PALOMA LANDING

Gracious Retirement Living

8301 Palomas Avenue NE • Albuquerque, NM 87109 • Phone (505) 243-1979 • www.seniorlivinginstyle.com

FEBRUARY 2021

PALOMA LANDING STAFF

Management Team ..... JOHN & JACKIE DAIGH
Management Team ..... LAWRENCE OSIRIS & SHERRY KONIG
Executive Chef ..... HEATHER SANCHEZ
Community Sales ..... ERICA COSTELLO
Activity Coordinator ..... LORI BATES
Maintenance ..... TOBY ANDUJO
Bus Driver ..... DEE MORENO

TRANSPORTATION

Monday, 8:30 a.m.-3:30 p.m.: Open Day and Shopping

Tuesday, 8:30 a.m.-3:30 p.m.: Doctor Visits (Sign Up with Driver)

Wednesday, 8:30 a.m.-3:30 p.m: Open Day

Thursday, 8:30 a.m.-3:30 p.m.: Doctor Visits (Sign Up with Driver)

Friday, 8:30 a.m.-12:30 p.m.: Open Day

HAWTHORN SENIOR LIVING

Welcome to New Zealand!

Fast facts to know before our adventure!

1. There are three official languages of New Zealand: English, Maori and sign language.
2. Only 5 percent of New Zealand's population is human; the rest are animals.
3. With more than 400, New Zealand has more golf courses per capita than anywhere else in the world.
4. New Zealand is famous for its adrenaline adventures, especially bungee jumping! The first commercial bungee jump was made by AJ Hackett in Queenstown in 1988.
5. New Zealand was the first country to give women the right to vote in 1893.
6. No matter where you are in New Zealand, you are never more than about 79 miles away from the seaside.

Continue reading to find something you might enjoy in New Zealand. Do you like "The Lord of the Rings" or "The Hobbit?" Maybe you enjoy relaxing mineral hot springs or gardening? Are you a fan of kiwis? The Fruit or the bird! Are you a fan of the symphony?! If so, we encourage you to plan for lots of fun this February. Mark up your calendar and get excited!

Resident Spotlight

Four of Illena's custom greeting cards.

Ilena is a new, bright and cheerful resident at Paloma Landing. She arrives from another venue after the recent loss of her husband. She is a somewhat well-known artist and is continuing art work in her new surroundings. She is ensconced in a comfortable apartment with a grand balcony.

Ilena has had a life-long interest in creative art. She experimented with various methods for generating images using clay, acrylics on papers, watercolors on papers and sometimes combinations of a few such tools. Her work often uses an abstract approach but can be representational or a combination of both. This approach lends itself to, among other things, creating greeting card covers; Ilena once had a small business making such cards. She has an earthwear pot included in the collection at The Sunport, the Albuquerque airport!

Ilena likes to start without a specific image in mind, apply her tools and procedures to the project and see what results. Surprises of course, both positive and negative, occur regularly. That is part of the fun for this kind of artist. However, beauty is in the eye of the beholder.

Ilena will be leading a painting group at Paloma Landing every Tuesday at 11:15 a.m. We will explore different tools and methods while stimulating a safe, creative environment for all levels.

New Zealander Slang to Know Before You Go

1. **Kiwi**

   Meaning: New Zealanders, and also a native bird of the country

2. **The wops**

   Meaning: Used when talking about a place in the middle of nowhere or far from anything.

3. **Togs**

   Meaning: Togs are swimmers or bathers, a swimsuit or boardshorts

4. **Jandals**

   Meaning: Jandals are flip flops/ sandals

5. **Knackered**

   Meaning: Really tired

6. **Chur**

   Meaning: This is a sign, almost an involuntary exclamation of surprised delight, of extreme gratitude.

7. **Stubbies**

   Meaning: Shorts

8. **Tramping**

   Meaning: Hiking

9. **Cuzzy**

   Meaning: This is a sign of affection, a significant verbalization of someone telling someone else they consider them a friend and ally.

10. **She'll be right**

    Meaning: When something is going to be alright.

