Maple Ridge
Gracious Retirement Living

1531 Juliette Way • Cedar Park, TX 78613 • Phone (512) 425-0053 • www.seniorlivinginstyle.com

FEBRUARY 2021

MAPLE RIDGE STAFF

Managers.....HERSCHEL & DONNA STAUFFER
Assistant Managers ..... TIM & MANDY SEYMORE
Executive Chef.....ART WALKER
Community Sales .....NICKO TATUM
Activity Coordinator .....KELLY MELDAU

TRANSPORTATION

Monday, 9 a.m. to 2 p.m.: Shopping
Tuesday, 9 a.m. to 2 p.m.: Appointments
Wednesday, TBD: Outings
Thursday, 9 a.m. to 2 p.m.: Appointments
Friday, 9 a.m. to 2 p.m.: Shopping

The Grinch Delivers Christmas Presents! What?

Who needs Santa Claus when you have The Grinch to deliver Christmas present?

We had such fun delivering personal Christmas presents to each of our residents! The giggles and laughter at each door knock was such fun to listen to. The Grinch is a fictional character created by Dr. Seuss. He is best known as the main character of the 1957 children's book "How the Grinch Stole Christmas!" He has been portrayed and voiced by many different actors, including Boris Karloff, Hans Conried, Bob Holt, Jim Carrey and Benedict Cumberbatch.

Merry Christmas from Ms. Nancy and The Grinch!

Ms. Bonnie is all smiles and warms the Grinch's heart!

The Grinch dropped in on Mr. Don, too!

Meet John Hays!

We have our very own country singer here at Maple Ridge! We are all very blessed to have John as part of our team at Maple Ridge. He is always willing to do whatever we need him to do, and he always has a smile on his face. In addition, to his handyman skills he has an incredible country twang voice. John has been singing since he was 5 years old and he has always loved country music. When he turned 21 years old he started singing in and around Austin at clubs and restaurants.

In 2001, John moved to California after getting married to Deena, who wholeheartedly supports his singing! While in California, John won a singing contest and was able to sing at the California State Fair! He then moved back to Austin.

If you haven't heard him yet, try to make it to his next performance! We hope to get him at least once a month!

Here is John doing his country thing!

Maple Ridge Gingerbread Village

We had such fun designing and putting together our Maple Ridge Gingerbread Village. The theme was "Our Soldiers Coming Home From War."

Numerous residents worked very hard to create for you a small winter wonderland filled with different buildings, like a school, fire department, boutique and donut shop! We hope you enjoyed it!

Our little village

Roseann being her creative self!

Roseann's beautiful Chapel

Power for Parkinson's at 2 p.m. Daily

Our Parkinson's class daily at 2 p.m.

Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement.

Young adults rarely experience Parkinson's disease. It ordinarily begins in middle or late life, and the risk increases with age. People usually develop the disease around age 60 or older. Because the cause of Parkinson's is unknown, proven ways to prevent the disease also remain a mystery. Some research has shown that regular aerobic exercise might reduce the risk of Parkinson's disease.

Untreated, Parkinson's disease worsens over years. Parkinson's may lead to a deterioration of all brain functions and an early death. Life expectancy, however, is normal to near normal in most treated patients of Parkinson's disease.

As you age, it is extremely important to stay active! Maple Ridge offers Balance Classes twice a week, Stretch Class once a week, Cardio Drumming every Thursday and a Power for Parkinson's class daily at 2 p.m. Join the team and have some fun, you just might surprise yourself! Resident Joan Shutey has been doing these exercises for four years now, so if you have any questions she would be happy to help you!

Ms. Aurelia Blesses the Housekeepers and Staff!

Ms. Aurelia has been doing some housecleaning herself! She ran across some beautiful scarves she had packed away and thought she would bless our staff with them. Take a peek at the picture in front of the fireplace. Muchas gracias, Ms. Aurelia! You made their day!

Our Maple Ridge housekeepers and servers showing off their scarves from Ms. Aurelia!

Say Hola to Senora Aurelia and Senor Jose when you see them walking through the Community.

