

Bella Vista

Gracious Retirement Living

55 Piney Mountain Drive • Asheville, NC 28805 • Phone (828) 255-8255 • www.seniorlivinginstyle.com

NOVEMBER 2020

BELLA VISTA STAFF

Manager.....CARY COLE
Assistant Managers THOMAS &
KERRI COFFIELD
Assistant Managers LANNY & SUSAN HARLOW
Executive Chef GRAHAM FELLERS
Activity Coordinator JENNIFER THOMPSON
Maintenance FRANK WINER
Transportation .. DWIGHT VROOM VROOM HAGAN

TRANSPORTATION

**Monday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping

Tuesday, 9 a.m.-Noon and 1:30-3 p.m.:
Medical Appointments

**Wednesday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping Or Outing

Thursday, 9 a.m.-Noon and 1:30-3 p.m.:
Medical Appointments

Friday, Will Be Posted: Shopping Or Outing

HAWTHORN
SENIOR LIVING

Art From the Heart

Every Tuesday at 2 p.m. the artists of Bella Vista come together for art “Class.” Originally there was a teacher, but she moved to Utah. After she left, the group decided that they enjoyed their time painting together so they continued. Everyone paints at their own speed and skill level. Some paint with oils, some do paint by numbers and others choose coloring with colored pencils. If you would like to express your artistic side, please come join us any Tuesday. We would love to have you.



Jane's bear has caught some rainbow trout.



Marilyn's wolf looks like it could jump right off the canvas.



Joanne is so pleased with Bill's picture of Ms. Daisy.

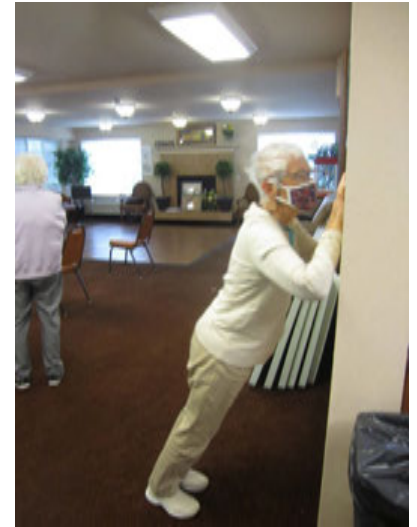


Live and Learn — Physical Fitness Week

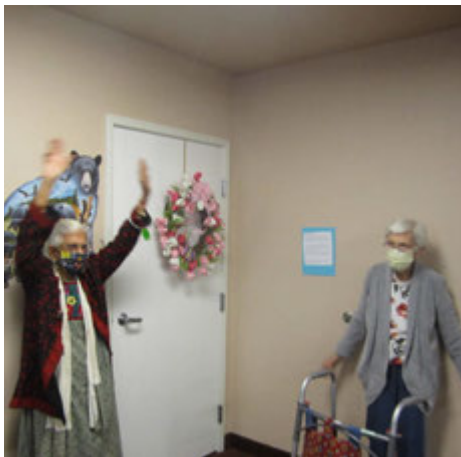
The Live and Learn program was so much fun. Each week we had a different focus. One week, our focus was on Physical Fitness. During the week of Physical Fitness, residents kept track of their hours walking, danced by design, played beanbag baseball and attended a social with fitness stations and a healthy snack. The fitness stations included balance movements, arm and leg movements and wall pushups among other activities. During snack time we all discussed our favorite exercises and the importance of fitness and exercising on a regular basis.



Inge doing her wall pushups.



Barbara has great form on wall pushups.



Pratibha and Betty S. working on their wall angels.



Le'Ann practices heel lifts.



Pat doing "wall angels" — like snow angels without the snow.



Snacks and a lively discussion followed fitness stations.



Jack, Louis and Marilyn doing their arm and shoulder moves.



Chef's Corner

Chef Graham is quickly becoming an active addition to the Activity Calendar. He holds Chef Talk on the second Thursday (he's moving to the second Thursday) of each month. This is a time when he sits down with the residents to discuss anything about the food that is being served. If your soup doesn't have enough broth in it or the veggies are cut too big, he wants to know so that he can make changes. He also wants to know if you really like the chocolate pie or the fish on Fridays so that he can serve those more often. Chef Graham is constantly working to make your culinary experience more enjoyable.



Ralph's Parmesan zucchini



Irene's carrot souffle

Another program that Chef Graham and Chef Alec are presenting to the residents is Chef Demonstration and Tasting. They will be demonstrating something new every month followed by a tasting. October was pumpkin month and Graham and Alec made pumpkin pies for everyone to taste. They were so very delicious! This month is Cranberry Month with cranberry mocktails and a cranberry dish. Be sure to join them on November 19th at 3 p.m. for that.

We've had some specialty months lately as well. September was Burger Month with a different burger being served each day. October was Resident Recipe Month when residents could turn in recipes and the kitchen staff prepared them and served them at meal time. It was so much fun to try everyone's favorite dishes. We hope this month will be equally exciting.



