

CAMELLIA GARDENS

Gracious Retirement Living

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JANUARY 2021

CAMELLIA GARDENS

Managers.....CANDY & TONY ALESSI
Assistant Managers KALYN &
PATRICK KATHEEDER
Executive ChefSAMAR KHOURY
Activity CoordinatorCASEY THOMAS
Maintenance BILLY ROSS
Bus DriverRICK MCLAUGHLIN

TRANSPORTATION

| | |
|---|--|
| Monday, 10 a.m.-12 p.m.: Acton: Walgreens, DCU, Acton Urgent Care | Wednesday, 2-3:30 p.m.: Maynard: CVS, Citizen's, Middlesex Bank |
| Monday, 2-3:30 p.m.: Stow: Osco, Citizen's Fidelity, BoA ATM | Friday, 10 a.m.: Stow: Osco, Citizen's Fidelity, BoA ATM |
| Tuesday & Thursday, 8:30 a.m.-3 p.m.: Appointments | Friday, 2 p.m.: Acton: Walgreens, DCU, Acton Urgent Care |

HAWTHORN
SENIOR LIVING

New Activities

Camellia Gardens is excited to announce new and revamped activities this month. Below you will find a brief overview of each activity. Stop on by and check them out!

Monday:

Historical Hooligans — 11 a.m. — Theater

History is full of inspiring heroes, power hungry rulers, and complex civilizations. It is also full of a lot of idiots. In Historical Hooligans, you will hear tales of drunken assassinations, troubled geniuses, and sultry exploits. Come on down to what is sure to be the most entertaining history class in your life.

Tuesday:

TED Talks — 10:30 a.m. — Theater

Experience a collection of the most renowned speakers in their field. TED talks are a speaker series covering every topic imaginable. Hear from prominent experts in their fields and stay for a lively discussion on anything from the origins of the universe to the power of happiness.

Arts and Crafts — 3 p.m. — Activity Room

Due to popular demand, Arts and Crafts is being expanded. New activities will fill January with some island hopping spirit and much more!

Wednesday:

Science Experiments — 11 a.m. — Activity Room

Have you ever wondered what might happen if you put Alka Seltzer in a film canister? Or if opera music helps plants grow? Do you often ask yourself questions? Then check out Science Experiments where we'll play around with fun, easy science activities and try not to destroy the Activity Room.

(Continued inside.)



New Activities (Continued)

Technology Help — 3 p.m. —
Activity Room

If your mastery of technology ended at the fax machine and typewriters, then you might want to stop by Technology Help. Come get guidance on how to use all your devices. From 3 to 4 p.m., office hours are open for you to stop by.

Thursday:

Croquet — 10:30 a.m. — Activity Room

Get some fun and exercise during Croquet. All skill levels welcome (we'll teach you)!

Military Battles — 4 p.m. — Theater

Learn the nitty gritty of battles as we take a deep dive into history. Each week will focus on different warring factions and their tactics.

Friday:

Mini Golf — 10:30 a.m. — Activity Room

Get some fun and exercise during Mini Golf. All skill levels welcome (we'll teach you)!

Relaxation Time —
11 a.m. — Sanctuary

Come get a treat, put all your worries behind, and experience guided relaxation activities. I promise it will be the most relaxing thing you do all week.

Special Events:

Don't forget to stay tuned to special events throughout the month including our island hopping adventure!

The Power of Deep Breaths

You have probably been told before to “Calm down and take a deep breath.” While telling someone to “calm down” is often counterproductive, deep breathing is a scientifically proven exercise to relax yourself.



Here's how to take a deep, healing, diaphragmatic breath:

First steps. Find a comfortable, quiet place to sit or lie down. Start by observing your breath. First take a normal breath. Now try taking a slow, deep breath. The air coming in through your nose should move downward into your lower belly. Let your abdomen expand fully. Now breathe out through your mouth (or your nose, if that feels more natural). Alternate normal and deep breaths several times. Pay attention to how you feel when you inhale and exhale normally and when you breathe deeply. Shallow breathing often feels tense and constricted, while deep breathing produces relaxation.

Now practice diaphragmatic breathing for several minutes. Put one hand on your abdomen, just below your belly button. Feel your hand rise about an inch each time you inhale and fall about an inch each time you exhale. Your chest will rise slightly, too, in concert with your abdomen. Remember to relax your belly so that each inhalation expands it fully.

Breath focus in practice. Once you've taken the steps above, you can move on to regular practice of breath focus. As you sit comfortably with your eyes closed, blend your breathing with helpful imagery and a focus word or phrase that will help you relax. Imagine that the air you breathe in washes peace and calm into your body. As you breathe out, imagine that the air leaving your body carries tension and anxiety away with it. As you inhale, try saying this phrase to yourself: “Breathing in peace and calm.” And as you exhale, say: “Breathing out tension and anxiety.” When you first start, 10 minutes of breath focus is a reasonable goal. Gradually add time until your sessions are about 15 to 20 minutes long.