Valentine's Day

Valentine's Day is widely known as the day of the year when love is celebrated, and indeed, February has been a month of romance for centuries. The St. Valentine's Day we observe today evolved both from ancient Roman and early Christian history.

There are many legends about who St. Valentine was. One story dates from the third century A.D. Apparently, Emperor Claudius II of Rome believed that single men made better warriors, so he banned marriage for young men throughout the empire. However, a priest named Valentine secretly continued to perform marriages for young couples. When his actions were discovered, he was put to death.

While some claim St. Valentine's Day commemorates his death on February 14th, others believe the Catholic Church placed the feast day in the middle of February in an effort to co-opt the pagan celebration of Lupercalia.

Lupercalia was an Ancient Roman feast held in the middle of February in order to avert evil spirits and release health and fertility. The celebration also included a lottery, in which young men picked the names of women, and then the two would be coupled up for the duration of the festival or perhaps for longer, if the match was right.

During the Middle Ages, it was commonly believed in France and England that February was the beginning of birds' mating season, which added to the idea that the middle of the month should be a day for romance.

In England, Valentine's Day began to be widely celebrated around the 17th century. Esther Howland was an artist and businesswoman who popularized Valentine's Day cards in America and published the first Valentine in 1849. According to the Hallmark Corporation, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday (with only Christmas ranking higher).

This year, we will celebrate Friday, February 12th, with sweets, heart songs and the traditional imagery of hearts of pink and red.

"The Hobbit" Movie

Bilbo Baggins (Martin Freeman) lives a simple life with his fellow hobbits in the shire, until the wizard Gandalf (Ian McKellen) arrives and convinces him to join a group of dwarves on a quest to reclaim the kingdom of Erebor. The journey takes Bilbo on a path through treacherous lands swarming with orcs, goblins and other dangers, not the least of which is an encounter with Gollum (Andy Serkis) and a simple gold ring that is tied to the fate of Middle Earth in ways Bilbo cannot even fathom.

Now, this is a movie worth a watch. Join us at 3:15 p.m. for the showing of "The Hobbit" on Tuesday, February 2nd.

FEB 2021

Birthdays

Joyce Hammond, 1st
Carla Greenleaf, 1st
Marlene Barton, 4th
Mary Bowman, 6th
Bobbie Hickson, 9th
Barbara Lipinski, 17th
Pat Schuessler, 17th
Mary Jane Tuttle, 19th
Glenn Yates, 27th
Tillie Apodaca, 27th
Jane Crase, 28th

Locations

Activity Room, AR
Activity Room Kitchen, ARK
Atrium, AT
Chapel, CHP
Dining Room, DR
Television Room, TV