Chef Alec and Chef Graham demonstrating pumpkin pie making



Chef Graham showing Betty the newly mixed pie ingredients

NOV 2020

Birthdays

Angela Cox, 3rd
Paul Councilman, 11th
Will Karrh, 16th
Louis Parrish, 22nd
Inge Meyer, 24th
Kathy Audino, 25th
Erik Uribe, 27th
Amar Nath, 28th

Locations

Activity Center, AC
Chapel, CH
Computer/Meeting Room, CM
Dining Room, DR
Fitness Center, FC
Game Room/Billiards, GR
Library, LI
Theater, TH
TV Room, TVR

Beauty Salon Hours

Hairdresser:
Belinda Wells, 779-1475
Hours:
Tuesday-Thursday:
9 a.m.-4 p.m.
Friday: 9 a.m.-2 p.m.

Mountain Home Care




828-684-6444

Legacy Healthcare Services

828-252-1915.

“What you do today can improve all your tomorrows.”

— Author Unknown.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 2:00 Movie Matinee, TH 3:00 Sunday Service, AC 7:00 Late-Night Movie, TH	2 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Scattergories, AC 7:00 Night at the Movies, TH	ELECTION DAY 3 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:00 Going to Vote 2:00 Art Group and Creative Coloring, AC 7:00 Bingo, AC 	4 9:30 Morning Exercise, AC 9:30 Catholic Communion, CH 10:00 Morning Devotion, CH 1:00 Wii Bowling, AC 3:00 Beanbag Baseball, AC 7:00 Night at the Movies, TH	5 9:00 Health Screening, AC 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 3:00 Gingerbread Decorating, AC	6 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:00 Bible Study with Shekinah 2:00 Movie Matinee, TH 3:00 Bingo, AC 7:00 Featured Movie Night, TH	7 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Jenga 7:00 Late-Night Movie, TH
8 2:00 Movie Matinee, TH 3:00 Sunday Service, AC 7:00 Late-Night Movie, TH	9 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Scattergories, AC 7:00 Night at the Movies, TH	10 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Art Group and Creative Coloring, AC 7:00 Bingo, AC	VETERANS DAY 11 9:30 Morning Exercise, AC 9:30 Catholic Communion, CH 10:00 Morning Devotion, CH 1:00 Wii Bowling, AC 3:00 Gingerbread Decorating, AC  7:00 Night at the Movies, TH	12 9:00 Health Screening, AC 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:30 Chef Talk, AC 3:00 Gingerbread Decorating, AC	13 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:00 Bible Study with Shekinah 2:00 Movie Matinee, TH 3:00 Bingo, AC 7:00 Featured Movie Night, TH	14 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Jenga 7:00 Late-Night Movie, TH
15 2:00 Movie Matinee, TH 3:00 Sunday Service, AC 7:00 Late-Night Movie, TH	16 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Scattergories, AC 7:00 Night at the Movies, TH 	17 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Art Group and Creative Coloring, AC 3:00 Reminiscence Show and Tell, CM 7:00 Bingo, AC	18 9:30 Morning Exercise, AC 9:30 Catholic Communion, CH 10:00 Morning Devotion, CH 1:00 Wii Bowling, AC 3:00 Health Talk with Legacy, AC 7:00 Night at the Movies, TH	19 9:00 Health Screening, AC 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 3:00 Chef Demo, AC	20 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:00 Bible Study with Shekinah 2:00 Movie Matinee, TH 3:00 Gingerbread Decorating, AC 7:00 Featured Movie Night, TH	21 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Jenga 7:00 Late-Night Movie, TH
22 2:00 Movie Matinee, TH 3:00 Sunday Service, AC 7:00 Late-Night Movie, TH 	23 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Scattergories, AC 7:00 Night at the Movies, TH	24 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:30 Brain Training, AC 2:00 Art Group and Creative Coloring, AC 3:00 Book Club, CM  7:00 Bingo, AC	25 9:30 Morning Exercise, AC 9:30 Catholic Communion, CH 10:00 Morning Devotion, CH 1:00 Wii Bowling, AC 7:00 Night at the Movies, TH 	THANKSGIVING 26 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH	27 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 10:00 Bible Study with Shekinah 2:00 Movie Matinee, TH 3:00 Bingo, AC 7:00 Featured Movie Night, TH 	28 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Jenga 7:00 Late-Night Movie, TH 
29 2:00 Movie Matinee, TH 3:00 Sunday Service, AC 7:00 Late-Night Movie, TH	30 9:00 Decorate for Christmas 9:30 Morning Exercise, AC 10:00 Morning Devotion, CH 2:00 Movie Matinee, TH 3:00 Scattergories, AC 7:00 Night at the Movies, TH					



What Makes Us Smile?

