity. With a 3/4 tempo that alternates between very slow, and fast, the Kujawiak went through many incarnations as it passed back and forth between the peasants and the nobility, each group adding to the style of the dance. It features spinning turns and elaborate gestures and is usually danced in a circle.

<https://tinyurl.com/y8zp3oku>



The **Oberek** originated in central Poland in the 17th century, and was played by small village bands

dominated by the violin, along with an accordion or bass, and a drum. With its quick tempo, 3/4 timing it soon became popular in almost all of the regions of Poland. The Oberek is a lively dance with turns and twirls, where the men lift the women and the women lift the men!

<https://tinyurl.com/yb4p6ggz>



COLORING



COLORING

STANISLAW SZUKALSKI: ONE OF THE GREATEST ARTISTS YOU'VE NEVER HEARD OF.

Stanisław Szukalski was a Polish sculptor and painter, born in Warta, Poland on December 13, 1893. When he was only six years old, a teacher sent him to the headmaster's office for whittling a pencil. The headmaster examined the pencil more closely and discovered that young Stanislaw had carved a tiny, near-perfect figure. Instead of punishing him, he called the local newspaper which did a feature on the art prodigy. Szukalski came to the United States and lived in Chicago when he was in his teens. He became a member of the

Chicago renaissance luminaries along with Ben Hecht, Carl Sandburg and Clarence Darrow. In the 1930's, as a celebrated prodigal son to be given his own museum by the Polish government, Szukalski returned to Poland with all his belongings, but his work was cut short by the Siege of Warsaw in 1939. He managed to escape to America to live in California with his wife, Joan Donovan, but his entire life's work was lost, either bombed or stolen during the War. Now living in total obscurity, he spent the rest of his life obsessively writing and creating art. In 1971 his work and existence were rediscovered...

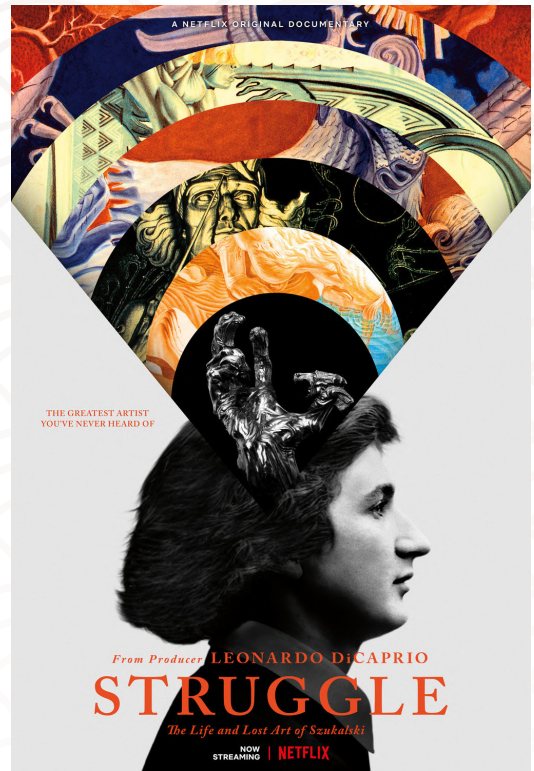
From Producer Leonardo DiCaprio comes a Netflix original documentary film about Stanislaw Szukalski, the "eccentric genius." After gaining fame leading up to WW2 he fell into obscurity only to be re-discovered late in life. He's one of the greatest artists you've never heard of in "Struggle: The Life and Lost Art of Szukalski"

