

Heatherwood

Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • www.seniorlivinginstyle.com

JANUARY 2021

HEATHERWOOD STAFF

Managers.....JEREMY & TAMMY RODRIGUEZ
Assistant ManagersBRYAN & MICHELLE DAY
Executive ChefGERALDO CABRAL
Sous ChefCHRIS JANSEN
Activity CoordinatorJULIE CHAMPOUX
MaintenanceCARLOS RODRIGUEZ
Bus DriverCARMEN MONSANTO
Lead Housekeepers..... SUE GAUTHIER,
KIM RENAUD, CARMON GARCIA
& JANET RODRIGUEZ

TRANSPORTATION

Monday & Friday, 10 a.m.-noon and 2-4 p.m.: Local Errands and Shopping

Tuesday & Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Wednesday, 8:45-9:45 a.m.: St. Williams Catholic Mass

Wednesday, 11:30 a.m.: Lunch Bunch/Special Outings

HAWTHORN
SENIOR LIVING

Heatherwood Thanksgiving Celebration

Holidays are always special at Heatherwood, and Thanksgiving 2020 was no exception. Starting at daybreak, Heatherwood's award-winning culinary team labored to prepare the finest Thanksgiving feast in community history. Executive Chef Gerry Cabral's menu featured turkey, mashed potatoes, gravy and green beans. Chef Gerry was assisted by Sous Chef Chris Jansen and PM Chef Eddie Infantino, who is the newest member of the culinary team. The dining room was elegantly decorated by Activity Coordinator Julie Champoux. The wait staff brought smiles along with beverages to each and every table. The culinary team was greeted by applause at the completion of the meal. Thanksgiving was a huge success! Staff and residents alike are looking forward to Heatherwood's New Year's celebration.



Chef Gerry had turkey on his mind.

(Photos continued inside.)



Heatherwood Thanksgiving Celebration (Continued)



Cosmo and Francis enjoying their Thanksgiving together.





Heatherwood's Elves Get Crafty

A little smile, a word of cheer,
A bit of love from someone near,
A little gift from one held dear,
Best wishes for the coming year!
These make a Merry Christmas!

—John Greenleaf Whittier

Staff and residents were busy decorating our home! Each day, you'll have seen some new and colorful decorations. You might have even heard Carlos singing in the hallway; we love to hear his Christmas carols!



Joan, Alba, Shirley, Betty and Marie making beautiful wine glass snow globes.



Christmas trees make everyone smile.

Heatherwood Establishes Music Program

Heatherwood Gracious Retirement Living is proud to announce the establishment of a music program as part of our community activities. The program has been established by Community Manager Jeremy Rodriguez, who hopes to use the class as a vehicle to establish an African drum and dance ensemble, meditative drum circle and begin a handbell choir. Drumming benefits you by reducing tension, anxiety and negative feelings, making you feel calm and relaxed. It helps you stay "in the moment" and generates positive energy.

Jeremy Rodriguez, a former music teacher, founded Liberty World Percussion in 2007. His ensembles have been featured at the West Virginia State Capitol, The Clay Center and the West Virginia Cultural Center. Mr. Rodriguez and his ensembles have facilitated drum clinics for community groups of all ages, for school groups and at various music festivals. Join Mr. Rodriguez' weekly class using percussion instruments to teach the fundamentals of music. The authentic handmade Djembes were handcrafted in Senegal from live trees by true artisans. Classes meet each Thursday afternoon at 2 p.m. in the Activity Room.



The instruments were built in Senegal.



Each Djembe is hand-carved and unique.



Authentic African Djembes

JAN 2021

Birthdays

Charlotte Martinelli, 3rd
 Al Bland, 11th
 Betty Mackey, 17th
 Phyllis O'Hearn, 21st
 Linda Johnnene, 23rd
 Betty Priestly, 25th
 Frances Cunningham, 28th
 Dora Carr, 31st

Locations

Activity Room, AR
 Atrium, AT
 Billiards Room, BR
 Bistro, BI
 Chapel, CH
 Dining Room, DR
 Exercise Room, EX
 Fire Pit, FPIT
 Fireplace, FP
 Front Lobby, Lobby
 Library, LIB
 Movie Theater, MT
 Patio, Patio
 TV Room, TV