FEB 2021

Birthdays

Pat Lund, 1st
Jan Barr, 10th
Ruth Smith, 11th
Mary Burke, 18th
Richard Cheney, 22nd
Stephen Hilderbrand, 25th

Locations

Activity Room, AR
Billiards Room, BR
Bus, B
Chapel, CH
Computer Center, CC
Dining Room, DR
Dining Room Alcove, DRA
Front Lobby, Lobby
Garden Beds, GB
Gym, G
Kitchen, K
Library, L
Movie Theater, MT
Patio, P
TV Room, TV

"We must absolutely take care of one another."
—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Balance Class Video, AR 10:00 Brain Games, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Nickel Bingo, AR 3:30 Beth with Mary Kay, AR 7:00 Movie & Popcorn, MT	**2** 9:30 Stretch Class Video, AR 10:00 Jewelry Class, AR 11:30 Wheel of Fortune, AR 1:45 Live Music!, AR 2:00 Movie & Popcorn, MT 2:00 New Resident Orientation, AR 2:00 Power for Parkinson's, AR 3:00 Bingo: Prize, AR 7:00 Movie & Popcorn, MT	**3** 9:30 Balance Class Video, AR 10:00 Scenic Drive, B 10:00 Music Therapy, Lobby 1:45 Bible Study, CH 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Nickel Bingo, AR 4:00 Kings in the Corner, BR 7:00 Movie & Popcorn, MT	**4** 9:30 Chair Yoga, AR 10:30 Knitting/Crochet Circle, AR 10:30 Bridge, TV 10:30 Veterans Coffee & Donuts, DRA 11:15 Craft Time, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT	**5** 8:00 Wear Red & Pledge at 12:15 p.m. in Dining Room 9:30 Cardio Drumming, AR 10:00 Too Fit to Quit Workout with Outcomes Therapy, AR 11:00 Giant Crossword Puzzle, AR 2:00 Power for Parkinson's, AR 2:00 Movie & Popcorn, MT 2:00 Let's Reminisce!, AR 3:00 Bingo: Nickel, AR 3:00 Facebook/Phone Help, Lobby 7:00 Movie & Popcorn, MT	**6** 9:30 Find a Friend & Go for a Walk, AR 10:00 Coloring, Chit Chat & Conversation, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games — Bowling or Golf, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT
7 8:30 Catholic Service, MT 11:15 Church Services, AR 1:45 Live Music the Family Shiloh, AR 2:00 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games, AR 3:00 Kings in the Corner Card Game, BR 7:00 Movie & Popcorn, MT	**8** 9:30 Balance Class Video, AR 10:00 Brain Games, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 2:30 Parachute Fun, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	**9** 9:30 Stretch Class Video, AR 10:00 Leaving a Legacy Book, AR **10:00 Muffins with Moms with Brandi From CHHS, AR** 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Meet Me in the Gym, G 2:00 Power for Parkinson's, AR 3:00 Bingo: Prize, AR 7:00 Movie & Popcorn, MT	**10** 9:30 Balance Class Video, AR 10:00 Scenic Drive, B 10:00 Music Therapy, Lobby 1:45 Bible Study, CH 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Nickel Bingo, AR 4:00 Kings in the Corner, BR 7:00 Movie & Popcorn, MT	**11** 9:30 Chair Yoga, AR 10:30 Knitting/ Crochet Circle, AR 10:30 Bridge, TV **10:30 Let's Get Our Nails Done!, AR** 11:00 Chef's Corner, K 2:00 Power for Parkinson's, AR 2:00 Movie & Popcorn, MT 2:30 Meet Me in the Gym, G 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT	**12** 8:00 Wear Red & Pledge at 12:15 p.m. in Dining Room 9:30 Cardio Drumming, AR 10:00 Too Fit to Quit Workout with Outcomes Therapy, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Bingo: Nickel, AR 3:00 Facebook/Phone Help, Lobby 7:00 Movie & Popcorn, MT	**13** 9:30 Find a Friend & Go for a Walk, AR 10:00 Coloring, Chit Chat & Conversation, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games — Bowling or Golf, AR 3:00 Nickel Bingo, AR 6:30 Live Music! John Hays!, AR 7:00 Movie & Popcorn, MT