Rain or shine our goal is fun. Schedules will remain as printed unless government mandates require changes. We may not be face to face but we will always stay heart to heart.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **8:00 Kia Ora New Zealand Week** *8:30 Walking Club, AT* 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV **3:15 Kiwi Bird Feeders**	2 9:15 Balance Class 10:15 Balance Class, AR **11:15 Passion for Paint, AR** *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Horse Races, TV **3:15 Hobbit Movie, TV**	3 9:15 Strength Training with Weights 10:15 Strength Training with Weights **2:00 General Store and More, AR** 2:00 Bingo Numbers **3:15 Kiwi Smoothies** 3:30 Brain Teaser, AR	4 *8:30 Walking Club, AT* 9:15 Cardio Drumming 10:15 Cardio Drumming *1:30 Euchre, TV* 2:00 Bingo Numbers **2:15 Culinary Demonstration, AR** **3:15 DIY Hobbit Homes**	5 9:15 Chair Assisted Yoga 10:15 Chair Assisted Yoga, AR **11:00 Current Events, TV** 11:00 Docuseries, AR **2:00 General Store** 2:00 Bingo Numbers 2:15 Riddle Me This, AR **3:15 New Zealand Symphony Orchestra, TV**	6 10:00 Weekend Worksheets for Raffle Winnings
7 10:00 Worship and Music	8 *8:30 Walking Club, AT* 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV	9 9:15 Balance Class 10:15 Balance Class, AR **11:15 Passion for Paint, AR** *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Horse Races, TV 3:15 White Board Words in Words	10 9:15 Strength Training with Weights 10:15 Strength Training with Weights **2:00 General Store and More, AR** 2:00 Bingo Numbers **3:15 Mineral Hand Soak** 3:30 Brain Teaser, AR	11 *8:30 Walking Club, AT* 9:15 Cardio Drumming 10:15 Cardio Drumming *1:30 Euchre, TV* 2:00 Bingo Numbers 3:15 Arts and Crafts, AR	12 9:15 Chair Assisted Yoga 10:15 Chair Assisted Yoga, AR **11:00 Current Events, TV** 11:00 Docuseries, AR **2:00 General Store** 2:00 Bingo Numbers **2:30 Valentine's Day Celebration**	13 10:00 Weekend Worksheets for Raffle Winnings
VALENTINE'S DAY 14 10:00 Worship and Music	**PRESIDENTS DAY** 15 *8:30 Walking Club, AT* 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV	16 9:15 Balance Class 10:15 Balance Class, AR **11:15 Passion for Paint, AR** *1:30 Bridge, TV* 2:00 Bingo Numbers **2:30 Mardi Gras Celebration**	**ASH WEDNESDAY** 17 9:15 Strength Training with Weights 10:15 Strength Training with Weights **2:00 General Store and More, AR** 2:00 Bingo Numbers 3:30 Brain Teaser, AR	18 *8:30 Walking Club, AT* 9:15 Cardio Drumming 10:15 Cardio Drumming *1:30 Euchre, TV* 2:00 Bingo Numbers **2:15 Culinary Meeting with Chef Heather, AR** 3:15 Arts and Crafts, AR	19 9:15 Chair Assisted Yoga 10:15 Chair Assisted Yoga, AR **11:00 Current Events, TV** 11:00 Docuseries, AR **2:00 General Store** 2:00 Bingo Numbers 2:15 Riddle Me This, AR	20 10:00 Weekend Worksheets for Raffle Winnings
21 10:00 Worship and Music	22 *8:30 Walking Club, AT* 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing, AR *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Chair Tai Chi, TV	23 9:15 Balance Class 10:15 Balance Class, AR **11:15 Passion for Paint, AR** *1:30 Bridge, TV* 2:00 Bingo Numbers 2:15 Horse Races, TV	24 9:15 Strength Training with Weights 10:15 Strength Training with Weights **2:00 General Store and More, AR** 2:00 Bingo Numbers 3:30 Brain Teaser, AR	25 *8:30 Walking Club, AT* 9:15 Cardio Drumming 10:15 Cardio Drumming *1:30 Euchre, TV* 2:00 Bingo Numbers 3:15 Arts and Crafts, AR	26 9:15 Chair Assisted Yoga 10:15 Chair Assisted Yoga, AR **11:00 Current Events, TV** 11:00 Docuseries, AR **2:00 General Store** 2:00 Bingo Numbers 2:15 Riddle Me This, AR	27 10:00 Weekend Worksheets for Raffle Winnings
28 10:00 Worship and Music						

New Zealand's Mineral Hot Springs

New Zealand is located where two tectonic plates of the earth's crust meet. This causes a large amount of geothermal activity, allowing warm water to bubble up through the earth's crust to form hot pools. These pools often contain minerals dissolved from the rocks they seeped through.

The healing powers of hot springs have been used for thousands of years and have been widely accepted in Europe and Japan as natural treatment options for various common ailments. Hot springs are reputed to have a number of therapeutic benefits, with many scientists from around the world studying balneology or the "treatment of disease by bathing."

Some of the top benefits of dipping into a hot spring include...

- Boost blood circulation
- Reduce stress and promote sleep
- Relieve pain
- Heal skin problems

Our final stop in New Zealand will be exploring these benefits and relaxing one last time before concluding our adventure.

