

# Scholl Canyon Estates

## Gracious Retirement Living

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

### MARCH 2021

#### SCHOLL CANYON STAFF

Managers..... CLIFFORD & JANET HANNEMANN

Assistant Managers ..... JAMEY BROWN  
& MARA RUTH

Sous Chef .....JESSE MOLINA

Activity Coordinator .....ALLYSON SEVERYN

Maintenance .....PAUL GONZALES

Bus Driver .....JUAN PARRA

#### HOPE BEAUTY SALON

**Susie Lopez, Owner**

Wednesday-Friday by appointment

818-288-2429

**HAWTHORN**  
SENIOR LIVING

### Let's Talk Spring-Cleaning!

There are so many benefits from a good old-fashioned spring cleaning session! It is always so important to start a new

spring off fresh and ready to face the rest of the year ahead. Let's take a look at what might happen to your body, mind and spirit, if you take some time to de-clutter:

**Cleaning reduces stress** — the physical act of cleaning can help turn your brain off for a while and allow your mind to relax.

**Lowers your risk of injury** — a cluttered home means more opportunities to trip over something unexpected, or bump into something, etc. For all ages, a de-cluttered space can provide a much safer environment for you and your loved ones.

**Improves sleep** — studies have shown that a home that's organized helps to eliminate sleepless nights. We all know how precious good sleep can be!

These are just a few of the many reasons why spring-cleaning can be such a positive thing in your life, for all aspects of your life. As we head into March of a brand new year, let's take a minute to de-clutter and find a little more space in our homes! :)





## Happy Happenings at Scholl Canyon!

What's been going on these last few months?

Well, back in December our residents and staff were hard at work creating our beautiful gingerbread village! It was quite the success and truly made the holiday season shine that much brighter! We also got to take an adventure to Christmas Tree Lane to admire the festive Christmas lights adorning each perfect house.

In January things had to start getting creative, so we brought island feelings and shopping right to the doors of our residents! These carts most definitely made everyone's day. We also had a visit from Chef Victoria, who made us a delicious pineapple upside-down cake to go along with our island themed week! One of our lovely residents, Frances Brannon, was inspired to share her very own recipe with Chef Victoria before she left, and Frances really gave her a run for her money!

We are very creative, here at Scholl Canyon! On February 1st we spent the afternoon making some adorable Valentine's Day themed crafts for our homes and little gifts for our friends.

Be on the lookout next month to see what else we have been up to! We have lots of fun activities and events in our future!



*We brought the Hawaiian islands to you!*



*Frances and her masterpiece!*



*Gingerbread house in progress!*



*Valentine's Day crafts!*



## Veteran Spotlight: Richard Bunch

This is our first installment of a new article series that will focus on the lives of our veteran residents! It was an absolute blast getting to know who Richard Bunch is, so sit back and enjoy:

Richard was an army brat and spent a lot of time traveling the world with his family! He was born in Knoxville, Tennessee, and his father was a part of the United States Army command in World War II. His father was in the criminal investigation detachment who went undercover to perform highly classified activities. At one point Richard's father undercovered as a bodyguard for MacArthur while they lived in San Antonio.

Richard himself served in the Army from January 1965 to December 1968. It was just what everybody did, he says. There was a war going on, so at age 17 he went in and turned 18 during basic training at Fort Leonard Wood. He was stationed all around Europe and the U.S. but his favorite place was Frankfurt, Germany, where he'd actually spent many years of his childhood. German was the first language he spoke, but he says that's all pretty much gone now.

In the '70s, after his time in the service, Richard studied electronics engineering, graphic design and graphic engineering at Red Rocks Community College in Golden, Colorado, and Metro State College in Denver, Colorado. In the early 2000s Richard changed career paths, moving to computer-aided design and received degrees and certificates in mechanical and structural engineering for computers. He designed cat walks and other structures, for churches, gyms, theaters, etc.

A self-proclaimed wanderer, Richard has called many places home, stating that all he needs is a car full of records, some tools, and a few pairs of clothes and he is happy.

A big thank-you to Richard for sharing some details about his life and about his experience with in the Army. We will be featuring a new veteran every month so be on the lookout for some more interesting stories! We love our veterans!



