

Julian Estates

Gracious Retirement Living

13305 94th Ave East • Puyallup, WA 98373 • Phone (253) 845-3232 • www.seniorlivinginstyle.com

NOVEMBER 2020

JULIAN ESTATES STAFF

Managers..... KENDALL & CATHY CLAPPER

Assistant Managers TOMMY
& MILDRED ALLEN

Activity Coordinator KARIN FOX

TRANSPORTATION

Monday, 10 a.m. and 2 p.m.:

Shopping and Errands

Tuesday: Medical Appointments

Wednesday: Outings

Thursday: Medical appointments

Friday, 10 a.m. and 2 p.m.:

Shopping and Errands

HAWTHORN
SENIOR LIVING

Celebrating Thanksgiving

This is the time of year we reflect on what we are thankful for. We all come from different paths and backgrounds to share with each other as we celebrate Thanksgiving. We all have our favorite tradition; How do you celebrate Thanksgiving? What foods do you remember making? Who used to host Thanksgiving, and what did that look like?

Here at Julian Estates, we want to make it memorable for each of you. We look forward to hearing all about your traditions and what made Thanksgiving so special.

We will be celebrating Thanksgiving on Thursday, November 26th, at 12:30 p.m. We look forward to the delicious Thanksgiving meal the culinary team will create for us.





Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.

This is a great way to honor our Veterans. Also join us on November 11th to honor our service men and women here at Julian Estates. Thank you for your service!



An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

We will be making our own journals on Monday, November 2nd. Come down to the Activity Room and pick up your supplies. You can take it and make it, or find a spot and make it together. It is up to you!

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Bring pictures down to the Activity Room on Monday, November 9th, where we would love to make copies if needed to help create a family/friend collage. Pick up your supplies and either make it there or take it with you!

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

We will be making Thank You notes on Monday, November 16th. Make it or take it, but bless someone else with it!

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



Movie Theater

Let's go to the movies, let's go to the show...

Join us every day for a movie at 1:45 and 6:45 p.m. Check out the marquee with the movies listed.

Also on the weekends, look for Armchair Travel. Look for the flyer every week to see what adventure we plan on going on.

If we are showing a football game in the theater, we will skip the movie or the traveling for that time. See you at the movies!



Fall Back

Sunday, November 1st, is the day we move our clocks back one hour. You get an extra hour of sleep!



Fall back and enjoy an extra hour of sleep!

Seahawks Home Games in November

Go Seahawks!

Join us in the Movie Theater to cheer on the Seahawks.

The Seahawks will have home games this month on:

November 1st at 1:25 p.m. vs. 49ers

November 8th at 10 a.m. vs. Bills

November 15th at 1:25 p.m. vs. Rams

November 19th at 5:20 p.m. vs. Cardinals

November 30th at 5:15 p.m. vs. Eagles

Come on Number 12, wear your team jersey on these days and let's cheer on the Seahawks!

Wednesday Outings!

November outings will happen on the November 4th and 18th. Join us on these wonderful outings on Wednesdays:

11/4th: Outing to see the trees change

11/18th: A scenic drive surprise

Bean Bag Baseball

It is so exciting to see this group grow and hear all the cheering that comes out of the Activity Room when Julian Estates residents play Bean Bag Baseball. Thanks to Jane and John Wren, we have a brand new scoreboard. Come down to check out a game and see for yourself how amazing the sign they created is. Thank you for the many things you do for us here at Julian Estates!



Cooking with Kendall

Join Kendall on Tuesday, November 10th, at 2 p.m., as he makes fried bread with sugar and cinnamon. This will be a great opportunity to taste some yummy snack foods and get to know a member of our managers a little bit better. See you in the Activity Room!



Chef's Corner

Catch a moment with the Chef on Thursday, November 5th, at 11:30 a.m., at Chef's Corner in the Activity Room. This is the time to bring all your questions and suggestions for our culinary team. There will also be a surprise cooking demonstration on November 5th and 19th. Come see what we are doing in our culinary department.

NOV 2020

Birthdays

Christie Coffey, 3rd
Doug Rassilyer, 8th
Bev Chipp, 9th
Cece Carbullido, 16th
Edith Pierce, 16th
Walt Baur, 17th
Betty Kupneski, 18th
Billie Rucshner, 23rd
Diane Scott, 24th
Jona Hepperlen, 26th

Locations

Activity Room, AR
Atrium, AT
Back Lawn, BL
Billiard Room, BR
Chapel, CHPL
Conference Call, CC
Dining Room, DR
Fitness Room, GYM
Front Lawn, FL
Front Lobby, FL
Library, LB
Movie Theater, MT
TV Room, TV
Veranda, VER