The residents smile about so many wonderful things. Home Office asked us to start a campaign stating what makes us smile. The answers varied from Moose Tracks ice cream for Jack, to a good joke for Inge. Joanne smiles at going on cruises. Janis and Roger smile about their grandchildren. Frances smiles at babies. The faces of her children do it for Marilyn M. Ralph loves exercise class. Barbara smiles when she gets chocolate pudding especially twice in one day, Le'Ann smiles when she's with her friends and Cindy smiles when she says "Hello" to friends. Kathy says everything makes her smile – how wonderful that all things make her smile. The Georgia Bulldogs make Maxine smile. Arlene smiles when she has a good book. Puppies and kittens make Gayle smile. Nature lover Pat smiles at flowers and butterflies. Aida smiles when her family comes to visit. Alene has a closet full of clothes, but smiles when she's going shopping. Her dog Corey and her son Cliff make Irene smile. Jane smiles at all baby animals, including goats, pigs and even mice. Annie Lou smiles at sunshine, both sunny people and sun in the sky. Betty A. loves her six grandchildren and eight great-grandchildren who make her smile.

If you think about it there are so many great things to smile about. What makes you smile?



Lois smiles when she spends time with her great-granddaughter Evie.



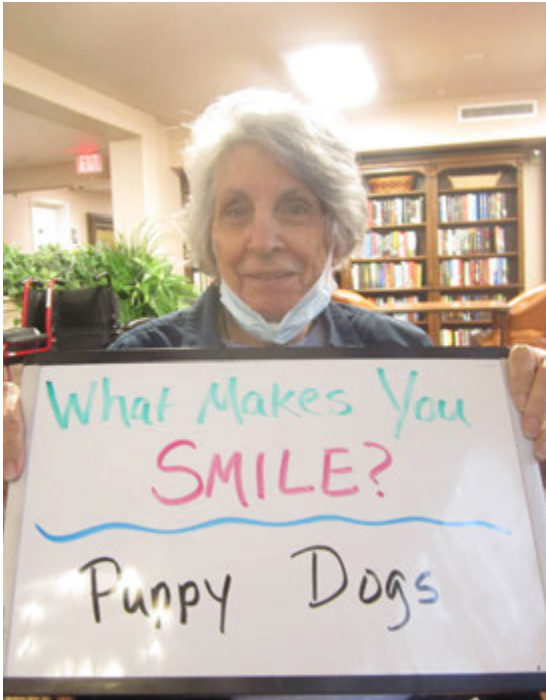
Jennice and Will smile about each other.



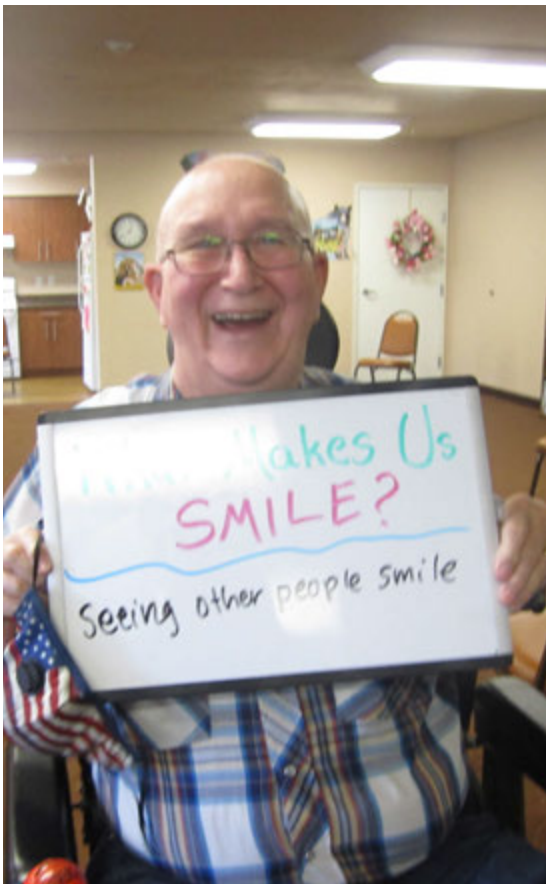
Ida smiles at her kitty cat.



Bob smiles at Carolina hamburgers and chili dogs.



Roseann smiles at puppy dogs.



Paul smiles when he makes others smile.

Gingerbread Builders Unite!

Woo-hooooo! It's time to build the gingerbread house(s). Houses? What? That's right. This year we're building a gingerbread village with eight different buildings. Decorating eight buildings allows for social distancing while still having fun, fun, fun. We always have a great time decorating and absolutely no skill is required to participate. If you would like to try your hand at decorating, please check the calendar for dates and times and be sure to listen for special announcements. Candy eating, laughter and an all-around jovial good time will surely get you in the holly jolly spirit of the holiday season.



Santa's Workshop of 2019



Last year, Lois was caught red-handed eating the ceiling tiles, which gave Le'Ann a good chuckle.



There is always a lot of candy to unwrap before it can be placed on the house. Sheila, Mary Ann and Marion were well suited for the task.



It takes a lot of help to make the gingerbread house come together. This photo is of the final build on the last day before it was put on display.

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Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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