*Our sweet Richard :)*



*Our wall of veterans*

MARCH  
2021

Birthdays

Raye Ann Spratt, 6th  
Richard Bunch, 8th  
Barbara Chase, 21st  
Martha Folkart, 23rd  
Dora Kramer, 25th  
Bernice Bordman, 26th  
Ron Kramer, 31st

Transportation

Monday, 9:30 a.m.:  
1st, 3rd, and 5th —  
Ralph’s and Post Office

2nd and 4th — Vons  
and Rite Aid

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

Monday, 2 p.m.:  
CVS Pharmacy

Tuesday & Thursday,  
By Appointment Only:  
Doctors and 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>9:30 <b>Ralph's &amp; Post Office</b> 1</div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>11:00 <b>Vons &amp; Rite Aid</b></div> <div>2:00 Taboo!</div> <div>2:00 <b>CVS</b></div> <div>4:00 Catholic Hour</div>	<div>9:30 Workout with Weights 2</div> <div>10:15 Healthy Snacks!</div> <div>11:00 Bingo!</div> <div>2:00 Bingo!</div> <div>3:00 Beginner Bible Study with Idell</div> <div>3:30 <b>Adventures with Doug!</b></div> <div>4:00 Catholic Hour</div>	<div>9:30 Yoga 3</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:15 Healthy Snacks &amp; Chitchat</div> <div>1:45 <b>Scenic Drive! Locations TBD</b></div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> <div>4:00 Catholic Hour</div> <div>4:00 Mormon Hour on Patio</div>	<div>9:30 Workout with Weights 4</div> <div>10:15 Healthy Snacks!</div> <div>11:00 Head Space: 20-Minute Guided Meditation</div> <div>1:30 Beading</div> <div>3:00 <b>All Champs: High School Volunteers</b></div> <div>4:00 Catholic Hour</div>	<div>9:30 Gentle Yoga 5</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:00 Scenic Drives: Location TBD :)</div> <div>10:15 <b>Dollar Store</b></div> <div>10:30 Chair Dancing!</div> <div>2:00 <b>Trader Joe's/Walgreens</b></div> <div>2:00 Taboo/Hangman/ Scattergories</div> <div>3:00 <b>Zoom Performance: Comedian Julia Austin</b></div> <div>4:00 Catholic Hour</div> <div>6:45 Movie Night</div>	<div>9:30 Yoga with Mara 6</div> <div>10:30 Beading</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>4:00 Head Space: 20-Minute Guided Meditation </div>
<div>7</div> <div>9:15 Workout Video</div> <div>10:00 Charles Stanley Church Service</div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div>	<div>8</div> <div>9:30 <b>Vons &amp; Rite Aid</b></div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>11:00 <b>Ralph's &amp; Post Office</b></div> <div>2:00 Taboo!</div> <div>2:00 <b>CVS</b></div> <div>3:00 <b>Crafts: St. Patrick's Day Themed!</b> </div> <div>4:00 Catholic Hour</div>	<div>9</div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>2:00 Bingo!</div> <div>3:00 Bingo!</div> <div>3:00 Beginner Bible Study with Idell</div> <div>3:00 <b>Gardening: Potting Flower Bulbs!</b></div> <div>4:00 Catholic Hour</div>	<div>10</div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:15 Healthy Snacks &amp; Chitchat</div> <div>1:45 <b>Scenic Drive! Locations TBD</b></div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> <div>4:00 Catholic Hour</div> <div>4:00 Mormon Hour on Patio</div>	<div>11</div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>11:00 Head Space: 20-Minute Guided Meditation</div> <div>12:00 Activities Coordinator Meeting with Residents</div> <div>1:30 Beading</div> <div>3:00 <b>All Champs: High School Volunteers</b></div> <div>4:00 Catholic Hour</div>	<div>12</div> <div>9:30 Gentle Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:00 Scenic Drives: Location TBD :)</div> <div>10:15 <b>Big Lots</b></div> <div>10:30 Chair Dancing!</div> <div>2:00 Taboo/Hangman/ Scattergories</div> <div>2:00 <b>Target &amp; Macy's</b></div> <div>4:00 Catholic Hour</div> <div>6:45 Movie Night</div>	<div>13</div> <div>9:30 Yoga with Mara</div> <div>10:30 Beading</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>4:00 Head Space: 20-Minute Guided Meditation</div>
