

Winterberry Heights

Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • www.seniorlivinginstyle.com

FEBRUARY 2021

WINTERBERRY HEIGHTS STAFF

AdministratorPENNY PAULIKS
Assistant Administrator.....CANDICE WHITE
Director of Health Services..... TAMMY PATTERSON
Resident Services Coordinator... MARCIE MOELLENTIN
Executive Chef TODD FULLERTON
Community SalesLISA SPAULDING
Activity CoordinatorHEATHER LAPLANTE
Administrative Assistant CORY GILLISPIE
MaintenanceGREG CARON
Transportation ROBERT RIVERS

TRANSPORTATION

Monday, 10:30 a.m.: Shopping — Walmart
Tuesday, 8 a.m.-5 p.m.: Medical Appointments
Wednesday, 9 a.m.: Shopping — Hannaford
Thursday, 8 a.m.-5 p.m.: Medical Appointments
Sunday, 8 a.m.-Noon: Local Church Services

HAWTHORN
SENIOR LIVING

2021 Hawthorn Adventure — Island Hopping

This year, we are taking residents on an Island-Hopping virtual tour of Hawaii, Fiji and New Zealand! Basically, we are learning about these tropical places right from our home, here in Bangor, Maine! Participants will be our passengers, and passengers participating in the virtual Island Hopping Adventure will experience the sounds, sights, crafts, physical activity, relaxation and food these exciting destinations offer.

Aloha Hawaii!

The first exciting week of Island Hopping took place in Hawaii! Participants immersed in the island culture as they traveled through four of the beautiful islands of Hawaii: The Big Island, Maui, Oahu and Kauai.

Welcome to Fiji!

Next stop on our whirlwind tour of the Pacific was Fiji! Participants enjoyed some much needed rest and relaxation as they explored the tranquil islands of Fiji.

Kia Ora New Zealand!

Next, the final leg of this Island-Hopping Adventure is New Zealand! Here, participants will explore beautiful landscapes and learn all about the rich history of the Maori.





February Is Heart Health Month

Fitness is good for your heart! I know there are folks out there who feel it's too late to begin an exercise program. It's not! Any form of exercise is good for you, no matter how young or old you feel and no matter your size. Here are a few good reasons:

1. Improved circulation
2. Improved breathing
3. Improved appetite
4. Improved digestion and elimination
5. Improved mood
6. Increased energy
7. Improved sleep
8. Improved strength, balance, flexibility and endurance
9. Improved overall health
10. Reduced arthritis pain
11. Prevention of or improved management of some diseases, such as diabetes and heart disease
12. Weight management promotion
13. Reduced potential for falls and related injury
14. Relief of boredom
15. Boosting of self confidence
16. Inspiration to others

Our Strength and Balance class meets every morning at 10 a.m. in the Activity Room. Give it a try. Come join us and see how you can feel!



Groundhog Day: Do You Think The Groundhog Will See His Shadow?



Tuesday, February 2, 2021

Welcome New Residents

Elizabeth R.



Happy Valentine's Day!



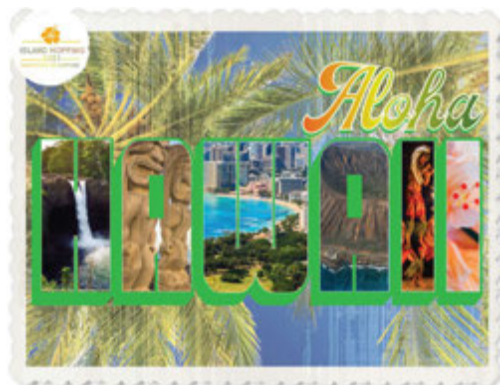
Sunday, February 14, 2021



Join Us In The Adventure!

Each activity relating to the Hawthorn Island-Hopping Adventure will be marked on the weekly schedule to be easily identified. Each resident will be given an itinerary, and points will be awarded for participation and attendance for each adventure activity.

There is an award ceremony to recognize passengers at the end of the Adventure. This three-week program is a great way to be involved and keep active during the cold winter months, learn something new and have fun with friends!



Welcome to New Zealand

New Zealand can be mellow or action-packed, but one thing is for sure, it is always epic!

Maori Culture

New Zealand's all-conquering All Blacks would never have become back-to-back rugby world champions without their unstoppable Maori players. This is just one example of how Maori culture impresses itself on contemporary Kiwi life: across NZ you can hear Maori language, watch Maori TV, join in a hangi (Maori feast) or catch a cultural performance with song, dance and a blood-curdling haka (war dance). Maori design continues to find expression in ta moko, Maori tattooing (often applied to the face) and the delicate artistry of bone, shell and pounamu (greenstone) sculpture.

