

### JANUARY 2021

### ORCHARD HEIGHTS STAFF

### TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping
Tuesday, 9 a.m.-3 p.m.: Appointments
Wednesday, 9 a.m.: Outing
Thursday, 9 a.m.-3 p.m.: Appointments
Friday, 9 a.m.-Noon: Shopping



### A Trip Without Luggage

Swaying palms, powder-fine beaches, and clear blue waters — get ready Orchard Heights, for a tropical getaway you won't soon forget! Beginning the week of January 18ththrough February 6th, will be embarking on an Island-Hopping Adventure



through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

• January 18th: Hawaii

• January 25th: Fiji

• February 1st: New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 15th 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, Yvonne, for all the details!

# A Favorite Christmas Tradition

Christmas at Orchard Heights is one of the best times of the year. It's a time for many festivities, gift-giving, bright decorations, and delicious treats. The Christmas season brings with it numerous traditions that have stayed with us throughout the years. One of our favorite Christmas traditions is the Gingerbread House Challenge. Over the years we have created different gingerbread renditions such as: The Citrus Tower, Bingo Hall, Christmas Tree, Villages, and the sort. This year we decided on making our own representation of Disney's most beloved ride, "It's a Small World" ... and wow, what a blast we had with this one! The many talents of our residents never cease to amaze me. It took 15 residents, Chef Oscar, Dave and myself to represent the 27 countries/ landmarks included in our rendition of "It's a Small World."

Without further ado, our most heart felt gratitude to: Barbara G., Lydia, Ray, Chede, Fran, Nancy, Barbara H., Louise, Roberta, Jackie, Elaine, AnnaMarie, Gloria, Mary P., Gail and Dianne for giving of yourself in making this vision a reality!

More than ever we understand how really small our world is. It is our hope that the goodness of love and compassion will guide us throughout the New Year!

Happy New Year!



It's a Small World.



Ms. Louise gave us China and Greece.



Ms. Gloria chose Holland to commemorate here visit there.





Ray's rendition of the Statue of Liberty is a masterpiece.



Chede working with new medium, royal frosting





These guys know how to make it happen!



Spain and Bull Fighters, one of Ms.
Nancy's favorite ... she nailed it!



Thank you BG, for all your hard work!



Presented by Vitas:

Friday, January 8th, at 11 a.m.

### **Happy New Year**

Author: Catherine Pulsifer

- **H** appiness depends upon your outlook on life. Find the good in all situations.
- **A** ttitude is just as important as ability. Keep your attitude positive.
- **P** assion find yours this year! Do what you love and you will never work.
- **P** ositive thoughts make everything easier. Stay focused and stay positive.
- **Y** ou are unique, with special gifts, use them. Never forget you have talent.
- **N** ew beginnings with a New Year.
- **E** nthusiasm a true secret of success.
- W ishes may they turn into goals.
- **Y** ears go by too quickly, enjoy them. Wisdom from your elders, listen.
- **E** nergy may you have lots of it. Take care of yourself.
- **A** ppreciation of life, don't take it for granted. Live each day!
- **R** elax take the time to relax in this coming year. Keep a balance in your life.

Let's start this New Year right! Join us for the New Year, New Beginning seminar presented by Vitas on Friday, January 8th, at 11 a.m.

Don't miss it!

### **JAN 2021**

## **Birthdays**Cecilia Masiello, 3rd

Mabel Story, 5th
Eva Storz, 11th
Anita Roberts, 13th
Margaret Brett, 14th
Gary Hatley, 17th
Joan Hall, 21st
Barbara Hornsby, 24th
Carolyn Cantalini, 28th

### Locations

Activity Room, AR Atrium, AT Billiards Room, BR Bistro, Bistro Chapel, CH Computer Center, CC Dining Room, DR Fire Pit, FP Fitness Center, FC Front Lobby, Lobby Grand Piano, GP Grandma's Kitchen, GK Library, LIB Main Entrance Canopy, Canopy Movie Theater, MT Raised Bed Gardens, Garden Shuffleboard Court, SC Sitting Arbor, SA Swimming Pool, Pool TV Room, TV

### Dining Schedule

8 a.m. — Breakfast, 12:30 p.m. — Dinner, 5:30 p.m. — Supper (Unless otherwise announced)

2:00 Women's Bible Study, LIB

7:00 The Queen's Gambit, MT

3:00 Bingo Resident

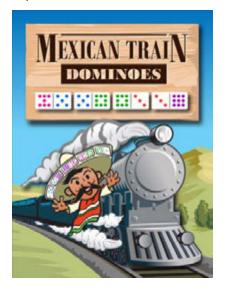
Volunteer, AR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						NEW YEAR'S DAY  8:00 Walking in the Sunshine, Lobby  9:00 Our Daily Bread, CH  9:30 Tai Chi with Gloria, AR  11:00 Zumba with Yvonne, AR  1:30 Canasta, BR  2:00 Bean Bag Baseball, AR  2:00 The Poker Club, BR  3:15 Social Friday, AR  7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR 7:00 Flick Night, MT
h h	8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 The Queen's Gambit, MT	Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 11:45 Residents' & Managers' Meeting, DR 1:30 Bridge, BR 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 9:30 Hard Rock Cafe & Casino, Lobby 10:00 Get Crafty, AR 2:00 The Poker Club, BR 3:00 Rummikub, Bistro 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 11:45 Residents' & Chef's Meeting, DR 2:00 Volleyball, AR 3:00 Orchard Heights' Derby, AR 7:00 Action Movie Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi with Gloria, AR 11:00 New Year, New Beginning by Vitas, AT 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR 7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR 7:00 Flick Night, MT
	8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 The Queen's Gambit, MT	9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 1:30 Bridge, BR 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 2:00 The Poker Club, BR 3:00 Rummikub, Bistro 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 2:00 Volleyball, AR 3:00 Orchard Heights' Derby, AR 7:00 Action Movie Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi with Gloria, AR 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 The Poker Club, BR 2:00 Bean Bag Baseball, AR 3:00 Hawthorn Adventure 2021 Kickoff Party, AT 3:15 Social Friday, AR 7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR 7:00 Flick Night, MT
iΚ	8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB 3:00 Bingo Resident Volunteer, AR 7:00 The Queen's Gambit, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro 10:45 Hawaii Welcome Center, AR 2:00 Mah Jongg, TV 2:00 The Poker Club, BR 2:00 Volleyball, AR 3:00 Penny Poker, BR 7:00 Comedy Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 1:30 Bridge, BR 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Island Crafts, AR 2:00 The Poker Club, BR 2:00 Welcome to Maui Let's Hula!, AR 3:00 Rummikub, Bistro 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 10:30 Chef's Corner: Flavors of the Season, GK 2:00 Volleyball, AR 3:00 Orchard Heights' Derby, AR 7:00 Action Movie Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi with Gloria, AR 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR 3:00 Welcome to Maui Mixer, AR 7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR 7:00 Flick Night, MT
С	Sunshine, Lobby  9:30 Non-Denominational Sunday Service, MT  2:00 Penny Poker, BR  2:00 Women's Bible Study, LIB  3:00 Bingo Resident Volunteer, AR  7:00 The Queen's Gambit, MT	Welcome to Fiji  8:00 Walking in the Sunshine, Lobby  9:00 Our Daily Bread, CH  9:30 Chair Exercise with Ben, AR  10:30 Blood Pressure Checkup with Angels, Bistro  10:45 Maui Welcome Center, MT  2:00 Volleyball, AR  2:00 The Poker Club, BR  2:00 Mah Jongg, TV  3:00 Penny Poker, BR  7:00 Comedy Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring with Chede & Friends, Bistro 1:30 Bridge, BR 2:00 Relation Chips & Dip, GP 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR 7:00 Drama Night at the Movies, MT	2:00 Scavenger Hunt 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Island Crafts, AR 2:00 The Poker Club, BR 3:00 Rummikub, Bistro 7:00 Western Wednesday at the Movies, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 2:00 Volleyball, AR 3:00 Orchard Heights' Derby, AR 7:00 Action Movie Night, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Tai Chi with Gloria, AR 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR 4:15 Monthly Birthday Celebration by Angels Care, AR 7:00 Date Night Flick: Romance, MT	8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR 7:00 Flick Night, MT
	8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR						



# Mexican Train Tournament

Saturday, January 9th, at 2 p.m.



### Chef's Corner



Chef Oscar helping us with our Gingerbread Project



Thanksgiving dinner's main ingredient ... love! Thank you, Chef Oscar!

### A Tribute for Our Veterans

The gratitude in our hearts for our veterans is something we cannot fully express as we hoped for during these times of social distancing and the eminent thread of a pandemic. In the midst of this, we enjoyed a wonderful time where we honored each one of our very deserving veterans a medal as an expression of gratitude for their service. We were



"Taps" by Chris Sign, Army

also very blessed by Capt. Scott Payan who delivered the keynote address.

Ceremony followed by Chef Oscar's barbecue dinner, a house favorite!



Mr. Gilmore so very dapper in his uniform.



It is always so moving to see our veterans stand and recite "The Pledge of Allegiance."



Keynote Speaker, Capt. Scott Payan



Master of Ceremony, our Manager, Dave, an Army veteran



### This-n-That, Here-n-There



... and this is how we should live!



Ladies and Gentlemen, I present to you our newest family member, Shia! Thank you all for your kindness and prayers.



Beautiful Ms. Mary, always the life of the party!



Guess Who?

### Deck the Halls With Boughs of Holly, Fa, Ia, Ia, Ia ...

Boy do our residents LOVE a challenge!! They have been working hard to make their wing #1. Judges will have a very hard time deciding this one!



















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