

Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

JANUARY 2021

SCHOLL CANYON STAFF

Managers..... CLIFFORD & JANET HANNEMANN

Assistant Managers JAMEY BROWN
& MARA RUTH

Executive Chef ALESSANDRA "ALEX" MCBRIDE

Sous ChefJOSUE LUNA

Activity CoordinatorALLYSON SEVERYN

MaintenancePAUL GONZALES

Bus DriverJUAN PARRA

HOPE BEAUTY SALON

Susie Lopez, Owner

Wednesday-Friday, by appointment
818-288-2429

HAWTHORN
SENIOR LIVING

Hawthorn Adventure: 2021!

Swaying palms, powder-fine beaches and clear blue waters — get ready, Scholl Canyon Estates, for a tropical getaway you won't soon forget! Beginning the week of January 18th through February 5th, we 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:

Hawaii — January 18th-22nd

Fiji — January 25th-29th

New Zealand — February 2nd-5th

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, Allyson Severyn, for all the details!





Welcome to 2021: Let's Talk New Year's Resolutions!

What we have come to know as New Year's Resolutions may have found its roots about 4,000 years ago. The Ancient Babylonians were the first to hold recorded celebrations that honored the new year. At these celebrations, new crops would be planted and promises would be made to the Babylonian gods to pay their debts and return any objects they borrowed. If the Babylonians kept their promises, the gods would bestow favor on them in the coming year.

Many, many years later, for early Christians, the first of the year became a time to think about past mistakes and resolving to do and be better in the future. In fact, the English clergyman and founder of Methodism, John Wesley, created the Covenant Renewal Service, which is most commonly held on New Year's Eve or New Year's Day!

But, despite its more religious roots, New Year's Resolutions have become a much more secular practice. Some of the most common resolutions are: exercising/getting in shape, dieting or losing weight, saving money, eating healthier, and focusing on self care. It's clear that most resolutions are based on the hopes of improving oneself in the new year. Surprisingly, while about 45 percent of Americans make New Year's Resolutions, only 8 percent are successful in achieving their goals.

In a quote by Brian Dive, The Accountable Leader, he states the following: "Accountability is a statement of personal promise, both to yourself and to the people around you, to deliver specific defined results." With that in mind, think about finding an accountability partner this year to help you keep to your goals! Make a new friend and encourage each other in your self improvement efforts this year. Let's make 2021 the year of self improvement goals actually working and make some new friends in the process.

Happy New Year, Scholl Canyon!



Adventures With Doug! — Mt. Whitney

At 14,500 feet in elevation, Mt. Whitney in the Sierra Nevada holds the distinction as the highest mountain in the continental United States. Over 6,000 feet of elevation gain waits from where you park your car!

We'll take the trail part of the way, but then detour for a much wilder way to the top! That's the breathtaking "Mountaineer's Route," a course far less traveled due to the lack of any established trail on its unforgiving terrain. Those who succeed on this route are rewarded with an incredible trip of unparalleled and dramatic views. Join us for our slide show, filled with spectacular vistas and fun stories as we trek and then scramble to try to reach the top of this magnificent mountain.

Come travel with Doug on Tuesday, January 5th, at 3:30 p.m., in the Activities Room!



Mt. Whitney



The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on December 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



Healthy Morning Habits!

With January being the start of a fresh, new year, it's always important to remind ourselves of the healthy habits that will get us going in the mornings. The following three tips and habits are helpful to kick-start your entire day and keep you feeling energized and refreshed. Let's jump in, shall we?

Create a routine: Most of us have a long list of things we like to do right after we wake up in the morning, anything from brushing our teeth, to putting on our socks. But, it is important to establish a regular routine and an order in which you do things. By doing this, you save yourself from having to ask yourself "what's next" and remove a few unnecessary micro-decisions from your day.

Drink a glass of water: A glass of water in the morning gets your body's hydration process kick-started. It's a widely known fact that most humans are dehydrated on a daily basis without even knowing it. Not only is this a great thing for your physical body, it can also help your mind wake up and clear up to get your day started!

Stretch: While some of us may not always enjoy an early morning workout, all of us could easily fit in a few short stretches to help our bodies move a little easier throughout the day. Add one or two stretches to your morning routine, and notice the difference in your mobility. I promise it will help!

Come down to the Activities Room every morning, at 9:30 a.m., for a fun and easy workout to get your body moving! Maybe make it a New Year's Resolution to take care of your body and mind with a good morning exercise routine.