Walk on the Wild Side

There are just 4.8 million New Zealanders, scattered across 103,483 square miles: bigger than the UK with 1/14th of the population. Filling in the gaps are the sublime forests, mountains, lakes, beaches and fiords that have made NZ one of the best hiking (locals call it "tramping") destinations on the planet. Tack on the epic "Great Walks," you might've heard of the Heaphy and Milford Tracks, or spend a few hours wandering along a beach, paddling a canoe or mountain biking through some easily accessible wilderness.

Rest and Relaxation with the Best of Them

New Zealand is an easy-going place. Take a leaf out of the locals' book and embrace the laid-back vibes and rejuvenating activities. Find a beach where you can sunbathe the day away, splash around in a hot pool or shop for quirky souvenirs. There are plenty of ways to enjoy downtime on your holiday in New Zealand.

The Maori people are the indigenous people of Aotearoa (New Zealand) and first arrived here in waka hourua (voyaging canoes) from their ancestral homeland of Hawaiki over 1,000 years ago. Today, Maori make up over 14 percent of the population. Their language and culture have a major impact on all facets of New Zealand life. Below are just three things to know about Maori Culture in New Zealand:

1. Visiting a Marae is the Best Way to Explore Maori Culture

Maraes are tribal meeting grounds, and they offer unique opportunities for you to interact with local Maori people and discover more about their culture and history first-hand. Some of the activities you can witness at maraes include speeches and displays of traditional Maori singing and dancing.

(Continued on page. 6)



Welcome to New Zealand (Continued)

2. No Two Maori Tattoos Are the Same

Although their application techniques have evolved over the years from chiseling to more modernized needle techniques, tattoos have remained a huge part of the Maori culture since their origins and are known as “ta moko.” Specifically, tattoos are considered to symbolize their commitment to and respect for their culture. An interesting aspect of the Maori art of tattooing is that no tattoos are completely identical. This is typically due to each tattoo being an external representation of the individual's unique combination of lineage, wisdom and stature among the tribe.

3. Dance Plays a Big Role in Maori Culture

Odds are that you've probably already heard of the Haka, a ceremonial war dance of the Maori people which consists of synchronized stomping and chanting combined with vigorous physical motions. There's actually a lot more to the popular dancing of Haka than it solely being used to

intimidate competitors. In fact, Haka is often used as means to greet notable guests, honor significant achievements or pay respect at occasions or funerals.

The Origin of the Haka

The Maori legend describing the origin of the haka paints it as a celebration of life. The story goes that Tama-nui-te-ra, the sun god, and his wife Hine-raumati, who embodies summer, had a son named Tane-rore. On hot summer days, Tane-rore would dance for his mother, causing the air to quiver. This light, rapid movement was the foundation of all haka.

What is the haka?

The haka is a type of ceremonial Maori dance or challenge. Haka are usually performed in a group and typically represent a display of a tribe's pride, strength and unity. Actions include

foot-stamping, tongue protrusions and rhythmic body slapping to accompany a loud chant. The words of a haka often poetically describe ancestors and events in the tribe's history.

When is the haka performed?

Traditionally, the haka was performed when two parties met as part of the customs around encounters. For example, the haka was used on the battlefield to prepare warriors mentally and physically for battle, but it was also performed when groups came together in peace.

Today, haka are still used during Maori ceremonies and celebrations to honor guests and show the importance of the occasion. This includes family events, like birthdays and weddings.

Wedding haka

Haka dances can be performed at weddings as a show of respect, to show reverence for the couple and their guests or to mark the important milestone. At weddings, women may also join the haka performance.

Rugby haka

Haka are also used to challenge opponents on the sports field. The New Zealand rugby team, the All Blacks, perform the haka before each match in a stunning show of strength and physical prowess.

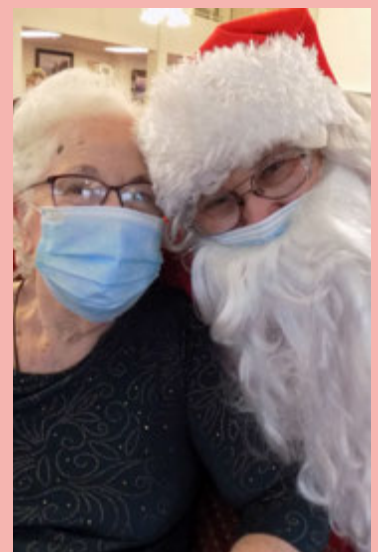
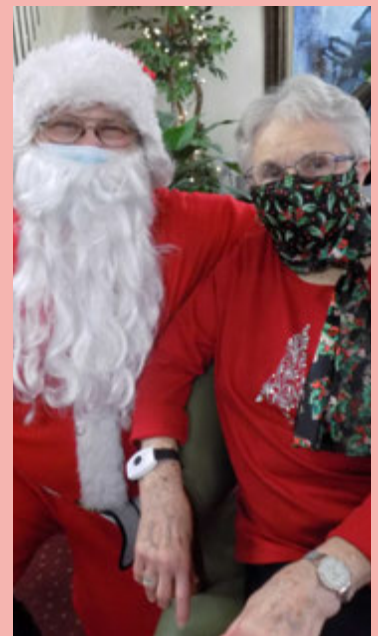
The All Blacks use “Ka Mate” as their haka, which was composed in the 1820s by the Maori chief Te Rauparaha. The words to this particular haka dance have become famous around the world since it became a part of the pregame ritual of the All Blacks.



