



# Mulberry Gardens

GRACIOUS RETIREMENT & ASSISTED LIVING

395 South Main Street • Munroe Falls, Ohio 44262 • Phone (330) 634-9919 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)  
Facility License Number 2405R

DECEMBER 2020

## MULBERRY GARDENS STAFF

Administrator..... MELISSA HELTON-DIMARZO  
Assistant Administrator..... JESSICA SHENKER  
Director of Health Services..... SHARON LANN  
Resident Services  
Coordinator..... AMBER HINDELANG  
Executive Chef..... JORDAN LOOP  
Community Sales ..... JENNEFER ORR  
Activity Coordinator ..... SARA BOOKER  
Maintenance Coordinator..... TODD FRANTZ

## Smells Like Gingerbread!

What's that smell in the air? It's spicy, it's sweet, and it's often a creative-and delicious-building material. That's right, it's gingerbread season! Residents and staff at Mulberry Gardens will be working together (and socially distancing) to create a themed wonderland out of gingerbread! This year, due to COVID, we are changing our event. Because what's more exciting than one gingerbread house? A whole village, of course! Based on the theme generated by our residents, the gingerbread house will be constructed and added to throughout the rest of December. The finished result will be submitted to Hawthorn's home office for a chance to win \$250 toward activities for our residents.

This year's theme is the Mulberry Community! Residents will each decorate one side of a gingerbread house to reflect important buildings in our community. Some of these include Mulberry Gardens AL, a school, a fire department, and a church! Residents came together to generate the theme, as well as what materials they wanted to use!

This contest was made possible through a team effort consisting of residents, activities and our wonderful culinary staff. Together, we bring new suggestions and ideas to the table! Be on the lookout via Facebook for pictures of our residents at every step of the building process.

Most importantly, have fun!



**HAWTHORN**  
SENIOR LIVING





## Holiday Movie Matinee

Think back to your favorite holiday moments? The iconic images that come together in making this holiday season something to remember. What movies were a part of making those memories so special?

Here at Mulberry Gardens, we'll be bringing back those memories through a series of fun, heartwarming tales on the big screen. Join us every Monday at 3:30 p.m. in the Activities Room for a Movie Matinee that includes warm beverages, fresh popcorn, and tons of nostalgia. Residents are encouraged to request or include movies they may already have, or ones to be collected and shown by Activities!

So join us in making our Community a part of your holiday nostalgia.



## Holiday Happy Hour Cart

Holiday spirits are just around the corner, as a new addition to our snack cart offerings in the month of December. Have a favorite holiday drink you've been dying to taste? Tell Sara in Activities, and she can whip it up for you! While all of our holiday offerings are alcohol free, the magic remains. From wine, to a crisp cider, to a tall glass of eggnog, we're bringing the tastes of the season to you! The Happy Hour cart will go around each week, sprinkling cheer on every door. If you're on the nice list, you might even get a sweet treat for your troubles!



## Ornament Decorating

What's better than seeing twinkling lights and bright, shiny bulbs on a tree? Making them! Join us in Activities this December as we create new and unique ornaments to add to our Mulberry Gardens Community tree. Residents are encouraged to bring down ornaments they've done in the past, or materials they would like to include in the creation of their ornaments! Don't see a material you want (beads, lace, glitter, etc.)? Just ask Sara, and she'll get it for you!

Often, ornaments reflect the personalities of the person who created them, meaning our ornaments will shine brighter than any holiday lights.





## Holiday Trivia!

There's a chill in the air. The snow is falling in lazy drifts outside your window. Everything is quiet. Maybe too quiet. Act fast, before cabin fever can strike! Join us each week in Activities as we indulge in trivia and brainteasers meant to test our skills and sharpen our minds. Every Monday at 2:30 p.m., we will have a different theme, or a different style of trivia. If you have seasonal trivia and want to stump your friends, bring it with you! Please see the calendar for dates and times, and we look forward to seeing you there!

## Deck the Halls

Decorating is a time of coming together, of building up our Community, and creating a sense of family and togetherness in the face of hard times. Here at Mulberry, we take pride in creating a space our residents feel safe and comfortable in. The holidays are no exception! Join us Wednesday, December 2nd, at 2:30 p.m. in the Activities Room as we begin decking the halls with holiday cheer. And, because decorating is a month-long tradition, residents can look forward to several more decorating days. See Sara for more details!

## Grandma Got Run Over by a Reindeer!

You heard that right, folks. Grandma, famous for her fruitcake and eggnog, was found run over by a reindeer. But these aren't just any old reindeer. While we have it on good authority that Grandma is safe and recovering by the fire, the culprit remains at large. It's up to our residents to unmask this dastardly reindeer, once and for all!