<div>14</div> <div>DAYLIGHT SAVING TIME BEGINS</div> <div>9:15 Workout Video</div> <div>10:00 Charles Stanley Church Service</div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> <div>3:30 Catholic Mass</div>	<div>15</div> <div>9:30 <b>Ralph's &amp; Post Office</b></div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>11:00 <b>Vons &amp; Rite Aid</b></div> <div>2:00 Taboo!</div> <div>2:00 <b>CVS</b></div> <div>3:00 <b>Cooking Corner: Leprechaun Milkshakes!</b></div> <div>4:00 Catholic Hour</div>	<div>16</div> <div><b>Shamrock Scavenger Hunt!</b></div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>12:00 <b>Manager's Meeting with Residents</b></div> <div>2:00 Bingo!</div> <div>3:00 Bingo!</div> <div>3:00 Beginner Bible Study with Idell</div> <div>4:00 Catholic Hour</div>	<div>17</div> <div>ST. PATRICK'S DAY</div> <div><b>Don't Forget to Wear Green! :)</b></div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:15 Healthy Snacks &amp; Chitchat</div> <div>1:30 <b>St. Patrick's Day Fun!</b></div> <div>3:00 Bible Study with Idell</div> <div>4:00 Catholic Hour</div> <div>4:00 Mormon Hour on Patio</div>	<div>18</div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>11:00 Head Space: 20-Minute Guided Meditation</div> <div>12:00 <b>Chef's Meeting with Residents</b></div> <div>1:30 Beading</div> <div>3:00 <b>All Champs: High School Volunteers</b></div> <div>4:00 Catholic Hour</div>	<div>19</div> <div>9:30 Gentle Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:00 Scenic Drives: Location TBD :)</div> <div>10:15 <b>Shopping: Trader Joe's/Walgreens</b></div> <div>10:30 Chair Dancing!</div> <div>2:00 <b>Shopping: Dollar King</b></div> <div>2:00 Taboo/Hangman/ Scattergories</div> <div>4:00 Catholic Hour</div> <div>6:45 Movie Night</div>	<div>20</div> <div>FIRST DAY OF SPRING</div> <div>9:30 Yoga with Mara</div> <div>10:30 Beading</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>4:00 Head Space: 20-Minute Guided Meditation</div>
<div>21</div> <div>9:15 Workout Video</div> <div>10:00 Charles Stanley Church Service</div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn </div>	<div>22</div> <div>9:30 <b>Vons &amp; Rite Aid</b></div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>11:00 <b>Ralph's &amp; Post Office</b></div> <div>2:00 Taboo!</div> <div>2:00 <b>CVS</b></div> <div>3:00 Crafts: Rainbow Carnations!</div> <div>4:00 Catholic Hour</div>	<div>23</div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>2:00 Bingo!</div> <div>3:00 Bingo!</div> <div>3:00 Beginner Bible Study with Idell</div> <div>4:00 Catholic Hour </div>	<div>24</div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:15 Healthy Snacks &amp; Chitchat</div> <div>1:45 <b>Scenic Drive! Locations TBD</b></div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> <div>4:00 Catholic Hour</div> <div>4:00 Mormon Hour on Patio</div>	<div>25</div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>11:00 Head Space: 20-Minute Guided Meditation</div> <div>1:30 Beading</div> <div>3:00 <b>All Champs: High School Volunteers</b> </div> <div>4:00 Catholic Hour</div>	<div>26</div> <div>9:30 Gentle Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:00 Scenic Drives: Location TBD :)</div> <div>10:15 <b>Walmart</b></div> <div>10:30 Chair Dancing!</div> <div>2:00 <b>T.J.Maxx, Ross, Nordstrom Rack</b></div> <div>2:00 Taboo/Hangman/ Scattergories</div> <div>3:00 <b>Zoom Concert: Artist Madison Johnson</b> </div> <div>4:00 Catholic Hour</div> <div>6:45 Movie Night</div>	<div>27</div> <div>9:30 Yoga with Mara</div> <div>10:30 Beading</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>4:00 Head Space: 20-Minute Guided Meditation</div>
<div>28</div> <div>9:15 Workout Video</div> <div>10:00 Charles Stanley Church Service</div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> <div>3:30 Catholic Mass</div>	<div>29</div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>2:00 Taboo!</div> <div>2:00 <b>CVS</b></div> <div>3:00 <b>Women's Circle</b></div> <div>4:00 Catholic Hour</div>	<div>30</div> <div>9:30 Workout with Weights</div> <div>10:15 Healthy Snacks!</div> <div>2:00 Bingo!</div> <div>3:00 Bingo!</div> <div>3:00 Beginner Bible Study with Idell</div> <div>3:00 <b>Zoom: Passover Seder</b></div> <div>4:00 Catholic Hour</div>	<div>31</div> <div>9:30 Yoga</div> <div>10:00 10-Minute Cardio Blast!</div> <div>10:15 Healthy Snacks &amp; Chitchat</div> <div>1:45 <b>Scenic Drive! Locations TBD</b></div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> <div>4:00 Catholic Hour</div> <div>4:00 Mormon Hour on Patio </div>			



## Carl's Corner (Trivia)

What's the difference?

