

JANUARY 2021 BELLA VISTA STAFF

Assistant ManagersLANNY & SUSAN HARLOW
Assistant ManagersHARRY & LINDA LEVELL
Executive ChefGRAHAM FELLERS
Activity CoordinatorJENNIFER THOMPSON
MaintenanceFRANK WINER
Transportation .. DWIGHT VROOM VROOM HAGAN

TRANSPORTATION

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

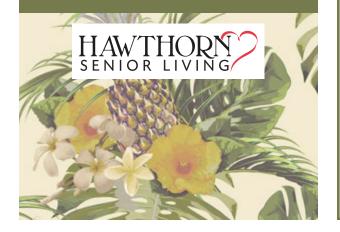
Tuesday, 9 a.m.-Noon and 1:30-3 p.m.:Medical Appointments

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



We're Off on the Hawthorn Adventure

Swaying palms, powder-fine beaches, and clear blue waters — get ready Bella Vista for a tropical getaway you won't soon forget! Beginning the week of January18ththrough February 5th, Bella Vista will be embarking on a virtual Island-



Hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations: Hawaii, Fiji, and New Zealand.

As we make our scheduled stops, we will be virtually experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 14th, at 3 p.m., to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide Jennifer for all the details!



Santa's Secret South Seas Sanctuary

Santa's got it made this year with a great tropical vacation spot. Once Christmas Eve is over, Santa can chilax on his own private island. He can surf the ocean, tan on the beach, swim in the pool or retire to his own tiki hut complete with tiki mask.

The residents like Saint Nick so much that they gladly built and decorated Santa's resort island with glee. Construction started on November 12th with covering the tiki huts with pretzels and Frosted Mini Wheat Cereal. The next time, wreaths were made and placed on the houses along with Christmas lights and "sand" snowmen. At this time, some of the houses were also lifted onto stilts to keep high tide away from their doors. Next the beach, ocean and palm trees were added, followed by the swimming pool, hot tub, tiki masks and surf boards. Every year we build something made from gingerbread. It really has been a fun time to be together, get messy, laugh a lot and in general enjoy holiday spirit.



Jane made the cutest "sand" snowman.



Evelyn and Arlene getting started with their tiki hut design



Pat and Le'Ann cover their tiki hut with style.



Chef Graham getting the gingerbread ready for baking

Inge's hut looks like a winner.



Maxine decorated her hands as much as she did the wreaths.



Palm tree building takes a lot of patience and Marion is doing a great job!

Reminisce Show and Tell

We always learn the most interesting things about our residents at Reminisce. This past month, Ralph brought a bell with him. The bell he brought was from his childhood. His mother would ring the bell when it was time for Ralph to come inside for meals, when it was dark or when she needed him to do something. Ralph rang the bell for us and it had a very distinctive sound. It was easy to see why Ralph's mom used it.

Inge shared the book she is making for her grandchildren. It started out as a Gratitude Journal in our Live and Learn series. She then added some interesting newspaper articles, cartoons, some of her thoughts about love, religion and the world. She writes down some of the funnies that are on the door in the Activity Center so that her grandchildren remember the importance of laughter. She cuts out interesting facts and moments in history from the Daily Chronicle to share. She uses all the things around her and nothing goes to waste. We love this very special book and feel that her grandchildren will love it when she gives it to them.

Thank you Ralph and Inge, for sharing your special treasures.



Inge shared the book she is making for her grandchildren.



Ralph brought his very special bell.

Things to Ponder

Since we are going a virtual holiday to the islands, it might be a nice time to reminisce about trips we've taken in the past. For instance, what was your favorite beach as a child? Did you go to a busy beach that was full of tourists or to a more private family beach? Did you have



a favorite bathing suit? What did it look like and how is it different from the ones people are wearing today? Did you build sand castles or bury your dad in the sand? What about taking your children to the beach? What did you pack in your bag for a day at the beach? Did you eat lobster rolls, muscles and clams, or fried shrimp and flounder? Did you lay out with baby oil and turn golden brown or stay under the safety of the umbrella with a high SPF? What about going on the off season? Did you ever go to the beach in the winter? How was it different?

We will be discussing beach vacations like this and more at Reminisce Show and Tell on Tuesday, January 19th, at 3 p.m. We sure hope you'll join us.

JAN 2021

Birthdays

Paul Corcoran, 2nd Marilyn Matthews, 8th Barbara Nolen, 8th Jack Kennedy, 11th Irene Rogillio, 19th Tom Muir, 20th Pratibha Nath, 22nd Merl Fessler, 25th

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

Hairdresser: Carmen Terry 828-215-4981 Hours:

Tuesday-Saturday: 9 a.m.-4 p.m.

Nail Tech: Michelle Payne 828-776-1074 Hours:

Thursday: 8 a.m.-4 p.m.