Movies will be shown twice daily at 1:45 p.m. and 6:45 p.m. If there is a particular movie you would like to see, please let the Office know.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS 1</div> <div>10:00 Worship Music, MT</div> <div>11:00 Church Service, CHPL</div> <div>1:25 Seahawks Game, MT</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel, MT</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 2</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Craft Corner, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>ELECTION DAY 3</div> <div>9:00 Rosary Prayer Group, CHPL</div> <div>9:00 Sit & Be Fit</div> <div>9:30 Exercise: Balance and Coordination, AR</div> <div>10:10 Bingo, AR</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>2:00 Go for a Walk Scavenger Hunt: Rebus Puzzles, AR</div> <div>3:00 Horse Race, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 4</div> <div>9:30 Exercise: Chair Cardio, BL</div> <div>10:00 Outing, FL</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:30 Sumi Painting, AR</div> <div>1:45 Movie, MT</div> <div>3:30 Happening Hour, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 5</div> <div>9:30 Exercise: Stay Strong, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Chef's Corner, AR</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Cover the Number Dice Game, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 6</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Poker, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>10:00 Coffee and Donuts, AR 7</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Crafters, Knitters and Needles Club, AR</div> <div>6:45 Movie, MT</div>
<div>10:00 Seahawks Game, MT 8</div> <div>11:00 Church Service, CHPL</div> <div>1:45 Movie, MT</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel, MT</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 9</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Craft Corner, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Rosary Prayer Group, CHPL 10</div> <div>9:00 Sit & Be Fit</div> <div>9:30 Exercise: Balance and Coordination, AR</div> <div>10:10 Bingo, AR</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>2:00 Go for a Walk Scavenger Hunt: Picture Puzzles, AR</div> <div>2:00 Cooking with Kendall, AR</div> <div>3:00 Horse Race, AR</div> <div>6:45 Movie, MT</div>	<div>VETERANS DAY 11</div> <div>9:00 Sit & Be Fit</div> <div>9:30 Exercise: Chair Cardio, BL</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>12:00 Honoring Veterans, DR</div> <div>1:45 Movie, MT</div> <div>3:30 Happening Hour, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 12</div> <div>9:30 Exercise: Stay Strong, AR</div> <div>10:10 Bingo, AR</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Cover the Number Dice Game, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 13</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Poker, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>10:00 Coffee and Donuts, AR 14</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Crafters, Knitters and Needles Club, AR</div> <div>6:45 Movie, MT</div>
<div>10:00 Worship Music, MT 15</div> <div>11:00 Church Service, CHPL</div> <div>1:25 Seahawks Game, MT</div> <div>1:45 Movie, MT</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel, MT</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 16</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Craft Corner, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Rosary Prayer Group, CHPL 17</div> <div>9:00 Sit & Be Fit</div> <div>9:30 Exercise: Balance and Coordination, AR</div> <div>10:10 Bingo, AR</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>2:00 Go for a Walk Scavenger Hunt: Hidden Letter, AR</div> <div>3:00 Horse Race, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 18</div> <div>9:30 Exercise: Chair Cardio, BL</div> <div>10:00 Outing, FL</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:30 Sumi Painting, AR</div> <div>1:45 Movie, MT</div> <div>3:30 Happening Hour, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 19</div> <div>9:30 Exercise: Stay Strong, AR</div> <div>10:10 Bingo, AR</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Cover the Number Dice Game, AR</div> <div>5:20 Seahawks Game, MT</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 20</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Poker, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>10:00 Coffee and Donuts, AR 21</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Crafters, Knitters and Needles Club, AR</div> <div>6:45 Movie, MT</div>
<div>10:00 Worship Music, MT 22</div> <div>11:00 Church Service, CHPL</div> <div>1:45 Movie, MT</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel, MT</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 23</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Craft Corner, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Rosary Prayer Group, CHPL 24</div> <div>9:00 Sit & Be Fit</div> <div>9:30 Exercise: Balance and Coordination, AR</div> <div>10:10 Bingo, AR</div> <div>11:30 Resident Meeting, CC</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>2:00 Go for a Walk Scavenger Hunt: Word Search, AR</div> <div>3:00 Horse Race, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 25</div> <div>9:30 Exercise: Chair Cardio, BL</div> <div>10:00 Outing, FL</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>3:30 Happening Hour, AR</div> <div>6:45 Movie, MT</div>	<div>THANKSGIVING 26</div> <div>9:00 Sit & Be Fit</div> <div>9:30 Exercise: Stay Strong, AR</div> <div>10:10 Bingo, AR</div> <div>1:45 Movie, MT</div> <div>3:00 Cover the Number Dice Game, AR</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 27</div> <div>9:30 Exercise: Chair Yoga, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Poker, AR</div> <div>3:00 Tai Chi, AR</div> <div>6:30 Christmas Tree Lighting, AT</div>	<div>10:00 Coffee and Donuts, AR 28</div> <div>12:15 Table Trivia, DR</div> <div>1:45 Movie, MT</div> <div>3:00 Crafters, Knitters and Needles Club, AR</div> <div>6:45 Movie, MT</div>
<div>10:00 Worship Music, MT 29</div> <div>11:00 Church Service, CHPL</div> <div>1:45 Movie, MT</div> <div>3:00 Bingo, AR</div> <div>4:00 Armchair Travel, MT</div> <div>6:45 Movie, MT</div>	<div>9:00 Sit & Be Fit 30</div> <div>9:30 Exercise: Chicken Fat Go!, AR</div> <div>10:10 Bingo, AR</div> <div>11:15 Bean Bag Baseball, AR</div> <div>1:45 Movie, MT</div> <div>2:00 Craft Corner, AR</div> <div>3:00 Tai Chi, AR</div> <div>5:15 Seahawks Game, MT</div>					