<https://tinyurl.com/y9k8os25>

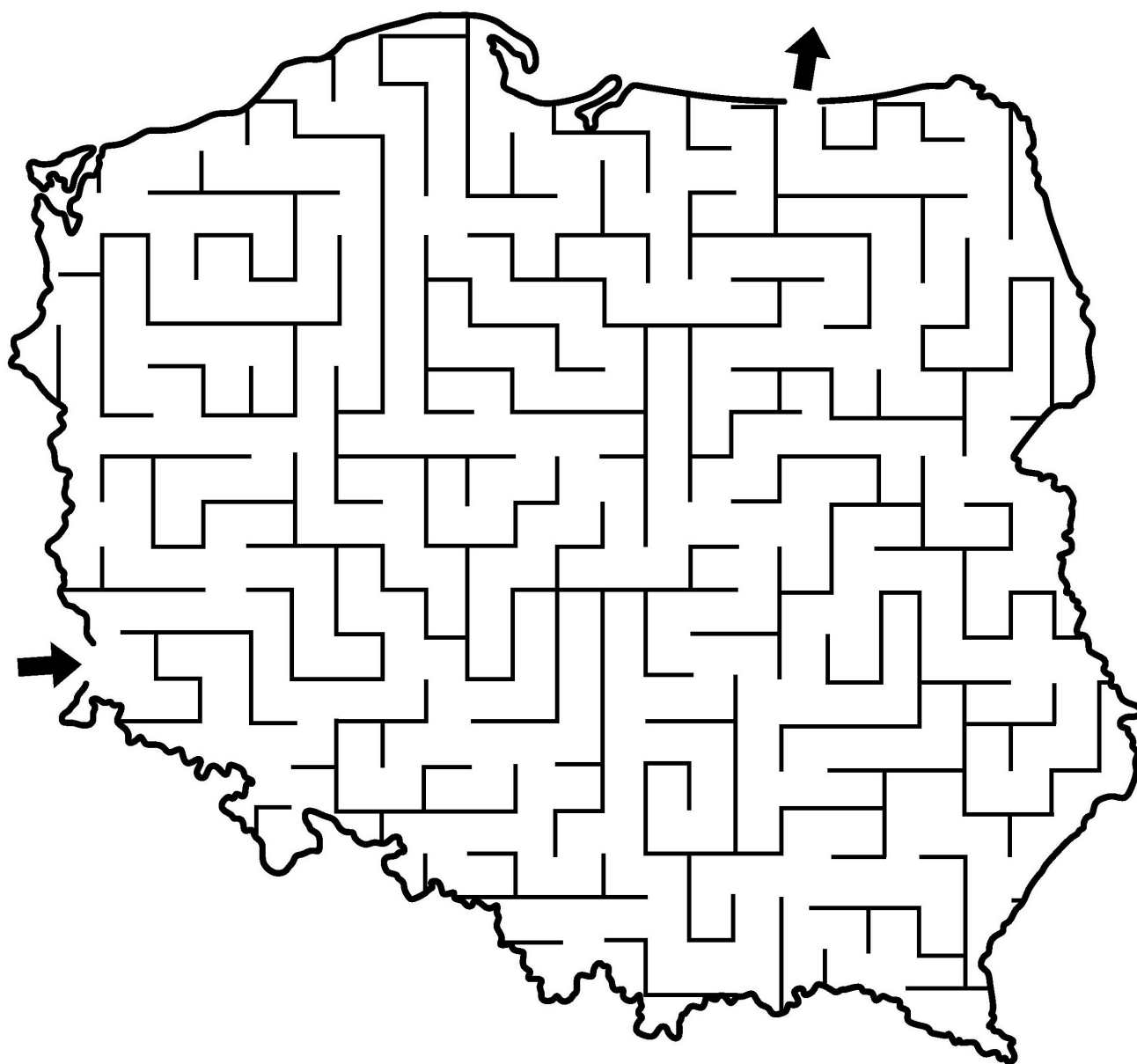


Enjoy a slideshow of 116 works in his oeuvre:

<https://tinyurl.com/y8qbjcd7>



Poland Maze



MAZE

I J P O Z A M O S C N M G R A Y W O L V E S D E E N N P P R
 K O R N K S N A I H T A P R A C R E V I R G U B E I W O T F
 S S E W A Z U A N E K R I B Z T I W H C S U A L C I T P R A
 N E V D G U S W R D A I S S S I B W O N K E O O X M Y E B K
 A P I B L E A U N K S A T N P E A A A N L P L K T I D J K N
 L H R R L W Z A I T U S S Q O R O M Y A B A S N D E A O R I
 O C A H E E L R E C E K L O S I L T C O U A E A R S I H B L
 P O T L S O D E B R S L K A L I T I A S F A Z I G Z S N A B
 N N R A P I B O O O O O W S P I T I C T S P C L V K E P L E
 A R A V R R L F W D L D K Z N I D O T T O C O I T O L A T R
 M A W T A N A O E D A O S Z R A P A E R H P P M N I I U I T
 O D I G T L O R P I E W K T S E D R R O A Q O I E P S L C Z
 R V U Z O L R G N W A S K U R U N G P I J P Z X S R L I S D
 K S S H K I U Y R L L K E N T B E I F J T J N A I H A I E O
 K L C H V H D B S O B A I R L I N D V O T Y A M W C V N A L
 K U J E T G I Y L H D C K O T V P S A R F S N T D L S O I C
 T Y R L Q E D S U I U U C K R A K O W T A K S S Y D O R B A
 B E L C H A T O W S N R T E M P E R A T E C L I M A T E J I
 R Y E D L K P L A N O I N U N A E P O R U E G U A K S L O P
 T O K W M F E W O W M E V I S T U L A R I V E R G G S X J C

