

# Bella Vista

## Gracious Retirement Living

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

JANUARY 2021

### BELLA VISTA STAFF

Manager.....CARY COLE  
Assistant Managers .... LANNY & SUSAN HARLOW  
Assistant Managers .....HARRY & LINDA LEVELL  
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

## 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  
January 18th through  
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.



*Evelyn and Arlene getting started with their tiki hut design*



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



*Jane made the cutest "sand" snowman.*



*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."

— Author  
Unknown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:00 Bible Study with Shekinah</div> <div>2:00 Movie Matinee, TH</div> <div>7:00 Featured Movie Night, TH</div>	<div>2</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>7:00 Late-Night Movie, TH</div> <div></div>
<div>3</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Sunday Service, AC</div> <div>7:00 Late-Night Movie, TH</div>	<div>4</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Scattergories, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>5</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Art Group and Creative Coloring, AC</div> <div>7:00 Bingo, AC</div>	<div>6</div> <div>9:30 Morning Exercise, AC</div> <div>9:30 Catholic Communion, CH</div> <div>10:00 Morning Devotion, CH</div> <div>1:00 Wii Bowling, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>7</div> <div>9:00 Health Screening, AC</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:30 Chef Talk, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>8</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:00 Bible Study with Shekinah</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Bingo, AC</div> <div>7:00 Featured Movie Night, TH</div> <div></div>	<div>9</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>7:00 Late-Night Movie, TH</div>
<div>10</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Sunday Service, AC</div> <div>7:00 Late-Night Movie, TH</div>	<div>11</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Scattergories, AC</div> <div>7:00 Night at the Movies, TH</div> <div></div>	<div>12</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Art Group and Creative Coloring, AC</div> <div>7:00 Bingo, AC</div>	<div>13</div> <div>9:30 Morning Exercise, AC</div> <div>9:30 Catholic Communion, CH</div> <div>10:00 Morning Devotion, CH</div> <div>1:00 Wii Bowling, AC</div> <div>3:00 Bean Bag Baseball, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>14</div> <div>9:00 Health Screening, AC</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>3:00 Island Hopping 2021 Kickoff Party, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>15</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:00 Bible Study with Shekinah</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Bingo, AC</div> <div>7:00 Featured Movie Night, TH</div>	<div>16</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>7:00 Late-Night Movie, TH</div>
<div>17</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Sunday Service, AC</div> <div>7:00 Late-Night Movie, TH</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Scattergories, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>19</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Art Group and Creative Coloring, AC</div> <div>3:00 Reminisce Show and Tell Beach Version, LI</div> <div>7:00 Bingo, AC</div> <div>7:00 Elvis Blue Hawaii Bingo, AC</div> <div></div>	<div>20</div> <div>9:30 Morning Exercise, AC</div> <div>9:30 Catholic Communion, CH</div> <div>10:00 Morning Devotion, CH</div> <div>1:00 Wii Bowling, AC</div> <div>3:00 Hawaiian Coffee Tasting and Minute to Win It, AC</div> <div>7:00 Night at the Movies, TH</div> <div></div>	<div>21</div> <div>9:00 Health Screening, AC</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>3:00 Hula Lessons and Hawaiian Luau, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>22</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:00 Bible Study with Shekinah</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Bingo, AC</div> <div>3:00 Dole Pineapple Plantation Tour, AC</div> <div>7:00 Featured Movie Night, TH</div> <div></div>	<div>23</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>7:00 Late-Night Movie, TH</div>
<div>24</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Sunday Service, AC</div> <div>7:00 Late-Night Movie, TH</div>	<div>25</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:00 Build a Coral Reef, AC</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Scattergories, AC</div> <div>7:00 Night at the Movies, TH</div> <div></div>	<div>26</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Art Group and Creative Coloring, AC</div> <div>3:00 Crazy About Coconuts, AC</div> <div>7:00 Bingo, AC</div>	<div>27</div> <div>9:30 Morning Exercise, AC</div> <div>9:30 Catholic Communion, CH</div> <div>10:00 Morning Devotion, CH</div> <div>1:00 Wii Bowling, AC</div> <div>3:00 Wilson Chair Volleyball, DR</div> <div>7:00 Night at the Movies, TH</div>	<div>28</div> <div>9:00 Health Screening, AC</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>3:00 Fiji Fest, AC</div> <div>7:00 Night at the Movies, TH</div>	<div>29</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>10:00 Bible Study with Shekinah</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Sleeping Giant Spa Day, AC</div> <div>7:00 Featured Movie Night, TH</div>	<div>30</div> <div>9:30 Morning Exercise, AC</div> <div>10:00 Morning Devotion, CH</div> <div>2:00 Movie Matinee, TH</div> <div>7:00 Late-Night Movie, TH</div>
<div>31</div> <div>2:00 Movie Matinee, TH</div> <div>3:00 Sunday Service, AC</div> <div>7:00 Late-Night Movie, TH</div>						





## 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.



*Coach Lanny's team — ready for a comeback*



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



*Sharon got the first home run of the game.*



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



*What a beautiful display!*



*Cindy and Kathy getting the village just right*





## 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 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.



*Roseann, Irene and Maureen had fun Scavenger Hunting.*



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

## 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.*



*Inga had French Vanilla in a Santa cup.*



*Doug enjoyed White Chocolate Cocoa.*



*Jeanne enjoyed cocoa and cookies.*

# Bella Vista

Gracious Retirement Living

55 Piney Mountain Drive  
Asheville, NC 28805



*It's always Warm at*

## Bella Vista

Gracious Retirement 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.

**828-255-8255**