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

Activity schedule is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 2:30 Creative Corner with Julie, AR 4:00 Bingo, AR 7:00 Rosary, CH	2 10:00 Walking Club, AR 2:00 Poker, AR 2:00 Movies & Popcorn, MT 7:00 Rosary, CH
3 2:00 Card Games, BR 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH 	4 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 3:00 Jumbo Crosswords, AR 4:00 Bingo with Ron Sawyer, AR 7:00 Rosary, CH	5 9:00 Morning Stretches, AR 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:30 Heatherwood Derby (Horse Race), AT 4:00 Bingo, AR 7:00 Rosary, CH	6 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 10:00 Book Club, LIB 2:00 Chair Volleyball, EX 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH	7 9:00 Morning Stretches, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:00 Drumming Class, AR 4:00 Bingo, AR 7:00 Rosary, CH	8 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 2:30 Creative Corner with Julie, AR 4:00 Bingo, AR 7:00 Rosary, CH	9 10:00 Walking Club, AR 2:00 Poker, AR 2:00 Movies & Popcorn, MT 7:00 Rosary, CH
10 2:00 Card Games, BR 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH	11 8:00 Hawthorn Adventure Kickoff Week 9:00 Morning Stretches, AR 10:00 Red Carpet Meeting, CH 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 3:00 Jumbo Crosswords, AR 4:00 Bingo with Ron Sawyer, AR 7:00 Rosary, CH 	12 9:00 Morning Stretches, AR 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 11:00 Resident Meeting, AR 2:00 Movies & Popcorn, MT 2:30 Horse Races (derby), AT 4:00 Bingo, AR 7:00 Rosary, CH	13 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 10:00 Book Club, LIB 2:00 Chair Volleyball, EX 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH	14 9:00 Morning Stretches, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:00 Drumming Class, AR 4:00 Bingo, AR 7:00 Rosary, CH	15 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 2:30 Creative Corner with Julie, AR 4:00 Bingo, AR 7:00 Rosary, CH	16 10:00 Walking Club, AR 2:00 Poker, AR 2:00 Movies & Popcorn, MT 7:00 Rosary, CH
17 2:00 Card Games, BR 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH 	MARTIN LUTHER KING JR. DAY 18 8:00 Hawthorn Adventure Welcomes You to Hawaii 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 3:00 Jumbo Crosswords, AR 4:00 Bingo with Ron Sawyer, AR 7:00 Rosary, CH	19 9:00 Morning Stretches, AR 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:30 Heatherwood Derby (Horse Race), AT 4:00 Bingo, AR 7:00 Rosary, CH	20 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 10:00 Book Club, LIB 2:00 Chair Volleyball, EX 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH	21 9:00 Morning Stretches, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:00 Drumming Class, AR 4:00 Bingo, AR 7:00 Rosary, CH 	22 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 2:30 Creative Corner with Julie, AR 4:00 Bingo, AR 7:00 Rosary, CH	23 10:00 Walking Club, AR 2:00 Poker, AR 2:00 Movies & Popcorn, MT 7:00 Rosary, CH
24 2:00 Card Games, BR 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH	25 8:00 Adventure Starts in Fiji 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 3:00 Jumbo Crosswords, AR 4:00 Bingo with Ron Sawyer, AR 7:00 Rosary, CH 	26 9:00 Morning Stretches, AR 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:30 Horse Races (derby), AT 4:00 Bingo, AR 7:00 Rosary, CH	27 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 10:00 Book Club, LIB 2:00 Chair Volleyball, EX 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH	28 9:00 Morning Stretches, AR 10:30 Heatherwood Dollar Store, AT 11:00 Wii Bowling League, AR 2:00 Movies & Popcorn, MT 2:00 Drumming Class, AR 4:00 Bingo, AR 7:00 Rosary, CH 	29 9:00 Morning Stretches, AR 10:00 Mind, Music & Movement, EX 2:00 Movies & Popcorn, MT 2:30 Creative Corner with Julie, AR 4:00 Bingo, AR 7:00 Rosary, CH	30 10:00 Walking Club, AR 2:00 Poker, AR 2:00 Movies & Popcorn, MT 7:00 Rosary, CH
31 2:00 Card Games, BR 2:00 Movies & Popcorn, MT 4:00 Bingo, AR 7:00 Rosary, CH 						



Social Events

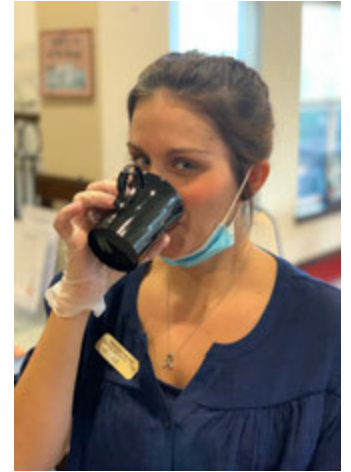
Keep an eye out for “pop-up” social events! We all like to come together and have safely distanced, masked social time. Cocoa, coffee and donuts, hot apple cider and munchkins have all been great hits recently. It’s fun to chat about each other’s day or talk about how everyone’s family is doing, show off grandbabies and even great-grandbabies! Interacting with others is very important, especially this time of year.



Enjoying each other’s company



Homemade apple cider and munchkins



Island Hopping 2021

Aloha, Residents! Welcome to Hawthorn Adventures Island Hopping 2021! I think everyone’s in need of a long overdue vacation, don’t you think? This year, we are traveling to nice warm climates on the beach where we’ll be sipping mocktails and enjoying the different cultures through specially crafted food. Kick off week starts January 11th! Our first exciting destination will be the beautiful islands of Hawaii on January 18th. Get out your hula skirts; it’s going to be so much fun!



App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device’s app store by searching some of these topics:

Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today’s mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you’ll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high – almost as tall as the Statue of Liberty – and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



Being Together Around the Holidays

2020 was a year of missed celebrations outside of Heatherwood, but here, we make new friends and celebrate every day. Companionship brings us happiness. It's been said that good friends are "the charming gardeners who make our souls blossom." The winter months are warmer with friends by your side!



Good friends, Bill and Nancy



Cute couple, Liz and Ernie

Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

Wake up to music: Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

Stay offline: If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

Make your bed: This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.

Join us for Breakfast: Breakfast truly is the most important meal of the day. A delicious cup of coffee and an equally delicious breakfast from Heatherwood's culinary team is the only way to start the day!



Chef Gerry's crepes are a resident favorite!



Homemade waffles, anyone? Order an egg cooked your favorite way to complement them!

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It's always Warm at

Heatherwood
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.

978-851-2063