Some of your fellow residents enjoying Thursday morning workouts

JAN 2021

Birthdays

Anita Mackey, 1st
Edward Voralik, 1st
Frank Hagan, 5th
Jan Windels, 8th
Elsie Robinson, 10th
Nena Turnia, 14th
Marjorie Maron, 20th

Transportation

Monday, 9:30 a.m.
1st, 3rd and 5th —
Ralph’s and Post Office
2nd and 4th — Von’s
and Rite Aid



Monday, 11 a.m.
1st, 3rd and 5th —
Von’s and Rite Aid
2nd and 4th — Ralph’s
and Post Office

Monday, 2 p.m.
CVS Pharmacy

Tuesday and Thursday,
By Appointment Only
Doctor & Medical
Appointments

Friday, 10:15 a.m.
1st — 99 Cent Store
2nd — Big Lots
3rd and 5th —
Trader Joe’s/Walgreens
4th — Walmart

Friday, 2 p.m.
1st — Trader Joe’s/
Walgreens
2nd — Target
and Macy’s
3rd — Dollar King
4th — T.J. Maxx, Ross,
Nordstrom Rack

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR’S DAY1</div> <div>9:30 Gentle Yoga 2:00 Hangman! 6:45 Movie Night!</div> <div></div>	<div>2</div> <div>2:00 Bingo 3:00 Bible Study with Juan</div>
<div>3</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>4</div> <div>2:00 Game of Taboo</div>	<div>5</div> <div>9:30 Workout with Weights 2:00 Bingo! 3:00 Bingo! 3:30 Adventures with Doug!</div> <div></div>	<div>6</div> <div>9:30 Yoga 2:00 Game of Taboo 3:00 Bible Study with Idell</div>	<div>7</div> <div>9:30 Workout with Weights 3:00 All Champs: High School Volunteers</div>	<div>8</div> <div>9:30 Gentle Yoga 2:00 Hangman! 6:45 Movie Night!</div> <div></div>	<div>9</div> <div>2:00 Bingo 3:00 Bible Study with Juan</div>
<div>10</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div> <div></div>	<div>11</div> <div>2:00 Game of Taboo</div>	<div>12</div> <div>9:30 Workout with Weights 12:00 Managers Meeting with Residents 2:00 Bingo! 3:00 Bingo!</div>	<div>13</div> <div>9:30 Yoga 10:00 Trip to See Baby Goats! 2:00 Game of Taboo 3:00 Bible Study with Idell</div>	<div>14</div> <div>9:30 Workout with Weights 12:00 Chef Meeting with Residents 3:00 All Champs: High School Volunteers</div> <div></div>	<div>15</div> <div>9:30 Gentle Yoga 10:15 Shopping: Trader Joe’s/Walgreens 2:00 Shopping: Dollar King 2:00 Hangman! 2:30 Hawthorn Adventure Kickoff Party! 6:45 Movie Night!</div>	<div>16</div> <div>2:00 Bingo 3:00 Bible Study with Juan</div>
<div>17</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>Hawthorn Adventure: Hawaii! 2:00 Game of Taboo 3:00 Let’s Learn to Speak Hawaiian with Ernie!</div>	<div>19</div> <div>9:30 Workout with Weights 2:00 Bingo! 3:00 Bingo! 3:00 Hula Lessons!</div>	<div>20</div> <div>9:30 Yoga 10:00 Drive to the Beach! 2:00 Taboo! 3:00 Bible Study with Idell</div> <div></div>	<div>21</div> <div>9:30 Workout with Weights 3:00 All Champs: High School Volunteers</div>	<div>22</div> <div>9:30 Gentle Yoga 2:00 Kona Coffee Tasting 6:45 Movie: Moana!</div>	<div>23</div> <div>2:00 Bingo 3:00 Bible Study with Juan</div>
<div>24</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>	<div>25</div> <div>Hawthorn Adventure: Fiji 2:00 Game of Taboo 3:00 DIY Orchid Craft</div>	<div>26</div> <div>9:30 Workout with Weights 2:00 Bingo! 3:00 Bingo!</div>	<div>27</div> <div>9:30 Yoga 1:30 Aromatherapy and R&R in Fiji 3:00 Bible Study with Idell</div>	<div>28</div> <div>9:30 Workout with Weights 3:00 All Champs: High School Volunteers</div>	<div>29</div> <div>9:30 Gentle Yoga 2:00 Hangman! 6:45 Movie: Castaway! 6:45 Movie Night!</div>	<div>30</div> <div>2:00 Bingo 3:00 Bible Study with Juan</div>
<div>31</div> <div>11:00 Adult Coloring 2:00 Movie & Popcorn</div>						



You Have Goat to Be Kidding Me?!