Island Hopping 2021

Camellia Gardens is excited to announce our first Island Hopping Adventure starting January 15th! While this may be our first, Hawthorn communities have been virtually island hopping for over a decade. We will be visiting three lovely places: Hawaii, Fiji, and New Zealand. Each tropical paradise will get a dedicated week filled with fun activities, culture, and special treats.

First up, the lovely islands of Hawaii. We will be bouncing between four islands: The Big Island, Maui, Oahu, and Kauai. No matter what the island, all of Hawaii shares in tropical paradises, a rich multicultural heritage, and a desire to kick back and relax. So grab a lei and kick off our first stop in lovely Hawaii.

Second, we have Fiji! The archipelago has become synonymous with tropical getaways (and for good reason). Fiji is home to over 300 islands encompassed by picturesque beaches, coral reefs, and abundant wildlife. We will be engaging in a series of relaxing activities and treating ourselves to some island treats. Getting to Fiji may be difficult, but convincing yourself to leave will be even harder.

Last but certainly not least, New Zealand. Australia's laid back cousin has seen a recent rise in interest due to its breathtaking landscapes being showcased in countless films. We will be viewing all sorts of natural wonders, most notably fiords, where step cliffs meet the seas in spectacular fashion. We will also be lucky enough to experience some of the distinct Maori culture, filled with artistry, skill, and humor. A nice and quirky way to end our journey!

So hop on board and enjoy!



Tropical getaway



Sit back and relax

JAN 2021






Birthdays

GB Lowe, 5th
 Bonnie Winokar, 10th
 Kathy Berman, 18th
 Howard Markowitz, 23rd
 Lorene Lucas, 28th

Locations

4th Floor Patio, 4P
 Activity Room, AR
 Atrium, AT
 Billiard Room, BR
 Bistro, BI
 Dining Room, DR
 Fire Pit, FP
 Gardens, GD
 Gym, GYM
 Library, LIB
 Main Lobby, LB
 PC Area, PC
 Pergola Courtyard, CY
 Private Dining Room, PDR
 Sanctuary, SAN
 Theater, TR
 TV Room, TV

Stop in the Reading Room any time over the weekend to pick up word games and puzzles to complete at your leisure.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|--|
| | | | | | NEW YEAR'S DAY 1 9:30 Chair Exercises, AR 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 7:00 Movie, TR | 2 9:30 Word Games, LIB 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR |
| 9:30 Word Games, LIB 3 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR | 9:30 Chair Exercises, AR 4 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR | 9:30 Exercise Bands, AR 5 9:30 Blood Pressure Clinic, AR 10:00 Refreshments, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR  | 9:30 Ageless Grace Exercise, AR 6 10:00 Refreshments, BI 11:00 Science Experiments, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR 7:00 Movie, TR | 9:30 Exercise Bands, AR 7 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR | 9:30 Chair Exercises, AR 8 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 7:00 Movie, TR | 9:30 Word Games, LIB 9 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR |
| 9:30 Word Games, LIB 10 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR  | 9:30 Chair Exercises, AR 11 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR | 9:30 Exercise Bands, AR 12 10:00 Refreshments, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR | 9:30 Ageless Grace Exercise, AR 13 10:00 Refreshments, BI 11:00 Science Experiments, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR 7:00 Movie, TR | 9:30 Exercise Bands, AR 14 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR | 9:30 Chair Exercises, AR 15 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 4:00 Island Hopping Kickoff Party, AR 7:00 Movie, TR | 9:30 Word Games, LIB 16 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR |
| 9:30 Word Games, LIB 17 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR | MARTIN LUTHER KING JR. DAY 18 9:30 Chair Exercises, AR 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Hawaii Treats, BI  | 9:30 Exercise Bands, AR 19 9:30 Blood Pressure Clinic, AR 10:00 Refreshments, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR | 9:30 Ageless Grace Exercise, AR 20 10:00 Refreshments, BI 11:00 Science Experiments, AR 2:00 Movie: Elvis in Blue Hawaii, TR 3:00 Technology Help, AR 7:00 Movie, TR | 9:30 Exercise Bands, AR 21 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR | 9:30 Chair Exercises, AR 22 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 4:00 Luau Party, AR 7:00 Movie, TR | 9:30 Word Games, LIB 23 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR  |
| 9:30 Word Games, LIB 24 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR | 9:30 Chair Exercises, AR 25 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR | 9:30 Exercise Bands, AR 26 9:30 Blood Pressure Clinic, AR 10:00 Refreshments, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Fiji Garden Arts & Crafts, AR 7:00 Movie, TR | 9:30 Ageless Grace Exercise, AR 27 10:00 Refreshments, BI 11:00 Science Experiments, AR 2:00 Castaway Movie and Fiji Treats, TR 3:00 Technology Help, AR 7:00 Movie, TR | 9:30 Exercise Bands, AR 28 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR  | 9:30 Chair Exercises, AR 29 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Fiji Relaxation Techniques, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 7:00 Movie, TR | 9:30 Word Games, LIB 30 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR |
| 9:30 Word Games, LIB 31 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR | | | | | | |



Chair Exercises

A short amount of exercise goes a long way. But you don't have to always hit the gym or buy equipment. Here is a list of exercises you can do in your own apartment. All you need is a chair and a little time. There are goals listed for the amount of repetitions (reps) but feel free to adjust to suit your abilities.

Seated:

Deep breaths — inhale through the nose, exhale through the mouth (repeat before each exercise in the routine)

Neck Stretches

Look over one shoulder and twist torso (3 reps to each side)

Look up to ceiling, then down to the ground (3 reps)

Neck circles, both directions

Ankle Movements

Ankle circles, one leg at a time first one direction, then the other

One leg at a time, point toe to the ground, then back towards your body (6 reps)

Straight leg circles, one leg at a time, first one direction, then the other

Seated march, high knees

Stand up, then sit down (12 reps now, more later)

Standing behind a chair:

Monkey bear (feet apart, swing arms across your body moving weight from foot to foot)

Up on your toes, then back on your heels, shifting weight back and forth (12 reps)

Shift weight to outside of one foot, lift the other foot and balance for 5 seconds. Repeat on the other side.

Put one foot in front of the other with all weight on the front foot, lift back foot and hold your balance for 5 seconds. Repeat with another foot in front.

Seated:

Stretch arms out to the side with palms up, then twist to palms down (6 reps)

Stretch arms out to the side and make arm circles in one direction, small circles first then getting bigger. Repeat in the other direction.

Stretch arms straight out front and make small arm circles in each direction

Start with arms down to the side and raise them overhead, touching at the top (6 reps)

Stand up, then sit down (12 more reps now)

Standing behind a chair:

With one leg out to the side, lift that knee up to horizontal and back down (6 reps on each leg)

Move each straight leg out to the side as far as comfortable (6 reps on each leg)

Squat down as far as you can, then stand up (6-8 reps now, more later)

Stand beside a chair and swing one leg forward and back. Start with small swings and increase the arc as much as comfortable. Repeat on the other leg.

Place one foot behind the other touching heel to toe. Balance with weight on both feet for 5 seconds. Repeat with the other foot in front.



Working out at home



Walk “heel to toe” for at least 10 steps. Hand on to the chair if needed.

Squat down as far as you can, then stand up (6-8 more reps now)

Seated:

Core strengthening exercise: Pull in belly button, tighten core and hold for 10 seconds. (5 reps)

Cool down stretches

Reach one arm behind your head and touch your shoulder blade. Hold for 5 seconds. Repeat with the other arm.

Stretch one arm across your body and hold (not at the elbow) tight against your body. Lean to the side and hold for 5 seconds. Repeat with the other arm.

Stretch out one leg and pull back on your toe. Hold for 5 seconds. Repeat on the other foot.

Give yourself a big self-hug.

Say three nice things out loud about yourself and enjoy the rest of your day!

The Magic of Sunshine

Winter is often filled with special holidays and warm nights by the fire. But as sunlight diminishes, people often feel the “winter blues.” Nowadays, we call it Seasonal Affective Disorder, when your mood goes down alongside the seasons. You may feel more tired or a lack of desire. Luckily, there are easy ways to pick up your spirit and enjoy the season.

Light Therapy: Partly why the winter season can be tough is the diminishing amount of light. A lap around the building will not only give you an exercise boost but help mitigate some symptoms. Light boxes, lamps designed to mimic the benefits of the sun, are also widely available to purchase. No need to concentrate, leave the light on and go about your day as usual.

Vitamin D: Sunlight naturally leads to your body producing serotonin, a chemical that helps with mood and a wide variety of physical and mental functions. A corresponding lack of sunlight may lead to a lack in Vitamin D. Luckily, Vitamin D is available to purchase as a supplement to help boost your mind and body.

Stress Relief: Finding little ways to relax during these times can have significant benefits. Focusing on what you are grateful for can often boost your mood. See also The Power of Deep Breaths in this newsletter for guided relaxation techniques. Whatever you choose to do, take some time out of your day, give yourself 15 minutes not to worry about your problems, and appreciate the positives in your life.

Exercise: No matter the length or intensity, exercise can have a myriad of benefits on both your body and mind. But don't worry about hitting the gym. There are many exercises that you can do in your own apartment and even while sitting down. See the Chair Exercises section in this newsletter.



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It's always Warm at

CAMELLIA GARDENS
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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.

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