Auschwitz Birkenau
 Baltic Sea
 Bay of Pomerania
 Belchatow
 Bledow Desert
 Brody
 Bug River
 Carpathians
 Eastern Bloc
 European Union
 Frederic Chopin
 Gdynia
 Gray Wolves

Joesph Conrad
 Kolobrzeg
 Krakow
 Lodz
 Lubin
 Maria Sklodowska
 Cuurie
 Mieszkoi
 Oder River
 Partitions
 Poland
 Pole
 Polish

Polska
 Pope John Paul II
 Potatoes
 Poznan
 Roman Polanski
 Shtetl
 Silesia
 Slavs
 Solidarity
 St. Maximilian Kolbe
 Surgar Beets
 Tadeusz Kosciuszko
 Tarnograd

Temperate Climate
 Treblinka
 Triticale
 Tuchola Forest
 Vistula River
 Warsaw
 Warta River
 Wawel
 Wisent
 Wladyslaw Szpilman
 Zabno
 Zamosc

ARTISTS CORNER!

U-M

UNIVERSITY OF MICHIGAN
MUSEUM OF ART



Beauty in Bloom

Artwork Title: *Cornwall Peonies*

Artist: John Dugdale

Photographer John Dugdale was partially blinded following two AIDS-related strokes in the early 1990s — the victim of another recent public health crisis. Dugdale relies mostly on touch and imagination when setting up his images, which he captures with a large format camera from 1912. After Dugdale lost most of his sight he was quoted as saying "The mind is the essence of your sight. It's really the mind that sees."

REFLECTION PROMPTS:

Does the lack of color in Dugdale's image of Cornwall Peonies take anything away from the experience of seeing beautiful flowers in bloom?

Peonies are in bloom throughout Michigan, including in the historic Peony garden in U-M's Nichols Arboretum — though guests are asked to not visit in person. What are some ways you can continue to experience beauty without physically seeing something?



DETROIT
INSTITUTE
OF ARTS

"THURSDAYS AT THE MUSEUM" PRESENTS DETROIT INDUSTRY MURALS - RIVERA COURT

Thursdays at the Museum is now a LIVE online event every Thursday at 1 p.m. Join us for a look at the DIA's collection with trained docents. Participants will be able to interact with each other and ask questions all from the comfort of home.

<https://tinyurl.com/y7v67rjv>

UMMA | DIA


all seasons

CHALLENGE: Poetry Challenge: Write a poem about a superhero coming to your house and confronting you about something. Somewhere in the poem, you have to state what *your* superpower is.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Join us as we dip into creative writing, prompted personally **Suleika Jaouad**, an Emmy Award-winning writer, speaker, cancer survivor and the creator of **The Isolation Journals**, a global movement cultivating community and creativity during hard times. She wrote the acclaimed *New York Times* column “Life, Interrupted” and has written reported features, essays and commentary for *New York Times Magazine*, *Vogue*, *NPR* and *Glamour*, among other publications.



HOW THE JOURNAL WORKS: Set aside 10-15 minutes when you first wake up in the morning. If inspiration strikes, allow yourself to go longer! This journal is for you. If you want to share excerpts or a little about the experience, share pages with your Director of Life Enrichment. Sharing is completely optional. The goal of this is not to write the next *King Lear* or to churn out publishable masterpieces. It's an opportunity to pause, take a few moments to exhale and reflect, and to expand our creativity as a community during this challenging time. With over 80,000 people from all over the world participating in The Isolation Journals, we invite you to join in, and witness the power of...

ONE CREATIVE ACT A DAY.
ALONE, TOGETHER.

YOUR PROMPT FOR TODAY:

Write about a time when you learned something that seemed to upend a long-held story or belief—but in fact revealed the complex truth of human experience.

ISOLATION JOURNAL

all seasons 

LANG LANG

MARQUEE TV



A CONTEMPORARY CHOPIN



FRÉDÉRIC FRANÇOIS CHOPIN

was a Polish composer and virtuoso pianist of the Romantic era who wrote primarily for solo piano. He has maintained worldwide renown as a leading

musician of his era, one whose "poetic genius was based on a professional technique that was without equal in his generation."

LANG LANG is a leading figure in classical music today – as a pianist, educator and philanthropist he has become one of the world's most influential and committed ambassadors for the arts in the 21st century. Equally happy playing for billions of viewers at the 2008 Olympic Opening Ceremony in Beijing or just for a few hundred children in the public schools, he is a master of communicating through

music. Heralded by the New York Times as "the hottest artist on the classical music planet", Lang Lang plays sold-out concerts all over the world.

LANG LANG IN VERSAILLES: Lang Lang & Chopin have long been a winning combination – already celebrated worldwide for his Chopin interpretation, Lang Lang selects four virtuosic and well known "Scherzi" for this performance in the legendary Hall of Mirrors (Galerie des Glaces) at the Palace of Versailles.

<https://tinyurl.com/ybu87smm> Simply go to www.marquee.tv, click "Login," then enter **Marquee@allseasonsliving.com** and password: **allseasons**

Watch the gorgeous dancers of The Houston Ballet dance to Chopin's *Ballade no. 1*, in the Lang Lang Chopin Dance Project:

<https://tinyurl.com/ycvzb8v>



SUDOKU

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

THE RULES OF THE GAME ARE SIMPLE: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

3		1			4			
	2							3
		6	5				4	1
	1	7	8		2			4
				6		2		
6							1	7
	5			9				
					5		6	
4								

3	7	6	8	5	9	4	2	1
1	8	2	7	4	6	3	9	5
9	4	5	1	2	3	6	7	8
4	6	9	5	3	1	7	8	2
7	2	3	9	8	4	1	5	6
8	5	1	2	6	7	9	3	4
2	9	4	3	1	5	8	6	7
5	1	7	6	9	8	2	4	3
6	3	8	4	7	2	5	1	9

SUDOKU

MAY 29, 2020 KEY



BRAIN TEASERS FOR TODAY!

I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

What is special about these words:
job, polish, herb?

A woman stands on one side of a river, her dog on the other. She calls her dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?



THE READER'S DIGEST JOKE SECTION

*Laughter (And Maybe A Little Groaning)
Really Is The Best Medicine!*

Why did the M&M go to school?

-- It wanted to be a Smartie.

I poured root beer in a square glass.

-- Now I just have beer.

Why aren't koalas actual bears?

-- They don't meet the koalafications.

Friday, May 29, 2020

The New York Times

Sam Ezersky / Edited by Will Shortz

1 T	2 R	3 E	4 N	5 D	6 S		7 B	8 A	9 R	10 C	11 H	12 A	13 R	14 T
15 R	U	P	I	A	H		16 A	T	E	L	U	N	C	H
17 E	N	I	G	M	A		18 T	H	E	O	D	I	C	Y
19 E	S	C	H	E	W		20 G	E	L	T		21 M	O	M
22 T	A	F	T	S		23 V	I	E			24 S	A	L	E
25 O	L	A	Y		26 W	O	R	L	27 D	28 A	T	L	A	S
29 P	A	I	N	30 P	I	L	L		31 O	N	A			
	32 P	L	I	A	N	T		33 M	U	N	I	34 C	35 H	
				36 G	N	C		37 C	Y	B	E	R	L	A
39 A	40 T	41 T	H	E	H	42 E	A	R	T		43 M	O	T	H
44 T	R	O	T			45 R	N	A		46 R	A	S	T	A
47 B	O	T		48 S	49 C	A	N		50 D	E	S	E	R	T
51 A	P	E	52 H	O	U	S	E		53 U	P	T	O	I	T
54 T	H	R	I	L	L	E	R		55 C	L	E	N	C	H
56 S	Y	M	M	E	T	R	Y		57 T	Y	R	E	K	E