VALENTINE'S DAY **14** 8:30 Catholic Service, MT 11:15 Church Services, AR 2:00 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games, AR 3:00 Kings in the Corner Card Game, BR 7:00 Movie & Popcorn, MT	**PRESIDENTS DAY** **15** 9:30 Balance Class Video, AR 10:00 Brain Games, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:00 Cooking with Kelly, K 2:00 Power for Parkinson's, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	**16** 9:30 Stretch Class Video, AR 10:00 Jewelry Class, AR 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 New Resident Orientation, AR 2:00 Power for Parkinson's, AR 2:30 Pictionary, AR 3:00 Bingo: Prize, AR 7:00 Movie & Popcorn, MT	**ASH WEDNESDAY** **17** 9:30 Balance Class Video, AR 10:00 Scenic Drive, B 10:00 Music Therapy, Lobby 1:45 Bible Study, CH 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Nickel Bingo, AR 4:00 Kings in the Corner, BR 7:00 Movie & Popcorn, MT	**18** 9:30 Chair Yoga, AR 10:30 Knitting/Crochet Circle, AR 10:30 Bridge, TV 10:30 Veterans Coffee & Donuts, DRA 11:00 Chef's Chat, DRA 11:15 Craft Time, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Bingo: Win a Prize, AR 3:00 Snacks for Students, AR 7:00 Movie & Popcorn, MT	**19** 8:00 Wear Red & Pledge at 12:15 p.m. in Dining Room 9:30 Cardio Drumming, AR 10:00 Too Fit to Quit Workout with Outcomes Therapy, AR 11:00 Giant Crossword Puzzle, AR 2:00 Power for Parkinson's, AR 2:00 Movie & Popcorn, MT 2:00 Let's Reminisce!, AR 3:00 Bingo: Nickel, AR 3:00 Facebook/Phone Help, Lobby 7:00 Movie & Popcorn, MT	**20** 9:30 Find a Friend & Go for a Walk, AR 10:00 Coloring, Chit Chat & Conversation, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games — Bowling or Golf, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT
21 8:30 Catholic Service, MT 11:15 Church Services, AR 1:45 Live Music the Family Shiloh, AR 2:00 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games, AR 3:00 Kings in the Corner Card Game, BR 7:00 Movie & Popcorn, MT	**22** 9:30 Balance Class Video, AR 10:00 Brain Games, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 2:30 Parachute Fun, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	**23** 9:30 Stretch Class Video, AR 10:00 Leaving a Legacy Book, AR 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Bingo: Prize, AR 7:00 Movie & Popcorn, MT	**24** 9:30 Balance Class Video, AR 10:00 Scenic Drive, B 10:00 Music Therapy, Lobby 1:45 Bible Study, CH 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 3:00 Nickel Bingo, AR 4:00 Kings in the Corner, BR 7:00 Movie & Popcorn, MT	**25** 9:30 Chair Yoga, AR 10:30 Knitting/ Crochet Circle, AR 10:30 Bridge, TV **10:30 Let's Get Our Nails Done!, AR** 2:00 Movie & Popcorn, MT 2:00 Power for Parkinson's, AR 2:30 Meet Me in the Gym, G 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT	**26** 8:00 Wear Red & Pledge at 12:15 p.m. in Dining Room 9:30 Cardio Drumming, AR 10:00 Too Fit to Quit Workout with Outcomes Therapy, AR 11:00 Giant Crossword Puzzle, AR 11:00 Craft Time, AR 2:00 Power for Parkinson's, AR 2:00 Movie & Popcorn, MT 3:00 Bingo: Nickel, AR 3:00 Facebook/Phone Help, Lobby 7:00 Movie & Popcorn, MT	**27** 9:30 Find a Friend & Go for a Walk, AR 10:00 Coloring, Chit Chat & Conversation, AR 11:00 Giant Crossword Puzzle, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games — Bowling or Golf, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT
28 8:30 Catholic Service, MT 11:15 Church Services, AR 2:00 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:30 Wii Games, AR 3:00 Kings in the Corner Card Game, BR 7:00 Movie & Popcorn, MT						