Welcome To Hobbiton

Just a short trip from Rotorua is Matamata, a tourist favorite for one reason, it is home to the filming location of "The Lord of the Rings." Considered one of the greatest fantasy series ever created, "The Lord of the Rings" is beloved by people of all ages. The film adaptations have brought the pages of JRR Tolkien's magical world to life, and the filming locations are not to be missed when visiting New Zealand!

Hobbiton set and Alexander sheep farm

In 1998, Sir Peter Jackson's team of location scouts were searching for the iconic rolling hills and lush green pastures of Hobbiton. An aerial search led them to the Alexander farm, a stunning 1,250-acre sheep farm. They noted the area's striking similarity to The Shire, as described by JRR Tolkien, and quickly realized that the Hobbits had found a home.

We will let our imagination roll through the hills of The Shire as we create our own mini-version of the Hobbiton homes. Normally recognized as "fairy homes," these imaginitive creations complement small gardens and patios. Come make one of your own as we Adventure to New Zealand on Thursday, February 4th, at 11:15 a.m. and resume at 3:15 p.m.

Kiwi the Fruit

They may not have originated in New Zealand and they may not be as cute as the Kiwi bird, but Kiwis are a phenomenal source of multiple vitamins and minerals! Just one Kiwi in the morning will set you up for energy throughout the day. Below are just a few health benefits of this little fruit as incentive to include them into your diet today.

4 Health Benefits of Kiwis:

1. **Kiwis aid digestion**

   Kiwis have plenty of fiber, which is already good for digestion. They also contain a proteolytic enzyme called actinidin that can help break down protein.

2. **Kiwis help boost the immune system**

   Kiwis are nutrient-dense and full of vitamin C. In fact, just 1 cup of kiwi provides about 273 percent of your daily recommended value. Vitamin C is an essential nutrient when it comes to boosting your immune system to ward off disease. One study even found that kiwis may support immune function and reduce the likelihood of developing cold- or flu-like illnesses.

3. **Kiwis may help manage blood pressure**

   Not only can kiwi fruits provide an extra boost to our immune system, they can also help us to manage our blood pressure. A 2014 study found evidence that the bioactive substances in three kiwis a day can lower blood pressure more than one apple a day.

4. **Kiwis keep our eyes strong**

   Macular degeneration is the leading cause of vision loss, and kiwis might help protect your eyes from it. One study found that by eating three servings of fruit a day, macular degeneration was decreased by 36 percent. Kiwis' high levels of zeaxanthin and lutein are thought to contribute to this effect.

Mardi Gras

The Name

Mardi Gras means "Fat Tuesday" in French and is the celebratory carnival that leads up to the beginning of Lent. The name "Fat Tuesday" refers to the practice of consuming all of the food forbidden while fasting during Lent, which begins on Ash Wednesday. Meat is traditionally abstained from during Lent, which is where the word "carnival" is originally derived from, meaning "the removal of meat."

The Colors

The traditional colors of Mardi Gras are purple, green and gold. These are said to have been chosen in 1892, when the Rex Parade theme "Symbolism of Colors" gave the colors their meanings. These colors were chosen to resemble a jeweled crown honoring the Wise Men who visited the Christ Child on Epiphany.

Purple — Justice

Green — Faith

Gold — Power

The Cake

The King Cake tradition is thought to have been brought to New Orleans from France in 1870. A King Cake is an oval-shaped bakery delicacy, crossed between a coffee cake and a French pastry, that is as rich in history as it is in flavor. It's decorated in the royal colors listed above. In the past, such things as coins, beans, pecans or peas were also hidden in each King Cake. Today, a tiny plastic baby is the common prize. At a party, the King Cake is sliced and served. Each person looks to see if their piece contains the "baby." If so, then that person is named "King" for a day and bound by custom to host the next party and provide the King Cake.

This year, Fat Tuesday Falls on February 16th. Join us in the afternoon for your taste of Joie de vivre!

PALOMA LANDING
Gracious Retirement Living

8301 Palomas Avenue NE
Albuquerque, NM 87109

EQUAL HOUSING OPPORTUNITY