Mountain Home Care

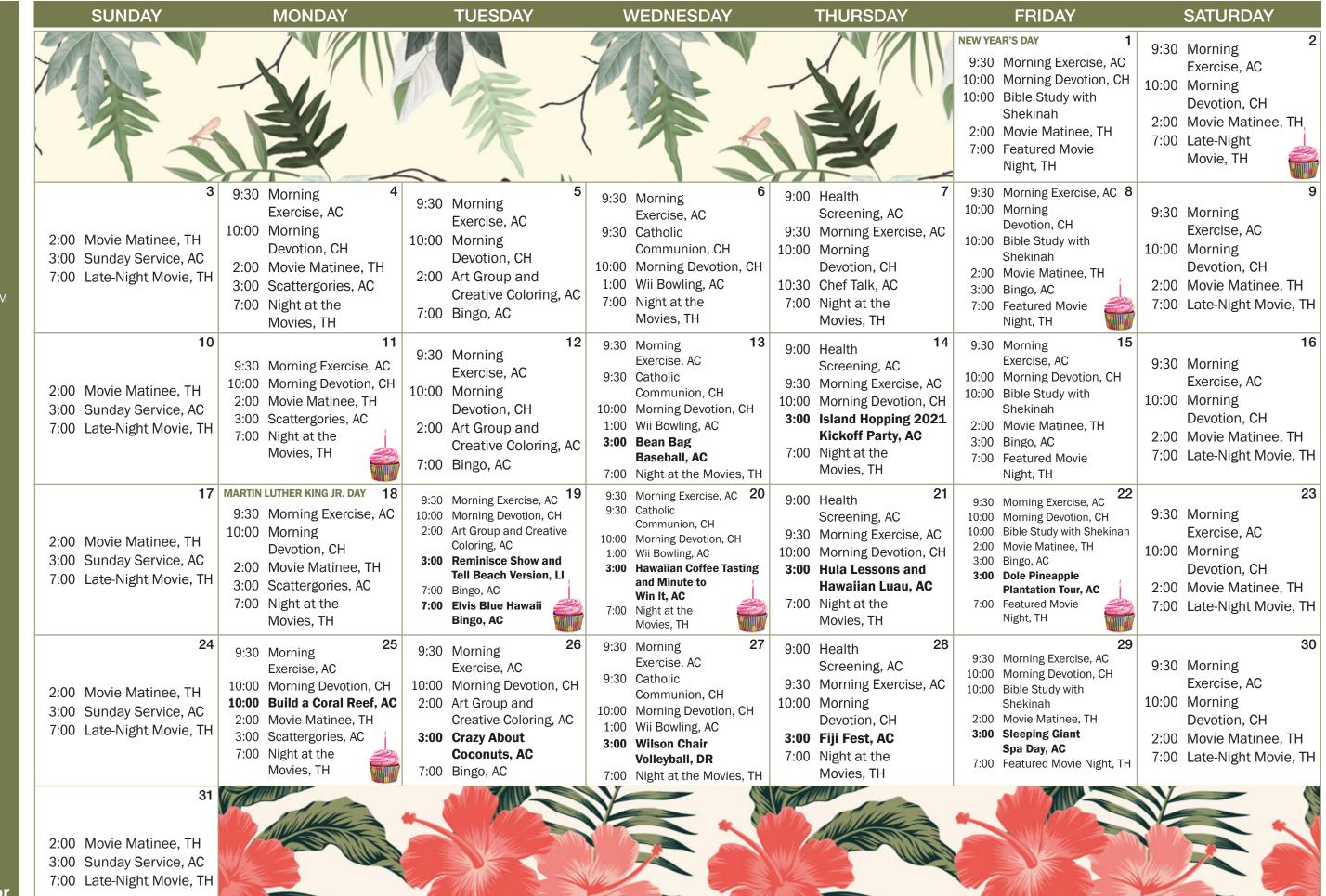
828-684-6444

Legacy Healthcare Services

828-252-1915.

"What you do today can improve all your tomorrows."

AuthorUnknown





Bean Bag Baseball, Wow!

Bean Bag Baseball has become the new hot game to play at Bella Vista. With Coaches Cary and Lanny, the teams have really come together. The December game was a runaway with Coach Cary's team taking an early lead and never looking back. The score was 12-0 for a long time then quickly shot up to 22-0. Coach Lanny vowed to make a comeback next month and insists on having practices between now and what he's calling the "World Series."

If you would like to join the game or be a cheerleader on the sidelines, we would love to have you join us on January 13th, at 3 p.m. It should be a great time.



99-year-old Jim threw for a home run.



Sharon got the first home run of the game.



Coach Lanny's team — ready for a comeback



The final score of 22-0



Coach Cary's winning team

It's a Dickens of a Village

A great big special thank you to Kathy who very generously shared the Dickens Village for all of us to enjoy and to Cindy, who helped her set it up for display. Many residents who came to view the village said that it reminded them of the village



What a beautiful display!



Cindy and Kathy getting the village just right

that they had or that they had one just like it. What a beautiful way to celebrate the holidays and reminisce about past Christmases.

A Hunting We Will Go

The Christmas
Scavenger Hunt
turned out to be a
really fun activity for
many residents. There
were 10 clues like:
"Hollywood would
be proud of this
place" and "Santa
leaves gifts here"
that the residents
followed on the 2nd
and 3rd floors to find
their prizes. At each
location, hunters



Roseann, Irene and Maureen had fun Scavenger Hunting.



One of the prizes was hidden where things are heavy and stretchy.

received a small wrapped gift like Kleenex, Cracker Jacks, water bottles and hand sanitizer. At the end, each resident had 10 little gifts to take home, open and enjoy.

Crazy About Cocoa

There are so very many flavors of cocoa. We decided to try some different ones at our recent walk through Cocoa Social. The flavors we tried were Hazelnut, French Vanilla, White Chocolate, Salted Caramel, Traditional and Sugar-Free. The Hazelnut seemed to be the favorite and everyone agreed that marshmallows made it better. Of course if you have cocoa, you need some cookies as well. There were Piroulines, sugar cookies, chocolate fudge and mini candy canes. Socials aren't quite the same as they used to be, but we can still have a good time. Ho-Ho-Ho!



Marilyn had Hazelnut Cocoa in a reindeer cup.



Doug enjoyed White Chocolate Cocoa.



Inga had French Vanilla in a Santa cup.



Jeanne enjoyed cocoa and cookies.