Serving Our Community

If you have not seen the beautiful wreath some of our residents have created, stop by the Activity Room and take a look. This wonderful creation is supposed to go to our Fire Department as a way of thanking them for all they do, not only for us but also for the Puyallup community. We are still trying to figure out a way to give it to them, because Covid-19 made it a little harder.



Thank you, firefighters!

This amazing group of residents are Jane Wren, Audrey Schmitt, Linda Lynch, Louise Roberts, Sheila McNelly and John Wren. Thank you so much for volunteering your time and talent.



Louise, Linda, Sheila and Jane



Audrey and Jane

Fantasy Lights at Spanaway Park

Fantasy Lights is the largest drive-through holiday display in the Northwest. The beautiful two-mile drive along Spanaway Lake has become a memorable tradition for families throughout this area.

The Fantasy Lights will open on Saturday, November 21st. We will have several outings to see the beautiful lights, but as you know, we are also more limited in doing so. In which case, you may want to make this a family event for those who have family living close and leaving it open to those who do not.

There will be a sign-up sheet in the Activity Room if you would like to go. Dates will be determined, and the bus seating is limited.



It's magical.



Exercise with Karin

As the weather changes, so do our daily exercise routines. The rains come, and walking outside can be cold, wet and rainy. Don't let that keep you from exercising and staying healthy. Exercising is good for our physical bodies; it keeps us strong, builds our muscles and tones our bodies. It also keeps our minds clear and healthy and helps with sleeping. This in turn helps us feel better.

- Every morning you can start your day off with Sit to Be Fit at 9 a.m. You can do this in the Activity Room or in the comfort of your own home.
- Karin will also lead a different exercise Monday to Friday at 9:30 a.m. Look on your calendar for your daily workout.
- Upstairs, we have a fitness room with equipment. If you need help learning how to use these machines, we will help you. Just come in to see a manager, and we will set up a time. Remember to clean your equipment after you use it for the next person.
- Walking inside the building is a great way to exercise also. Grab a friend to walk with, but remember to stay 6 feet from each other. Walking to the dining room for three meals might be what you might need.
- Finally, don't forget those days when the rain stops and the sun comes out for moments. Scoot outside for some fresh air and a quick walk. We often have beautiful days in November!

Sumi Art Classes

Sumi is the Japanese word for ink painting. It is a 2000 year old art form of Japanese brush painting. If you are interested in participating in this activity (even if trying it for the first time), come on down!



Bill teaching us Sumi.

Join us following the noon meal on the first and third Wednesday to create your Sumi painting with the guidance of Bill Havens. We look forward to having another fun activity going on in the Activity Room.

Lighting the Christmas Tree

As you all know, as soon as Thanksgiving hits, Christmas is nearly here.

The Christmas Tree has a rich history dating back to Germany in the 16th century where they brought trees into their homes. It is believed that Martin Luther, the 16th century reformer, was the first to put lighted candles on a tree.

Join us this year for the Third Annual Lighting of the Christmas Tree here at Julian Estates on Friday, November 27th, at 6:30 p.m. As we decorate the beautiful tree, we also remember the moments in our lives that were so special to us. Bring down your story of a time that you would like to share with our Community Family. We will have refreshments and a sharing time following the countdown. If you love Christmas, you won't want to miss this special time.



Gingerbread House Contest

Christmas is just around the corner, and what says Christmas better than a Gingerbread House Contest? Every year, we compete against other communities to see whose will win. We enter, we build, we do our best, we come close, but still we are waiting to bring home the prize.

Join us as we plan for this year's big Gingerbread Contest. Come with your ideas, and let's create something amazing together. We all have gifts to share with each other. We can all contribute ideas and skills. Join us in the Activity Room on Monday, November 16th, at 2 p.m., to start the idea process for our wonderful creation.



A gingerbread birdhouse from years past

Julian Estates
Gracious Retirement Living

13305 94th Ave East
Puyallup, WA 98373



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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253-845-3232