Shrimp has claws on two of its five pairs of legs.  
Prawn has claws on three of its five pairs of legs.

Crocodiles have a V-shaped snout.  
Alligators have a U-shaped snout.

Rabbits give birth in their burrows.  
Hares give birth above ground.

Husky is a Siberian dog. It's faster than a Malamute.  
Malamute is North American. It's twice as large as a Husky.

Tortoise is a land dweller.  
Turtles live mostly in water.

Crow is smaller than a raven, with a shorter bill and tail.  
Raven has a thicker bill and larger tail.

Great Britain consists of England, Scotland and Wales.  
United Kingdom includes the above plus Ireland.

Emojis are graphic symbols.  
Emoticons are constructed with keyboard symbols.

Cement is a binder that hardens into a solid compound.  
Concrete consists of crushed stone, rock, sand, and cement.

Graveyard is attached to a church.  
Cemetery is attached to nothing.

Now we can all get some sleep.

## Adventures With Doug!

Adventure to the Death  
Valley Superbloom

Tuesday, March 2nd  
3:30 p.m.

Activities Room

At first glance, Death Valley looks barren, unforgiving and unwilling to host even the hardiest of life. But nature has an incredible way of preparing its flora and fauna for conditions that we couldn't imagine.

Join us for our slide show adventure as we venture into this remarkable area, explore some fascinating areas, and while we do, witness beautiful scenery, enduring life and ... with a little bit more rain than usual, and perfect conditions ... the fabulous wildflower Superbloom!



*Death Valley Superbloom*

## March Special Events/Activities

**Wednesdays and Fridays at 10 a.m.:**

Look out for some Scenic Drives with Juan!

**Tuesday, March 2nd, 3:30 p.m.:**

Adventures With Doug!

**Friday, March 5th, 3 p.m.:**

Zoom Performance: Comedian Julia Austin and friends!

Come join us for a few laughs! :)

**Monday, March 8th, 3 p.m.:**

Crafts: St. Patrick's Day themed:  
Leprechaun magnets!

**Tuesday, March 9th, 3 p.m.:**

Gardening: Let's pot some bulbs and watch them grow!

**Monday, March 15th, 3 p.m.:**

Cooking Corner: Leprechaun Milkshakes!

**Tuesday, March 16th, all day:**

Shamrock Scavenger Hunt!

**Wednesday, March 17th, 1:30 p.m.:**

St. Patrick's Day!

Head to the Activities Room for some festive fun and treats!

**Monday, March 22nd, 3 p.m.:**

Crafts!: Rainbow Carnations

**Friday, March 26th, 3 p.m.:**

Zoom Performance:  
Madison Johnson on the piano!

**Monday,  
March 29th,  
3 p.m.:**

Join us for our first  
Women's Circle. A safe  
space for just us ladies!

**Tuesday, March 30th, 3 p.m.:**

Zoom Passover Sedar





## Scholl Canyon's Hawthorn Adventure!

We finally kicked off our Hawthorn Adventure on February 4th, and it was truly a blast! Amazing food, good company, and lots of Hawaiian island vibes!

We danced the hula, played Hawaii trivia, sipped Kona coffee, watched Disney's "Moana," and

took a drive down to the beach. Hawaii certainly put us in quite the adventurous mood, because we soon found our way to Fiji and New Zealand! Be on the lookout for more photos of the last two legs of our adventure in next month's newsletter. Aloha!



*Pina colada, anyone?*



*Our island treats! :)*



*Ms. Frances enjoying a white chocolate macadamia nut cookie!*



*Ernie dressed to the island nines!*



*Lowell enjoyed his Hawaiian-themed meal quite a lot! :)*

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A photograph of an older couple hiking on a trail. They are seen from the side, looking out over a vast, hilly landscape under a dramatic, orange-hued sunset sky. Both are wearing backpacks. The scene is peaceful and evokes a sense of adventure and retirement living.

## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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**818-951-3830**