Wreath for Our Local Firefighters

Our local Cedar Park Firefighters visit Maple Ridge from time to time, and we wanted to do something special for them this Christmas. I (Kelly) called the Administration Department and got the names of the first responders at Station 2 and had some personal ornaments made with their last names on them. Chef Art made some homemade bread pudding, as well! These young men and women deserve our gratitude as they serve our community so well.

Below are their names and ranks. Keep them in your prayers!

Station 2

A-Shift

- Lt. Sam Buchanan
- Eng. Kirby Wiseman
- Firefighter Stephen Pipkin
- Firefighter Joshua Hastings
- Firefighter Kyle Roberts

B-Shift

- Lt. Kory Woolverton
- Eng. Black Birdwell
- Firefighter Sam Stewart
- Firefighter Erik Villanueva
- Firefighter Autumn Farris

C-Shift

- Lt. Shawn Wheeler

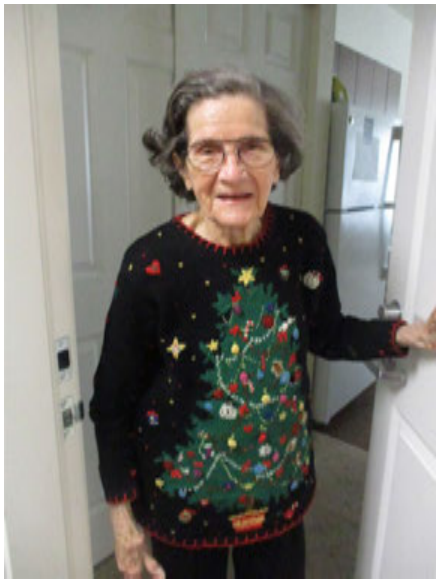
A personalized Christmas wreath for our Maple Ridge firefighters!

- Eng. Austin Payne
- Firefighter Eric Lebedeff
- Firefighter Christopher Beckley
- Firefighter Colten Hagood

Ugly Christmas Sweaters? I Think Not!

National Ugly Christmas Sweater Day is celebrated on the third Friday of December each year. In 2020, it fell on Friday, December 18th.

It was in Vancouver, British Columbia, that Chris Boyd and Jordan Birch launched the first Christmas Sweater Party. The idea soon spread all over Canada and the U.S., and later around the world. The parties turned into massive events, often in support of charity causes. It wasn't until the 1980s that the item hit the mainstream. The shift came thanks to pop culture and comedies, with goofball dad characters, like Chevy Chase's Clark Griswold in "National Lampoon's Christmas Vacation," turning the holiday sweater into an uncomely, but endearing expression of cheer.



Ms. Nellie Mae in her cute Christmas sweater!

Ms. Dottie sporting her cute Christmas vest!

From pom-poms to bows to actual Christmas ornaments, a tacky Christmas sweater is one that fully supports fidgeting. It should drive people crazy when you fiddle with the bits and bobs stuck to your sweater!

Our ladies wear their "Ugly" Christmas sweaters each year but, I, Kelly, think they are too cute to be called ugly! Wouldn't you agree?

We Had a Fun Country New Year's Eve Concert!

We sent the year 2020 out with a country bang! We had 47 people, all 6 feet apart, during a Rockin' New Year's Eve Party. John, our maintenance man and country singer put on a great show for our residents! We had singing, dancing, a disco ball and delicious appetizers as we brought in the new year!

Ms. Polly in her jeans jacket, red shirt and fun cowboy hat!

Cowboy hat and mask! Staying safe during Covid-19, but adding in some New Year's Eve fun!

Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant: Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance: Find an opportunity to play a favorite tune and get your groove on — maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby: Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

Help others: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.

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EQUAL HOUSING OPPORTUNITY