Before we start on our Hawthorn adventure, we will be taking a little adventure out to Simi Valley to visit with some one-month old goats! What better way to get us in the mood to meet these sweet little babies than to learn some interesting facts about goats you may not have known before. Let's jump in:



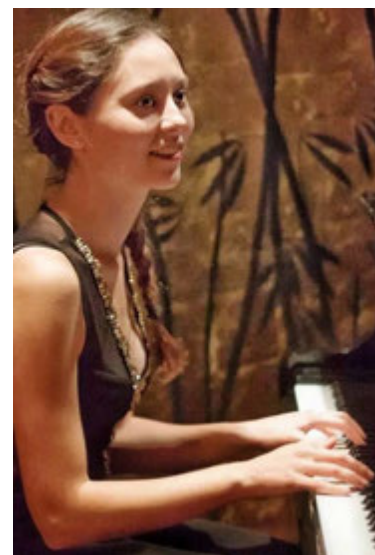
- 1. Goats were one of the first animals to be domesticated:** The great goat domestication was a pivotal moment in human history that represented a key shift of mankind from hunter-gatherers to agriculture-based societies.
- 2. Goats were among the first animals to be brought to America:** The earliest European settlers brought goats over on the Mayflower. By 1630, a Jamestown census listed goats as one of that colony's most valuable possessions.
- 3. When goats give birth, its called "kidding:"** You may know that a baby goat is called a kid, but did you know that, because of that, a goat giving birth is said to be "kidding?" No joke.
- 4. Goat's don't have teeth on their upper jaw:** They have a strong dental pad and a very mobile upper lip. This helps them sort through spiny or thorny twigs to find tender leaves.
- 5. Goats have rectangular pupils:** This shape gives them a fuller range of vision than humans. They can see 320 to 340 degrees in their periphery which is basically everything except what is directly behind them.

I hope these facts make you even more excited to meet baby goats this month. We will be meeting them on January 13th, so mark your calendars!

Scholl Canyon Entertainment Spotlight: Madison Johnson

Madison Johnson is a pianist and singer from Los Angeles. She has been performing professionally for over 10 years. She has a wide song repertoire, ranging from the '20s to today's music. With a fondness for jazz music, you'll see her having a ball with improvisational playing and creating soft, moving moments with ballads. She loves taking song requests and creating a memorable, fun experience for her audience.

Check out Madison on Zoom in the Activities Room on January 22nd at 3 p.m.!





Carl's Corner (Words, Trivia, Humor)

Pun Time:

If you know how to fix a broken hinge,
my door is always open.

A few puns make me numb, but math
puns make me number.

My friend David had his ID stolen.
Now he's just Dav.

Went to an awful pub called The
Fiddle. It was a vile inn.

To the thief who stole my glasses. I
will find you. I have contacts.

Have you ever noticed that the IRS is
another way of saying theirs?

A thief stole the wheels off a police
car. The cops are working tirelessly
on the case.

Man injured in bizarre peek-a-boo
accident is resting in ICU.

You're cold? Well, go stand in the
corner. It's 90 degrees.

A guy who was kidnapped by mimes
accused them of unspeakable things.

On Disaster Marriages:

Marriage Counselor: Your wife says
you never buy her flowers.

Him: To be honest, I never knew she
sold flowers.

A wife packs her husband's
belongings and puts the bag outside
the front door. As he comes up the
walk, she points to far away with the
"begone" gesture, and says, "I hope
you die a slow and painful death."

"Oh, you're changing your mind. You
want me to stay."

Fun Facts About Hawaii and Fiji!

Since our first two locations will be happening in the month of January, let's dip our toes in the water and get a sense of what might be in store for us as we adventure to these two gorgeous locations!

Hawaii:

- Hawaii grows by roughly 42 acres each year
- Hawaii's Big Island grows this much every year because of the Kilauea Volcano, which has been erupting for around 30 years now!
- Hawaii is the only state that grows coffee commercially
- It is considered rude to refuse to wear a lei when someone offers it to you
- The Dole Plantation has the largest pineapple maze in the world
- Hawaii is the only US state made up entirely of islands
- Only seven of Hawaii's 132 islands are inhabited by people: Hawaii, Maui, Molokai, Lanai, Oahu, Kauai and Niihau
- In 1810, Kamehameha became Hawaii's first King. The islands continued to have royal rulers into the 1880s.

Fiji:

- English is Fiji's official language (though Fijian is also spoken)
- Rugby is the national sport of Fiji
- Fiji is comprised of 333 islands, 110 of which are inhabited
- The average water temperature in Fiji is a warm 78 degrees
- Fiji's highest point is Mount Tomanivi at 4,344 feet
- Fiji's waters are home to over 1,500 species of sea life
- Fiji was a British colony from 1874 to 1970. Fiji became independent on October 10, 1970, and is a member of the British Commonwealth of Nations.

Like what you're reading? Come and join us for The Hawthorn Adventure and discover even more about these two gorgeous islands and New Zealand, as well!

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Glendale, CA 91206



It's always Warm at

Scholl Canyon Estates
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.

818-951-3830