But it won't be easy.

This reindeer is hiding in plain sight, and could be any one of the Mulberry Gardens Staff. Can our resident detectives crack the case using weekly clues and riddles? Or will this reindeer go free? For the sake of grandmas everywhere, they have to be stopped!

Each week, residents will get a new set of clues. Clues will be posted throughout the facility, and will change each week. For a list of that week's clues, see Sara the Elf in her Activities Workshop. But listen closely, because news of a sighting could be announced during activities at any time during the week. The sightings will contain important pieces of the puzzle, and will involve staff in the affected area!

But be careful asking staff for clues. They may know more than they're letting on ... or they may mislead you!

At the end of each week, a resident detective will have one chance to guess a suspect, and Sara the Elf will point you in the right direction.

Happy hunting, residents! Let's catch that reindeer!

## Cookie Decorating Competition

We're bringing you another dusting of nostalgia as 2020 comes to a close. Can you remember a time you helped decorate cookies with a loved one? Maybe you baked them, or just dipped your fingers in the icing. Either way, cookie decorating is a fun, easy way to bring meaning to the season, and a little sweetness to the soul. Our cookie decorating competition will take place Monday, December 14th, at 3:30 p.m., and residents will have their very own cookie decorating station, including icing, sprinkles and other fun unique materials to really make their treats shine! Cookies will be reviewed by a panel of very special judges, including members of our management team! The winner will receive a certificate declaring them the reigning cookie queen (or king) of 2020!



DEC 2020

Birthdays

Jim Wiebrecht, 1st  
Jeanne Keller, 15th  
Ann Bezbatchenko, 18th  
John Woodburn, 24th  
Hilda Guillion, 27th  
Fay Timmerman, 30th

Locations

Activity Room, AR  
Dining Room, DR  
Library, LB  
Mulberry Room, MR  
Munroe Room, FC  
Wellness Center, WC

“Time together  
as a family is  
a gift.”  
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 7:00 Ping Pong</div> 	<div>2</div> <div>11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Deck the Halls Seasonal Decorating, AR 3:30 Ornament Decorating, AR</div>	<div>3</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 3:30 Holiday Happy Hour Cart</div>	<div>4</div> <div>10:00 Snack Cart 2:30 Winter Coloring Pack, AR 3:45 Winter Independent Puzzlers, AR</div>	<div>5</div> <div>2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR</div>
<div>6</div> <div>11:00 Senior Yoga, AR 12:00 Senior Yoga 2, AR 2:30 Sunday Service, AR 2:30 Sunday Refreshments with Church 3:30 Ping Pong, AR</div>	<div>7</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Holiday Trivia and Brainteasers, AR 3:30 Monday Movie Matinee, AR</div>	<div>8</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 6:30 Gingerbread Village Construction, AR 7:00 Ping Pong</div>	<div>9</div> <div>11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Flyswatter Volleyball, AR 3:30 Ornament Decorating, AR</div>	<div>HANUKKAH BEGINS AT SUNSET 10</div>	<div>11</div> <div>10:00 Snack Cart 2:30 Winter Coloring Pack, AR 3:45 Winter Independent Puzzlers, AR</div>	<div>12</div> <div>2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR</div>
<div>13</div> <div>11:00 Senior Yoga, AR 12:00 Senior Yoga 2, AR 2:30 Sunday Service, AR 2:00 Holiday Pop Up Shop!, AR 2:30 Sunday Refreshments with Church 3:00 Trivia with Jess!, AR 3:30 Ping Pong, AR</div>	<div>14</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Holiday Trivia and Brainteasers, AR 3:30 Monday Movie Matinee, AR</div>	<div>15</div> <div>11:30 Holiday Entertainment by Greg Piscura, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 4:30 Stumpers with Sharon!, AR 7:00 Ping Pong</div> 	<div>16</div> <div>11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Caroling with Amber!, AR 4:30 Holiday Secret Santa Mystery Card Decorating, AR</div>	<div>17</div> <div>10:00 Guys’ Time with Todd, WC 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 3:30 Holiday Happy Hour Cart 4:30 Cookie Decorating Competition, AR</div>	<div>18</div> <div>10:00 Snack Cart 2:30 Winter Coloring Pack, AR 3:00 Crafter’s Corner with Jen!, AR 3:45 Winter Independent Puzzlers, AR</div> 	<div>19</div> <div>2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR</div>
<div>20</div> <div>11:00 Senior Yoga, AR 12:00 Senior Yoga 2, AR 2:30 Sunday Service, AR 2:30 Sunday Refreshments with Church 3:30 Secret Santa Card Delivery 3:30 Ping Pong, AR</div>	<div>WINTER BEGINS 21</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Holiday Trivia and Brainteasers, AR 3:30 Monday Movie Matinee, AR</div>	<div>22</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 7:00 Ping Pong</div>	<div>23</div> <div>11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Flyswatter Volleyball, AR 3:30 Caroling, AR</div>	<div>24</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Holiday Bingo, AR 3:30 Holiday Bingo 2, AR</div> 	<div>CHRISTMAS DAY 25</div> <div>10:00 Snack Cart 12:30 Christmas Dinner 2:30 Winter Coloring Pack, AR 2:30 Holiday Services with Earle, AR 3:45 Winter Independent Puzzlers, AR</div>	<div>26</div> <div>2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR</div>
<div>27</div> <div>11:00 Senior Yoga, AR 12:00 Senior Yoga 2, AR 2:30 Sunday Service, AR 2:30 Sunday Refreshments with Church 3:30 Ping Pong, AR</div> 	<div>28</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:00 Resident Council with Melissa!, AR 3:30 Monday Movie Matinee, AR</div>	<div>29</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 7:00 Ping Pong</div>	<div>30</div> <div>11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 3:30 Happy Hour Cart</div> 	<div>NEW YEAR’S EVE 31</div> <div>10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 3:30 New Year’s Eve Birthday Toast!, AR</div>		



## Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

**Peppermint** — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

**Hot cocoa** — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

**Gingerbread** — Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

**Sugar cookie** — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

**Eggnog** — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.

## The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

**Treats:** Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

**Decorations:** Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

**Crafts:** Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

**Music:** Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

## Secret Santa Mystery Card Exchange

You've probably participated in a game of Secret Santa. Everyone pulls a name from a hat, and buys or makes that person a present. It could be serious or funny, often thoughtful. The point is to get to know the person whose name you've picked, without them catching on. Who knows? Maybe you're the name they chose!

We'll be taking the Secret Santa theme, and giving it a fun — inexpensive — twist! Interested residents will be assigned a number. They won't know their own number, but will be given the identity of the number they chose (ex. Peggy is #4, but doesn't know it. Peggy pulls #8, and is told she chose Sam). Once each resident has drawn their number and been given their name, they will design a holiday card for that person, without giving away whom they chose.

Card making will take place in the Activities Room on Wednesday, December 16th at 4:30 p.m.! The finished cards will be delivered the next day by a dedicated elf (the Activities Director), who will keep the names a secret until Christmas Eve.

So no peaking, and have fun!





## Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.

## New Year, New You!

With the world feeling upside down and sideways, you may feel like this year will never end. While it certainly has been a year to remember, it's important to understand that it won't last. Things will get better, even if they have to start from within. For many, that positive change comes in the form of a New Year's Resolution! It could be drinking more water, or smiling more. Anything that has you looking forward to 2021. We're asking our residents and staff to tell us their New Year's Resolutions, which we will be displaying inside the Activities Room for everyone to see.

We hope that, by reading and sharing our hopes for the future, we manifest a positive change that begins from the heart. If you can't think of a resolution, that's OK too. Pick something good that happened this year, and write it down! It's equally important to focus on the positives that have happened this year.

## Beethoven's Greatest Hits

This year celebrates the 250th birth anniversary of Ludwig van Beethoven, one of the most masterful composers in classical music history. From his career of over 700 works, here are some of his most beloved:

**Symphony No. 5** — The piece known as Beethoven's Fifth is one of the world's most important and famous symphonies, partly due to its dramatic four-note opening.

**Symphony No. 9** — His last symphony, written after he had gone completely deaf, continues to inspire. In the fourth and final movement, vocalists sing the lyrics of Friedrich Schiller's poem "Ode to Joy."

**Violin Concerto** — Although not successful during Beethoven's lifetime, his Violin Concerto in D major is now a popular piece for violinists and considered one of the composer's most beautiful works.

**Symphony No. 3** — This triumphant piece, called the "Eroica" Symphony, marks a groundbreaking turn in Beethoven's career—and classical music as a whole—when his work became more personal and emotional.

**Piano Sonata No. 14** — The slow, haunting first movement of this piece, nicknamed the "Moonlight Sonata," is instantly recognizable, thanks to its use in films and television.

**"Für Elise"** — This short, delicate piano composition wasn't discovered until 40 years after Beethoven's death, but is now an iconic example of classical music and is often a standard for beginner piano players.



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395 South Main Street  
Munroe Falls, Ohio 44262



*It's always Warm at*

*Mulberry Gardens* 

GRACIOUS RETIREMENT & ASSISTED LIVING

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**330-634-9919**