CROSSWORD PUZZLE KEY

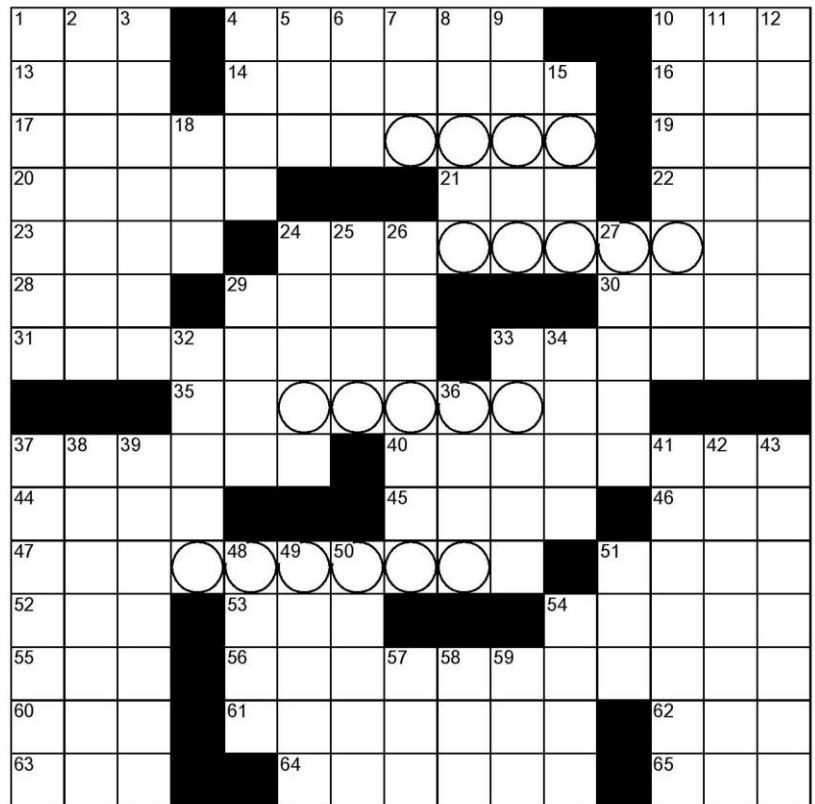


ACROSS

- 1 Knickers wearer, maybe
4 Heavenly beings
10 Like the anagramming of A DECIMAL POINT to make I'M A DOT IN PLACE
13 Prefix with cycle or cellular
14 Ingredients in gorp
16 Big fib
17 View off the coast of Miami
19 Bruce of "Enter the Dragon" and "Fist of Fury"
20 A lot of it is spam
21 Yang's partner
22 ___ Claus
23 Coffee, informally
24 One who helps you hit just the right note
28 Prefix with laryngology
29 Kind of bean mentioned memorably in "The Silence of the Lambs"
30 Egyptian queen, for short
31 Puzzle
33 Bidding
35 Patron of sailors
37 Secures, as a climber's rope
40 Impersonates
44 Blue hue
45 Tears
46 Boeuf ___ bourguignonne
47 Science fiction hero of the 25th century
51 Street ___
52 Talk, talk, talk
53 Santa ___ winds
54 Number under a line
55 High hit to the outfield
56 Go their separate ways ... or a description of 17-, 24-, 35- or 47-Across?
60 Drive-thru convenience, perhaps
61 First half of an LP
62 Oui's opposite
63 Tip of a shoe
64 Washington airport name
65 "No more seats" sign

DOWN

- 1 Order at an auto shop
2 Give life to
3 Deny any responsibility for
4 ___ Sea (vanishing body of water)
5 "No" vote
6 ___ rummy
7 Common language suffix
8 Neighbor of Tunisia
9 Escargot
10 Like Wabash College and Hampden-Sydney College, unusually
11 Pokes through
12 First stroke
15 Match up, as a phone with a computer
18 Spy org.
24 "Quo ___?"
25 Kiln, e.g.



- 26 Attachment to a rope to make a tree swing
27 Pro golfer Lorena
29 Whip
32 Chris with the 1991 hit "Wicked Game"
33 Spots on a radar screen
34 Some workers on standby, for short
36 Mideast ruler
37 Cute pudginess in a toddler
38 On a par with
39 "Oh joy, I drew the short straw again"
41 Plaid designs
42 The Beatles' "___ Rigby"
43 Response to "Did you win the lottery?"
48 Songs by Lil Wayne, Lil Yachty or Lil Uzi Vert
49 Broadcasting
50 "En ___!"
51 Ticket issuer
54 Al Capone chasers, informally
57 Oolong, for one
58 Gear tooth
59 Go out ___ limb