Christmas Celebration

During the holiday season, we were able to do our annual gingerbread house project, socially distanced, of course.

Santa also made an appearance bringing gifts for Winterberry residents!





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Bangor, ME 04401



It's always Warm at

Winterberry Heights
Assisted Living & Memory Care

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.

207-942-6002

FEB 2021

Birthdays

Thomas Wheeler, 3rd
Blanche French, 10th
Charles Tingley, 12th
Roland Nadeau, 16th
Mary Bowler, 18th
Bill Handville, 28th

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>9:00 Catholic Mass in the Chapel 7 10:00 Strength and Balance 11:00 Hawthorn Adventure Closing 2:00 Crosswords 3:00 Super Bowl Tailgate Party 6:30 Super Bowl Kickoff</div>	<div>9:00 News Hour/Daily Chronicles 1 10:00 Strength and Balance 11:00 Facts About Hobbiton and DIY Hobbit Homes 2:00 Heather's General Store 3:00 Symphony Exercise 6:45 Monday Night Movie</div>	<div>9:00 News Hour/Daily Chronicles 2 10:00 Strength and Balance 11:00 Classic Music Trivia Quiz 2:00 Mandala Art Coloring 3:00 Mineral Hand Soaks and Manicures 6:45 Puzzles</div>	<div>9:00 News Hour/Daily Chronicles 3 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Kiwi Smoothie Social  6:45 Word Scrambles</div>	<div>9:00 News Hour/Daily Chronicles 4 10:00 Strength and Balance 11:00 Make Bird Feeders 2:00 Movie Matinee 6:45 February Word Search</div>	<div>9:00 News Hour/Daily Chronicles 5 10:00 Strength and Balance 11:00 Welcome Committee Meeting 2:00 Arm Chair Travels – The Maori 3:00 Beachball Volleyball 6:45 Knitting with Friends</div>	<div>9:00 News Hour/Daily Chronicles 6 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Finish the Lyric 6:45 Relax and Chat with Friends</div>
<div>9:00 Catholic Mass in the Chapel 7 10:00 Strength and Balance 11:00 Hawthorn Adventure Closing 2:00 Crosswords 3:00 Super Bowl Tailgate Party 6:30 Super Bowl Kickoff</div>	<div>9:00 News Hour/Daily Chronicles 8 10:00 Strength and Balance 11:00 Puzzles 2:00 Heather's General Store 3:00 Singalong 6:45 Monday Night Movie</div>	<div>9:00 News Hour/Daily Chronicles 9 10:00 Strength and Balance 11:00 Hokey Pokey with Teddy the Bear 2:00 Mandala Art Coloring 3:00 Wheel of Fortune 6:45 Puzzles</div>	<div>9:00 News Hour/Daily Chronicles 10 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Famous Couples  6:45 Sudoku Puzzles</div>	<div>9:00 News Hour/Daily Chronicles 11 10:00 Strength and Balance 11:00 Chair Dancing Through the Decades 2:00 A to Z 3:00 Painting 6:45 February Famous Birthdays Word Search</div>	<div>9:00 News Hour/Daily Chronicles 12 10:00 Strength and Balance 11:00 Scenic Bus Ride 1 2:00 Scenic Bus Ride 2 3:00 Word Search Puzzles 6:45 Knitting with Friends </div>	<div>9:00 News Hour/Daily Chronicles 13 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Have You Ever? 6:45 Relax and Chat with Friends</div>
<div>VALENTINE'S DAY 14 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Cupid Word Search 3:00 Valentine's Social 6:45 Old-Time TV Shows</div>	<div>PRESIDENTS DAY 15 9:00 News Hour/Daily Chronicles 10:00 Strength and Balance 11:00 Sudoku Puzzles 2:00 Heather's General Store 3:00 Drumming Exercise 6:45 Monday Night Movie</div>	<div>9:00 News Hour/Daily Chronicles 16 10:00 Strength and Balance 11:00 Brain Fitness 2:00 Mandala Art Coloring 3:00 Mardi Gras Social  6:45 Puzzles</div>	<div>ASH WEDNESDAY 17 9:00 News Hour/Daily Chronicles 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Odd News Stories 6:45 Crosswords</div>	<div>9:00 News Hour/Daily Chronicles 18 10:00 Strength and Balance 11:00 Finish the Phrase 2:00 Art by Monet 3:00 Horse Derby Game  6:45 Wacky Wordies</div>	<div>9:00 News Hour/Daily Chronicles 19 10:00 Strength and Balance 11:00 Trivia 2:00 Word Scrambles 3:00 Swatterball 6:45 Knitting with Friends</div>	<div>9:00 News Hour/Daily Chronicles 20 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Pictionary 6:45 Relax and Chat with Friends</div>
<div>9:00 Catholic Mass in the Chapel 21 10:00 Strength and Balance 11:00 Puzzles 3:00 Daniel O'Donnell Songs Video 6:45 Word Scrambles</div>	<div>9:00 News Hour/Daily Chronicles 22 10:00 Strength and Balance 11:00 Mad Lib Stories 2:00 Mandala Art Coloring 3:00 Minute to Win It Games 6:45 Monday Night Movie</div>	<div>9:00 News Hour/Daily Chronicles 23 10:00 Strength and Balance 11:00 Make Homemade Dog Treats 2:00 Heather's General Store 3:00 Manicures 6:45 Puzzles</div>	<div>9:00 News Hour/Daily Chronicles 24 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 February IQ Quiz</div>	<div>9:00 News Hour/Daily Chronicles 25 10:00 Strength and Balance 11:00 Cooking Corner 2:00 Photo Reminisce 3:00 Beachball Volleyball 6:45 Word Mining</div>	<div>9:00 News Hour/Daily Chronicles 26 10:00 Strength and Balance 11:00 Ring Toss 2:00 Brain Drain Game 3:00 Dice Fitness 6:45 Knitting with Friends</div>	<div>9:00 News Hour/Daily Chronicles 27 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 The Name Game 6:45 Relax and Chat with Friends</div>
<div>9:00 Catholic Mass in the Chapel 28 10:00 Strength and Balance 11:00 Sudoku Puzzles 2:00 Hymn Singalong 3:00 February Birthday Celebration  6:45 Old-Time TV Shows</div>						

FEB 2021

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Birthdays

Mary Bowler, 18th

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Fun with Fitness 11:00 New Zealand Facts 2:00 Learn New Zealander Slang 3:00 Snack Social 3:30 Current Events 6:00 Movie	2 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Make Kiwi Smoothies 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	3 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Foot Soaks and Mud Facials 6:00 Movie	4 10:00 Weights and Stretches 11:00 Make Homemade Valentines 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Putt Putt Golf 6:00 Movie	5 10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Facts About Hobbiton 6:00 Movie	6 10:00 Fun with Fitness 11:00 Bingo! 2:00 Kiwi Bird Scavenger Hunt 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
7 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Beanbag Toss 3:00 Snack Social 3:30 Puzzles 6:00 Super Bowl Party	8 10:00 Fun with Fitness 11:00 Work with Clay 2:00 Identify Birds 3:00 Snack Social 3:30 Current Events 6:00 Movie	9 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Make Pizza Bites 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	10 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Literary Couples 6:00 Movie	11 10:00 Weights and Stretches 11:00 Make Cookies 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Puzzles 6:00 Movie	12 10:00 Chair Fitness 11:00 Morning Walks 2:00 Make Homemade Bird Feeders 3:00 Snack Social 3:30 Bird Watching 6:00 Movie	13 10:00 Fun with Fitness 11:00 Bingo! 2:00 Big Pin Bowling 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
VALENTINE'S DAY 14 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Symphony Exercise 3:00 Valentine Party 3:30 Word Search Puzzles 6:00 Movie	PRESIDENTS DAY 15 10:00 Fun with Fitness 11:00 Pictionary 2:00 Swatterball 3:00 Snack Social 3:30 Current Events 6:00 Movie	16 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 The Name Game 3:00 Mardi Gras Social 3:30 Afternoon Walks 6:00 Movie	ASH WEDNESDAY 17 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:00 Reminisce About Your First Love 6:00 Movie	18 10:00 Weights and Stretches 11:00 Short Stories 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Word Games 6:00 Movie 	19 10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Favorite Tunes 6:00 Movie	20 10:00 Fun with Fitness 11:00 Bingo! 2:00 Look at Photos 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
21 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Ring Toss 3:00 Snack Social 3:30 Puzzles 6:00 Movie	22 10:00 Fun with Fitness 11:00 Name 10 2:00 Mandala Art Coloring 3:00 Snack Social 3:30 Current Events 6:00 Movie	23 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Make Homemade Dog Treats 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	24 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Have You Ever? 6:00 Movie	25 10:00 Weights and Stretches 11:00 Jenga 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Matching and Sorting 6:00 Movie	26 10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Word Search 6:00 Movie	27 10:00 Fun with Fitness 11:00 Bingo! 2:00 Finish the Phrase 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
28 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Dice Fitness 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie						