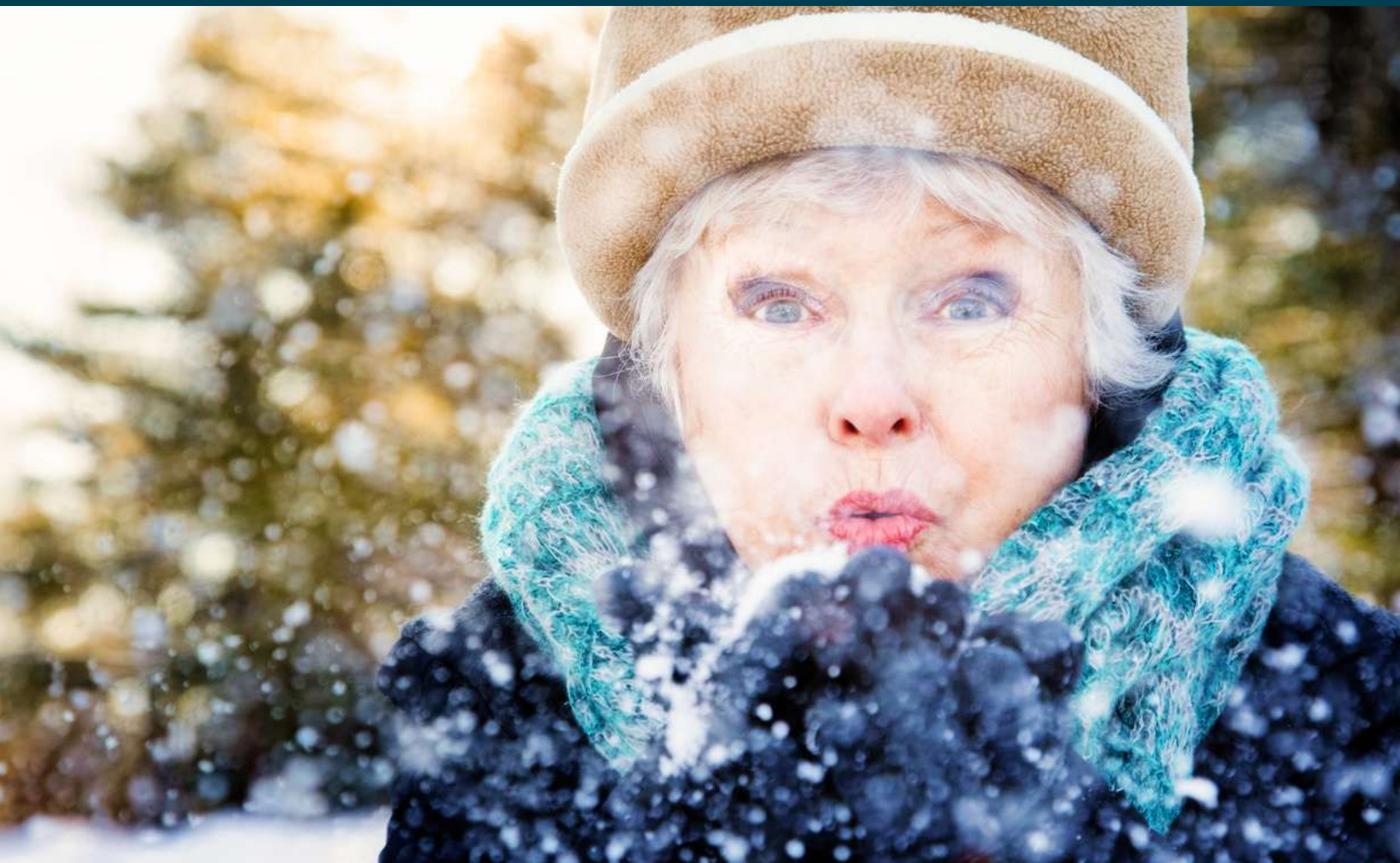


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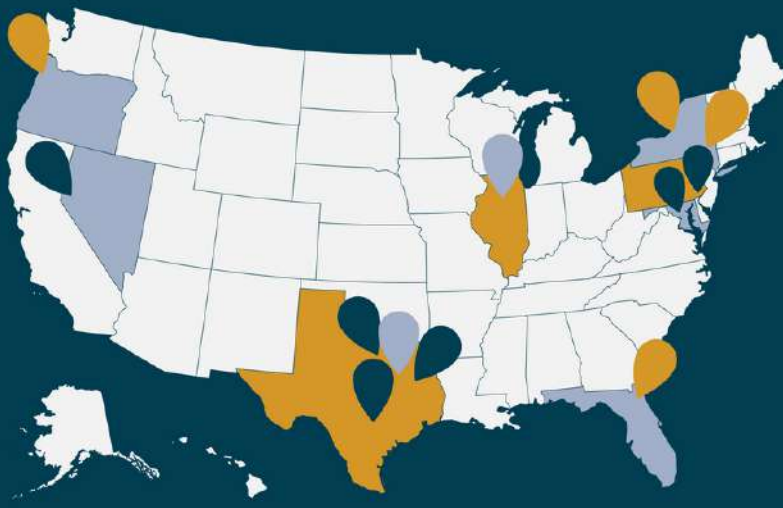
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# TABLE OF CONTENTS

## 04 *Embracing Mindfulness: Combating Seasonal Blues with Mindful Activities*

Explore how our residents incorporate mindfulness into their winter wellness routines, enhancing mental and emotional well-being during the colder months.

## 13 *Cherished Memories: Our Residents Reflect on Favorite Fall and Holiday Moments*

A heartwarming collection of stories and reflections from our residents, celebrating their most cherished fall and holiday moments and traditions.

## 26 *Staying Healthy During Winter: Tips and Tricks for Balanced Living*

Discover practical advice and strategies for maintaining physical and mental health during the winter season, as shared by our residents and community team members.

## 33 *Winter Warmth: Cozy Recipes and Drinks to Celebrate Togetherness*

A delightful compilation of our residents' favorite winter cocktails, mocktails, and meal recipes, perfect for adding a touch of warmth and cheer to any cold evening.





# 04 Embracing Mindfulness: Combating Seasonal Blues with Mindful Activities

In this section, we present a rich array of mindfulness practices embraced by residents across our communities, offering inspiration for enhancing well-being during the winter months.

From the serene and balancing art of Tai Chi to the engaging and stimulating world of brain games, the activities highlighted here cater to both physical and mental health. This section not only celebrates the practices our residents enjoy, but also serves as a valuable resource for anyone looking to adopt these techniques, either individually or in a group setting.

It's a guide to staying active, engaged, and mentally balanced, even as the winter chill sets in.



## *Embracing Mindfulness: Regency Crest Residents Share Winter Wellness Strategies*

In a recent roundtable discussion at Regency Crest, residents gathered to delve into the benefits of mindfulness as a method for enriching self-awareness and personal experience. The focus was on cultivating positivity and providing support to each other in handling stress and anxiety, especially during the winter season.

This event offered more than just practical mindfulness tips and strategies; it significantly bolstered our sense of community and collective well-being. For those looking for ways to navigate the winter months with ease, we invite you to explore the list of helpful tips shared by our residents, detailed below.

- Unplug from phones, TVs, and other digital devices
- Participate in Zentangle Art sessions
- Spend quality time with family and friends
- Take vitamin D supplements for overall well-being
- Engage in pleasant conversations with other residents, avoiding negativity
- Listen to music for relaxation and enjoyment
- Swim in the indoor pool as a form of physical and mental exercise
- Practice meditation for mindfulness and inner peace
- Focus on nature to find calm and tranquility



## *A Diverse Journey: From Navy Mechanic to Watercolor Maestro at Sunstone Village*

John, a resident at Sunstone Village and a seasoned watercolor instructor, has led a life marked by diversity and accomplishment. Born in Detroit, Michigan, to Greek immigrant parents, he embarked on a journey that spanned various fields and interests. After completing his education at the Chrysler Institute of Engineering, John served in the U.S. Navy as a Master Jet Engine Mechanic with Fighter Squadron 74 and on the USS Midway. His tenure included significant moments like providing air cover during the evacuation of thirty-thousand Nationalist Chinese to Taiwan in 1955.

John's personal life is equally rich with experiences. He married Agnes Johnson in 1955 after meeting her on a blind date and enjoyed 65 years of marriage, marked by family adventures in tent camping, sailing, and preparing Greek food. Together, they had four children and numerous grandchildren. The couple also devoted themselves to community service, aiding homeless shelters in Indianapolis and Denton and sponsoring three Vietnamese families during the 1970s and 1980s.

John's professional life is a testament to his versatility. In the late 1960s and 1970s, he served in elected office in Troy, Michigan, advocating for open government and contributing to the city's planning policies. His career also included significant roles in the automotive industry, where he worked on prototypes of the Dodge Charger and architectural models of the World Trade Center buildings with architect Minoru Yamasaki. Later, he joined the Detroit Diesel Allison Division of General Motors, holding various positions until his retirement, after which he worked as a consultant in his brother's firm, Servo Kinetics, Inc.

Apart from his professional endeavors, John is passionate about sailing, reading, and music, particularly opera and classical genres. As a watercolor artist and painter of religious murals, he has shared his artistic talents in various settings, including the First United Methodist Church in Denton, Texas. At Sunstone Village, John teaches a monthly watercoloring class, offering residents a chance to relax and meditate while exploring their creativity through painting. His classes are a reflection of his belief in the freedom and opportunities America provides, values deeply ingrained in his life and work.

# *Aging Grace: Blending Music, Mindfulness, and Yoga for Wellness*

Hanover Place has become a hub of wellness and mindfulness, especially during the chilly winter months, thanks to its innovative "Movement Mondays" program. This initiative is a favorite among the residents, offering them a perfect blend of meditation, exercise, and music to maintain a restful and centered mind.

Every other Monday, residents eagerly participate in the Ageless Grace program, led by the enthusiastic Patrice. This unique class combines mindful movements with lively music, creating an atmosphere that is both energizing and relaxing. Patrice's approach ensures that everyone stays engaged and active, making exercise not just beneficial but also enjoyable.

On alternate Mondays, the focus shifts to a different form of physical and mental wellness with chair yoga sessions guided by Valerie from Valley Rae Yoga. Her classes are specifically tailored for the residents, emphasizing the importance of staying centered and balanced during the exercises. Chair yoga is particularly beneficial for those seeking a gentle yet effective form of physical activity, helping to improve flexibility, strength, and mental clarity.



The "Movement Mondays" program at Hanover Place is more than just a series of exercise classes; it's a holistic approach to starting the week on a positive note. The residents appreciate this thoughtful scheduling, which not only keeps them physically active but also provides mental and emotional support. This regular blend of Ageless Grace and chair yoga embodies the community's commitment to the overall well-being of its residents, making Hanover Place a nurturing and vibrant place to live.



## *Mindful Movement: Staying Active and Engaged at The Spring at Silverton*

At The Spring at Silverton, the community has found an effective antidote to the winter blues: staying active with a variety of engaging and health-promoting activities. Understanding the importance of both physical and mental exercise, The Springs at Silverton offers its residents a diverse range of activities tailored to keep them vibrant and socially engaged during the colder months.

One key element in their approach is the focus on games that are not only fun but also designed to sharpen the mind. These cognitive exercises are a favorite among residents, offering a delightful way to keep their brains active and alert. For those looking to maintain cardiovascular health, the community provides Cardio Circuit classes. These sessions are perfect for keeping the heart strong and the body in good shape.

In addition to cardiovascular health, balance and flexibility are also a priority. Tai Chi classes at The Spring at Silverton have become a popular choice for residents, offering gentle yet effective movements that improve balance and promote overall well-being. For a more dynamic workout, residents can participate in Line Dancing classes, where they can move to the rhythm and enjoy a fun, community-oriented exercise.

Ending the week on a high note, the community also offers Zumba classes. These sessions provide a full-body workout that is not just beneficial for physical health but also incredibly fun. The upbeat music and energetic routines make Zumba a perfect way to end the week with enthusiasm and joy.

Beyond the physical benefits, attending these classes and activities offers a fantastic opportunity for socialization. Residents can meet new people, make friends, and enjoy a sense of community, which is especially important during the winter months. The Spring at Silverton's commitment to providing a diverse range of activities ensures that every resident can find something enjoyable to participate in, keeping them active, healthy, and socially connected throughout the winter season.

# Barry Goldberg's Journey to Mindfulness and Wellness

Barry Goldberg, a resident of Haven at Lewisville Lake, has found solace and strength in meditation, a practice that became a cornerstone of his life during some of his most challenging times. Barry's journey into the world of mindfulness began amidst the emotional turmoil of his divorce and was further deepened following a surgery. These life events brought about a wave of anxiety and uncertainty about the future, feelings that were out of his control.

Meditation introduced Barry to the power of living in "the now." It taught him the valuable lesson of not dwelling on potential future worries but instead focusing on the present moment. This shift in mindset brought a significant change to Barry's life. He found that by centering his thoughts on the present, he could alleviate his body's tension and truly relax, allowing him to enjoy life's moments as they come.

Barry's wellness routine encompasses more than just meditation. He also includes physical exercise, finding that the combination of both mental and physical practices greatly enhances his overall well-being. The results of this holistic approach to wellness have surpassed even his initial expectations when he first embarked on this journey.



Today, Barry's story stands as a testament to the transformative power of mindfulness and exercise. His experience highlights how adopting a practice focused on the present can not only alleviate immediate stress but also lead to a more fulfilled and enjoyable life. At Haven at Lewisville Lake, Barry's journey continues to inspire others who may be facing their own challenges, showing them the path to finding peace and joy in the here and now.

# Enhancing Physical & Mental Well-Being Through Exercise

At Mountain Lakes Estates, the residents have been enjoying a highly successful exercise group for the past two years, thanks to the dedicated leadership of Betty Houser. Known for being one of the most popular activities in the community, Betty's exercise classes are much more than a fitness routine; they are a vital source of community bonding and combating the winter blues.

Betty takes great pride in the progress her participants have made. Starting with lighter weights like 1lb, many residents have now progressed to using 3 and 4lb weights, showing significant improvement in their strength and fitness levels. Understanding the diverse needs of her class, Betty thoughtfully adapts the exercises to accommodate residents with limited mobility. This ensures that everyone, regardless of physical capability, can participate and benefit from the sessions.

Beyond the physical health benefits, the classes have fostered a sense of camaraderie and connection among the residents. The relationships Betty has cultivated with the participants are particularly special to her. She cherishes being a part of their lives and contributing positively to their well-being. Betty's exercise group at Mountain Lakes stands as more than just a fitness activity. It's a nurturing space for physical improvement, social interaction, and community building, greatly enriching the residents' experience and quality of life in the community.



# Daily Devotionals: Fostering Community and Spirituality

Sheila Bagley, a resident of Haven at Lewisville Lake, has become a cherished figure in her community, known for her daily devotionals that bring residents together in a shared moment of reflection and spirituality. Each day, Sheila can be found in the Bistro, surrounded by other residents who join her for coffee and a moment of peace as she reads from her collection of daily devotional books.

Sheila believes that starting the day with these readings sets a positive tone, focusing thoughts on faith and spirituality. According to her, this ritual helps everyone to begin their day "the right way," with their thoughts centered on the Lord. This practice not only fosters a sense of community among the residents but also encourages a more positive and focused mindset throughout the day.

The significance of this daily ritual is rooted in Sheila's background. Her husband was a pastor, and together, they shared a deep commitment to their faith.

Continuing this dedication at Haven, Sheila extends the sense of community and spirituality they cherished. Her devotionals are more than just a personal practice; they have become a cornerstone of daily life for many residents, creating a space for friendship, reflection, and shared faith.

At Haven at Lewisville Lake, Sheila Bagley's devotionals have thus become a symbol of the community's spirit, bringing residents together in a meaningful way and setting a tone of positivity and mindfulness for the day ahead.



”

*It sets the perfect tone for our day, aligning our thoughts and hearts with the Lord from the very start. - Sheila Bagley*



# Mindful Gaming: Engaging in Brain-Boosting Activities

At Canvas Valley Forge, the residents have a passion for games of all types, providing them with a range of indoor activities that make the approaching cold weather more enjoyable. The community offers a variety of options for residents to engage in, ensuring that everyone can find something to their liking.

One of the popular pastimes is spending time in the library, where residents can cozy up by the fire with a good book. For those who enjoy more interactive activities, card games and pool are frequently played and enjoyed by many. The games not only offer entertainment but also an opportunity for social interaction and community building.

Bridge is considered a time of quiet concentration, reflecting the sharp minds of the players. It's a game that demands focus and strategy, making it a cherished "quiet" time for many. Additionally, Mahjong is a weekly favorite, often played in the Lounge. The quiet intensity during these games highlights the residents' concentration and skill.

For those who prefer a more solitary challenge, puzzles are available. These can be enjoyed in the privacy of their apartments, offering a peaceful yet mentally stimulating activity.

Overall, Canvas Valley Forge provides its residents with a diverse array of activities that cater to different interests and preferences. Whether it's engaging in a lively game of cards, delving into a book by the fire, or concentrating on a puzzle, the residents have ample opportunities to stay active and connected within the community.





# 13 Cherished Memories: Our Residents Reflect on Favorite Fall and Holiday Moments

In this heartfelt section, we journey through the fond recollections and cherished experiences of our residents, celebrating the essence of fall and the holiday season.

It's a mosaic of personal stories and memories, from autumnal festivals to holiday gatherings, painting a vivid picture of the joy and warmth these seasons bring.

This compilation not only honors these special moments but also connects readers through shared traditions and experiences, fostering a sense of community and nostalgia.

# Childhood Memories of La Saint Nicholas

Josie Wagner, a resident of Atlas Point for almost six years, fondly recalls her childhood in the ancient city of Metz, France. Born and raised in this 3000-year-old city nestled in the Alsace Lorraine Region of Northeast France, Josie grew up celebrating the traditional feast of La Saint Nicholas every December 6th. This day, dedicated to Saint Nicholas, the Patron Saint of Children, holds a special place in her heart.

One of Josie's most cherished childhood memories is the grand parade held on December 6th. The highlight of this parade was a magnificent float, upon which Saint Nicholas sat regally on a throne. Dressed in his saintly attire, he joyfully threw oranges and candies to the children who lined the streets. These treats were lovingly bestowed upon the "Good Children," as a reward for their year-long good behavior.

Following Saint Nicholas's float was a rather contrasting spectacle—an Old-World cart driven by Pere Fouettard, a character who struck both awe and fear in the hearts of young onlookers. With his red beard, brown hooded robe, and a whip in hand, Pere Fouettard represented a stark reminder to the 'naughty' children. The back of his cart was ominously filled with sticks and lumps of coal, symbols of what awaited those who misbehaved.



For Josie, as for many children in Metz, the parade was more than a festive event; it was a lesson in morality, instilling a sense of good conduct throughout the year. Even now, years later and miles away from her childhood home, the memories of those parades continue to bring a smile to her face, embodying the spirit and traditions of her French heritage.

# *Winter Wonderland at King City Senior Village: A Festive January Celebration*



King City Senior Village, known for its vibrant community life, is gearing up for another exciting annual Winter Wonderland, an event that has become a cherished tradition to brighten the typically cold and wet January days in Oregon. As the festive holiday season winds down and reality sets in with the new year, this special event offers a much-needed boost to the residents' spirits.

The Winter Wonderland at King City Senior Village is not just an event but an experience, complete with live entertainment, elegant attire, exquisite dining, and sparkling drinks. This year, they are delighted to announce that Chris Anderson, a renowned recording artist and entertainer, will be performing live for the occasion, adding an extra layer of excitement and glamour to the evening.

Residents of King City Senior Village eagerly look forward to this event, where they can dress in their finest attire and enjoy an evening of fine dining and dancing. The village community comes alive as everyone puts on their dancing shoes and takes to the floor, dancing the night away and creating memories that last a lifetime.

This year's Winter Wonderland is scheduled for Friday, January 26th, from 6 pm to 8 pm. While the community eagerly anticipates the upcoming celebration, they also invite everyone to take a moment to look back at the photos from past Winter Wonderlands. These images capture the essence of how King City Village celebrates the winter season in style and are a testament to the joy and camaraderie that this event brings to its residents each year.



As January approaches, King City Village and its residents are all set to embrace the month with open arms, turning what is often seen as a dreary time of the year into a festive and joyous occasion with their annual Winter Wonderland.



# Lena Booker's Cherished Christmas Memories

Christmas holds a special place in the heart of Lena Booker, a resident of The Spring at Silverton, as it brings cherished memories and heartwarming traditions. Lena fondly remembers her childhood Christmases, which were always filled with the joy of cooking.

In 2021, Lena's family embraced a new way to celebrate Christmas Eve. Rather than preparing a large, traditional meal, they decided to cook finger foods. This delightful change allowed the family to spend more time savoring each other's company, surrounded by love and laughter in the kitchen. The experience wasn't just about making wraps and finger sandwiches; it was about the warmth and joy of being together. This memorable Christmas Eve, filled with fun and togetherness, has become an indelible memory for Lena.

Another of Lena's cherished holiday memories is from a festive crafting session at The Spring at Silverton. Alongside other residents, she enjoyed making wreaths for Christmas and other holidays in the community's craft room. This activity was more than a creative endeavor; it was an opportunity for laughter and great conversations, strengthening the bonds of friendship. The wreath-making sessions highlight the essence of the holiday season for Lena – a time of joy, creativity, and community, cherished year after year.



# *Autumn Celebrations at Hanover Place: From Spooktacular Events to Creative Crafts*



At Hanover Place, the arrival of autumn brings a flurry of festive activities and heartwarming moments. This season has been especially memorable, marked by a series of engaging events and creative endeavors that have brought the community together in celebration of fall.

A highlight of the season was the Halloween Spooktacular, an event that saw residents revel in the spooky spirit of Halloween. Accompanied by themed happy hours that embraced the "Hello Fall" spirit, these gatherings were perfect for enjoying the crisp autumn air and the joy of community.

Another resident favorite was the "Make-It with Melissa!" activity. Under Melissa's guidance, residents tapped into their creative sides, crafting warm and cozy fleece tie-blankets. These handmade creations not only added a touch of personal warmth to their homes but also fostered a sense of accomplishment and pride among the crafters. Additionally, residents crafted charming autumn-themed gnomes as part of their fall door décor, adding a whimsical and festive touch to their living spaces.

The season also featured a pumpkin decorating contest, a delightful endeavor that brought out the artistic talents of the residents. With each pumpkin turned into a unique masterpiece, the contest was not just a display of creativity but also a testament to the fun and camaraderie that define life at Hanover Place. These decorated pumpkins, ranging from the whimsical to the spooky, added an extra layer of festive charm to the community.



As the leaves turned and the air grew colder, Hanover Place remained a warm and vibrant community, filled with laughter, creativity, and shared moments. The array of fall activities not only celebrated the season but also strengthened the bonds among residents, making this autumn a truly special time at Hanover Place.



# *Carolyn Ellison's Elegant Black and White Party: A Holiday Tradition*

Carolyn Ellison, a resident at Haven at Lewisville Lake for over two years, has found a vibrant and welcoming community in her new home. One of the highlights of her time at Haven is the annual Black and White party she hosts during the holidays in the Grand Room. This event has become a cherished tradition for Carolyn and her fellow residents.

Each year, as the holiday season approaches, Carolyn eagerly anticipates this special occasion. She takes great care in personally handing out invitations to each resident, ensuring everyone feels included and welcomed. In the days leading up to the party, Carolyn dedicates herself to decorating and preparing the Grand Room, transforming it into a perfect setting for the celebration.

Carolyn understands that the holiday season often means travel and family visits for many residents, which can limit their opportunities for social gatherings. Therefore, she views the Black and White party as a wonderful chance for everyone at Haven to reconnect and catch up with friends they might not see as often during this busy time of year.

Moreover, Carolyn delights in the opportunity to see everyone dressed in their finest attire. She believes that dressing up for the occasion adds to the festive spirit, allowing everyone to look and feel their best. The party is not just a social event; it's a celebration of the community spirit at Haven at Lewisville Lake, where friendships are nurtured and joyous moments are shared.



# *Brunch of Thanks*

Thanksgiving, a holiday steeped in tradition and gratitude, is celebrated with great fervor in the United States and Canada. It's a time for giving thanks for the year's blessings, including the harvest, and for strengthening bonds with family, residents, neighbors, and friends.

The historical roots of Thanksgiving trace back to 1621 with the pilgrims' first celebration. Yet, the essence of the holiday transcends history, focusing on relationships, gratitude, and giving thanks as an act of worship. In a year marked by global challenges, Thanksgiving emerges as a poignant moment for reflection and expressing gratitude, with a universal hope for peace and kindness.

At Regency Crest, the spirit of Thanksgiving was embraced wholeheartedly. The Management Team organized a "Brunch of Thanks," a gesture of appreciation for the residents. The event was a beautiful blend of tradition and festivity. Elegantly decorated tables in autumnal hues set the stage, with the vibrant fall leaves outside adding a natural backdrop of orange, maroon, gold, and brown. The residents, dressed in festive fall attire, added to the ambiance, with over 100 attendees, including new faces and familiar friends.



The brunch was more than just a meal; it was a symbol of the community's heart. The full menu featured an array of delicious dishes such as shrimp and grits, fried chicken, ham, biscuits, potato wedges, pumpkin pancakes, mimosas, and delectable apple and pumpkin pies. It was a feast in every sense, embodying the holiday's spirit of giving and sharing.

The joy and warmth of the occasion resonated with everyone present. Friends, neighbors, guests, and residents alike basked in the nostalgic, warm atmosphere. As they celebrated, the feeling of appreciation for the Management Team who hosted the event was palpable. The "Brunch of Thanks" at Regency Crest wasn't just a meal; it was a celebration of community, gratitude, and the joy of togetherness.



”

*You may say I am  
a dreamer, but I  
am not the only  
one. I hope  
someday you will  
join us and the  
world will live as  
one.*

*- John Lennon*

# *Embracing the Cordes' 'Leftover Pie' Party Tradition*

Canvas Valley Forge recently welcomed a delightful new tradition, thanks to residents Ron and Cathy Cordes. The Cordes couple introduced the community to the concept of a "Leftover Pie" party, a unique and festive gathering held on the Friday following Thanksgiving. This event has quickly become a hit among the residents, marking an enjoyable and inclusive way to kick off the holiday season.

The idea behind the Leftover Pie party is simple yet ingenious. It offers a perfect opportunity for residents to come together, share their Thanksgiving leftovers, and enjoy a slice of their favorite pies. Whether it's a celebration of Hanukkah, Winter Solstice, Christmas, Kwanzaa, Festivus, the New Year, or just a love for pie, this event caters to all tastes and preferences.

The inaugural Leftover Pie party at Canvas Valley Forge was a heartwarming affair. Residents gathered around the fire and the holiday tree, each bringing their drinks of choice. The atmosphere was filled with warmth and conviviality as conversations flowed easily among the group. The event not only provided a chance to savor delicious pies but also facilitated a sense of community and togetherness among the residents.

This new tradition, brought by Ron and Cathy, has added a unique flavor to the holiday celebrations at Canvas Valley Forge. It stands as a testament to how shared customs and simple gatherings can foster camaraderie and create lasting memories within a community.



# *Nostalgic Reflections: A Journey Through Holidays Past*



Shirley Sobiek, a resident at Mountain Lakes Estates, is a remarkable woman with a rich tapestry of life experiences and memories, especially from her childhood holidays. Born in 1927 and raised in Chicago, Illinois, Shirley's early life was marked by simplicity and modesty, as her family didn't have much.

During the holidays, Shirley and her siblings cherished the tradition of hanging up their socks, eagerly anticipating Santa's gifts. Unlike today's extravagant gift-giving practices, Shirley's Christmas stockings were filled with simple joys like tangerines, nuts, and never toys. Being the youngest, Shirley had the privilege of opening her gift first, always grateful for whatever treats she received. One of her most treasured holiday treats was dates with walnuts, rolled in powdered sugar, a speciality made by her mother.



A humorous and heartwarming memory Shirley recalls is of her father participating in the sock tradition. One Christmas, he found an onion, garlic clove, and a potato in his sock, much to the family's amusement. Feeling sympathetic, young Shirley kindly offered him one of her tangerines.





Shirley's father, a playful and loving man, often took the family on picnics. While the men played poker and the women prepared food, Shirley's father ensured the children had fun, often bringing a rope swing for them to play with.

Another vivid memory from Shirley's childhood holidays is wearing flour sack dresses. Initially plain and white, these dresses, made from the cotton material of flour sacks, evolved over time as people became more creative, adding various designs.

Reflecting on her upbringing, Shirley expresses gratitude for growing up in a simpler era, which she describes as a "cleaner life." To her, the simplicity of those times, from fewer ingredients in food to less complexity in daily life, made her more appreciative of what she had.



Shirley's advice to younger generations is as timeless as her memories: save money, maintain a sense of humor, avoid marrying a liar, and prioritize communication. Her stories and insights offer a window into a bygone era and continue to inspire and amuse the residents and staff at Mountain Lakes Estates.



# 26 Staying Healthy During Winter: Tips and Tricks for Balanced Living

In this section, we offer expert advice and strategies for maintaining health and balance during the winter. Combining personal stories, nutritional tips, and wellness insights from both residents and our community team, it's a concise guide for enjoying the season while prioritizing well-being.

The focus is on enjoying the season while keeping health and well-being a priority, providing readers with a roadmap to navigate the winter month's indulgences and stressors with grace and health in mind.

# Promoting Wellness: Verda's Initiatives for Healthy Living

At Hanover Place, a strong emphasis is placed on fostering healthy habits among residents, especially as the colder months set in. To this end, their on-site nurse, Verda, has taken a proactive approach in organizing activities that promote health and wellness.

One of the key initiatives led by Verda is the establishment of a walking group. This group, which meets several times a week, provides an opportunity for residents to stay active by walking around the building, regardless of the chilly weather outside. Following each walking session, Verda offers blood pressure checks in her office, adding a valuable health monitoring component to the activity. The plan is to take these walking sessions outdoors once the weather becomes more conducive.

Verda's commitment to resident health extends beyond physical exercise. She has conducted several meal prepping classes, focusing on crucial dietary considerations. One such class delved into how carbohydrates impact people with diabetes, offering insights on meal planning to help manage the condition effectively. Another class concentrated on heart health and the importance of monitoring sodium intake. These classes are particularly timely, given the challenges of maintaining a balanced diet during the holiday season and into the new year.



Looking ahead to 2024, Hanover Place is planning an event that encourages residents to involve their families in their health journey. This initiative aims to reinforce healthy habits and ensure that residents continue their wellness routines into the new year. By integrating these various health-focused activities, Hanover Place is not just a living space but a community committed to the well-being of its residents.

# *Holiday Health Habits*

As the winter season sets in, it's essential to keep our health and wellness at the forefront. Jean Kreis, a valued member of our Regency Crest community, shares some excellent tips to stay healthy and active during these colder months.



**Regular Aerobic Exercise:** Aim for regular aerobic activities like swimming, cycling on a stationary bike, or walking on a treadmill or in the halls, especially when it's too cold outside.



**Strength Training:** Incorporating strength-training exercises into your routine 2 to 3 times a week can significantly improve your health. Regular strength training is not just about building muscle; it's about maintaining overall physical wellness.



**Mindful Eating and Sleep:** Improve your diet by reducing meat intake and focusing on fruits, vegetables, and whole grains. Combine this with a consistent sleep routine for optimal physical and mental well-being.



**Helping Others:** Engaging in activities that assist others isn't just beneficial for those you help; it's also rewarding for you. Engaging in acts of kindness and community service can significantly boost your sense of satisfaction and well-being.

Let's take these tips to heart and make this winter a season of health, happiness, and community spirit. Stay active, eat well, rest adequately, and don't forget the joy of helping others. Here's to a healthier, happier you this winter!

# *Michael Derry's Fitness Evolution: From Running to Rowing*

Michael Derry, a resident of Schuyler Commons since May 2020, shared his inspiring fitness journey to motivate others in the Allure community. Emphasizing personal responsibility in health, he highlighted the importance of a balanced diet, adequate rest, and regular exercise.

Derry's fitness endeavor began in 1973 with a four-mile run, unknowingly starting a lifelong habit. Over 30 years, he logged 30,000 miles, participating in neighborhood competitions. However, an Achilles tendon inflammation in 2003 halted his running.

He soon turned to indoor rowing, purchasing a quality machine from a company that fostered a motivational global community. The exercise form proved effective for building strength and endurance without physical strain. Derry became part of a rowing team with members over 60, including 14 in their eighties. His commitment over 20 years has led him to surpass 46 million lifetime meters, more than 28,520 miles.

Michael Derry's story demonstrates adaptability in fitness and the role of new activities in fostering community and ongoing health.



# Sheila Galvin's Inspiring Journey: Embracing Wellness and Water Aerobics

At Glenmont Abbey Village, resident Sheila Galvin stands as a testament to the power of wellness and exercise in overcoming life's challenges, including the dreaded "winter blues." Sheila's journey, marked by tenacity and resilience, particularly resonates as she navigates the challenges of aging with grace and determination.

Sheila's connection with water traces back to her childhood in Columbia County, where her father was the Superintendent of Parks Department and her mother a physical therapist. She spent her warmer months immersed in swimming and sports at the state park, a passion she carried throughout her life and passed on to her children. This love for sports even inspired her son to pursue a career in sports education, eventually becoming the Athletic Director and coach at Berne Knox Westerlo School District.

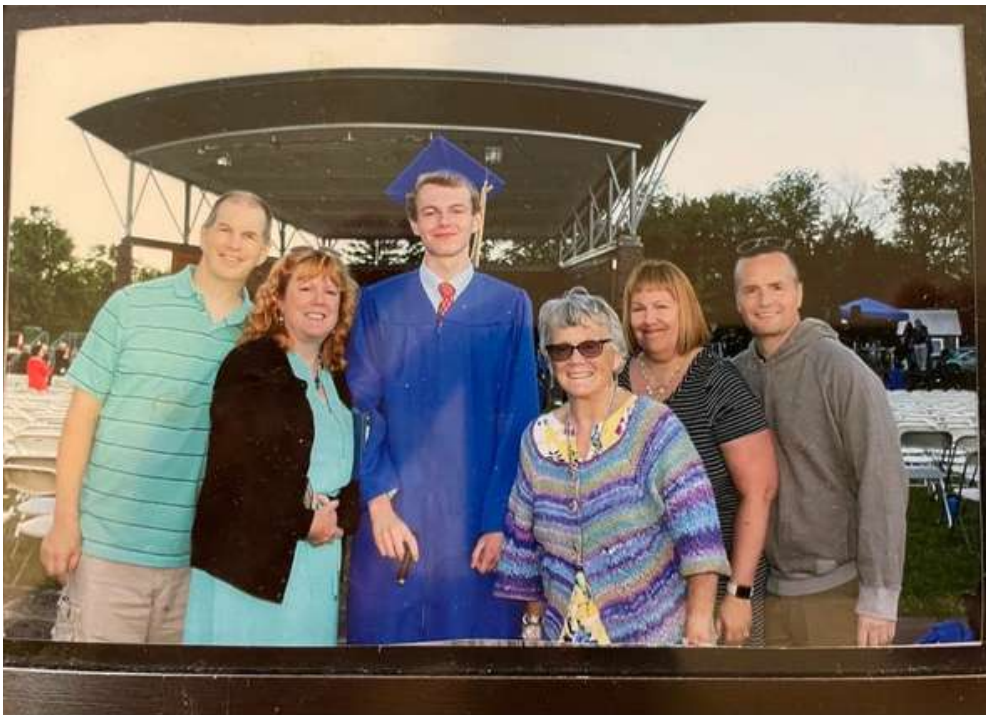


Professionally, Sheila juggled two careers: nursing and curtain making, with nursing taking the lead. Trained at Columbia Memorial Hospital as a registered nurse, she dedicated 50 years to Albany Medical Facility, working in various departments. Sheila had a special fondness for the plastic surgery area and vividly remembers the opening of the open-heart surgery department in 1952, appreciating the medical advancements since then. She retired from hospital service at the age of 71 and later served as a school nurse until her second retirement at 80.

After moving to Glenmont Abbey Village, Sheila immediately engaged in the community's exercise programs. Her commitment to wellness took a new turn in July 2022 when she began participating in water aerobics with instructor Kathy. However, a severe body infection in January 2023 sidelined her for a couple of months. This setback, as Sheila described, was a turning point. Despite the challenges, she knew returning to water exercises was vital.

Working closely with Kathy, Sheila focused on regaining strength and balance. She attests to the mental clarity and focus the water provides, firmly believing in the maxim, "You only get out of it what you put into it!" Sheila credits exercising for giving her extra energy and a sense of purpose.

Understanding the residents' love for swimming, Sheila advocates for a lifeguard on weekends to extend water aerobics sessions. As Glenmont Abbey Village considers this request, Sheila continues her routine, championing exercise as a key to health, well-being, and beating the winter blues.



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*You only get out  
of it what you  
put into it!*  
- Sheila Galvin

# *Staying Active and Vibrant: Winter Wellness at Canvas Valley Forge*

At Canvas Valley Forge, residents have found the perfect antidote to the winter blues: a diverse range of classes and activities that keep them active and engaged throughout the colder months. The community offers a variety of options for working out, catering to different interests and fitness levels.

From Pilates and dance to yoga, residents have the opportunity to participate in group classes, allowing them to not only stay fit but also connect with fellow residents. These classes provide a fun and supportive environment, making exercise an enjoyable part of their daily routine.

For those who prefer outdoor activities, a brisk walk through the community's beautiful Town Center is a popular choice. The picturesque setting offers a refreshing change of pace and scenery, ideal for maintaining a healthy lifestyle during the holiday season.

With so many options available, residents at Canvas Valley Forge are able to maintain a positive and healthy outlook, keeping moving and staying vibrant even as the days grow shorter. The range of activities ensures that everyone can find something to enjoy, making the community a lively and energetic place during the winter season.





# 33

## Winter Warmth: Cozy Recipes & Drinks to Celebrate Togetherness

As the winter winds blow, this section offers a heartwarming collection of recipes, including both delightful cocktails, mocktails, and cozy culinary creations, perfect for bringing warmth to any chilly evening.

These recipes, lovingly shared by our residents, encompass a range of tastes, from classic winter drink favorites to innovative new culinary creations, each with its own unique story. These recipes go beyond just beverages, including a variety of dishes that encapsulate the essence of winter comfort food.

It's about more than just the drinks and dishes; it's about the experiences and memories they bring to life. This section is a celebration of togetherness, the cozy comforts of winter evenings, and the joy of sharing a meal or a drink in good company.



# Autumn Apple Martini

Recipe provided by Regency Crest

This is a resident favorite during Martini Happy Hour

## Ingredients

- 2 ounces vodka or dry gin
- 2 ounces apple cider
- ½ ounce freshly squeezed lemon juice
- ½ ounce honey syrup
- 1 dash of aromatic bitters
- 1 pinch cinnamon
- Lemon twist for garnish

## Directions

1. In a cocktail shaker, combine the vodka (or gin) and apple cider.
2. Add the freshly squeezed lemon juice and honey syrup.
3. Incorporate a dash of aromatic bitters.
4. Add ice to the shaker.
5. Shake well until the mixture is well-chilled.
6. Strain the cocktail into your preferred glass.
7. Sprinkle a pinch of cinnamon over the top for added flavor and aroma.
8. Garnish with a twist of lemon on the rim of the glass.
9. Savor the cozy, autumnal flavors of your Autumn Apple Martini.

Indulge in the essence of autumn with this comforting and vibrant Apple Cider Vodka Cocktail, a popular choice for seasonal celebrations. Its harmonious blend of flavors captures the spirit of fall, making it a delightful treat. This cocktail is perfect for sipping on a crisp fall evening, embodying the warmth and joy of the season. Cheers!



# Apple Cider Sangria

Recipe provided by Mary Ann Olson  
Hanover Place

## Ingredients

- 2 cups Apple Cider
- 1 cup Apple Brandy
- 750 mL bottle of Dry White Wine (chilled)
- 3-4 Apples, thinly sliced
- 1 12oz. bottle of Ginger Ale
- Juice of one Lemon
- Cinnamon Stick for garnish
- Cinnamon & Sugar mix for rimming

## Directions

1. In a large pitcher, combine the apple cider, apple brandy, dry white wine, and the juice of one lemon.
2. Add the thinly sliced apples to the pitcher and stir well to mix.
3. Refrigerate the sangria mix for at least 4 hours, or up to 1 day, allowing the flavors to meld.
4. Before serving, rim your glasses with a mixture of cinnamon and sugar to add a festive touch.
5. Just before serving, pour the ginger ale into the pitcher and gently stir to combine.
6. Serve the sangria over ice in the prepared glasses.
7. Garnish each glass with a cinnamon stick.
8. Serve and enjoy this delightful holiday favorite, perfect for gatherings and sure to have your guests asking for the recipe!



# Christmas Cookie Cocktail

Recipe provided by Melissa Havelka

Hanover Place

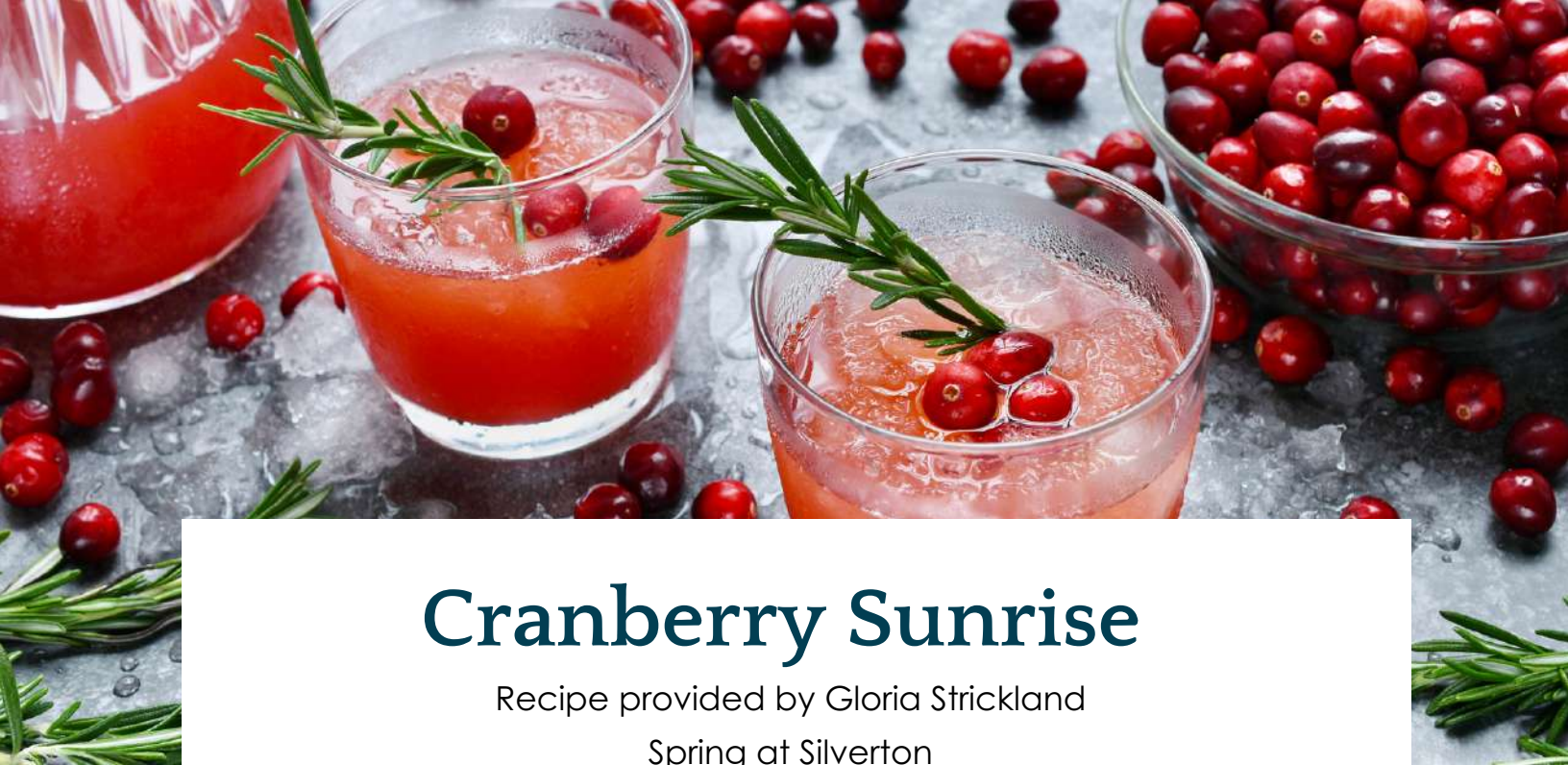
## Ingredients

- 1.5 oz Vanilla Vodka
- 1 oz Amaretto
- 1.5 oz Irish Crème
- 1 oz Milk
- Vanilla Frosting (for rimming)
- Christmas Sprinkles (for rimming)
- Ice
- Cocktail Shaker

## Directions

1. In a cocktail shaker, combine the vanilla vodka, amaretto, Irish crème, milk, and a handful of ice.
2. Secure the lid on the shaker and shake vigorously until well-mixed and chilled.
3. Rim a glass with vanilla frosting. Then, dip the frosted rim into the Christmas sprinkles to coat it.
4. Add more ice to the prepared glass.
5. Strain and pour the shaken cocktail mixture into the glass.
6. Serve and savor this creamy and sweet holiday cocktail, reminiscent of a delicious Christmas cookie in a glass!





# Cranberry Sunrise

Recipe provided by Gloria Strickland  
Spring at Silverton

## Ingredients

- 2 pints of cold Cranberry Juice
- 2 bottles of your favorite Champagne, chilled
- 2-quart serving container

## Directions

1. Use a 2-quart container to mix and serve the cocktail.
2. Pour the cold cranberry juice into the container.
3. Add the chilled champagne to the cranberry juice.
4. Keep the mixture chilled in the refrigerator until you are ready to serve.
5. Once ready to serve, give the cocktail a gentle stir if needed.
6. Pour into champagne flutes or your preferred glasses.
7. Serve and enjoy this simple, refreshing, and festive cocktail with friends and family!

This delightful cocktail is not only easy to make but also adds a touch of elegance to any celebration!



# Congo Squares

Recipe provided by Annie Critchfield

Atlas Point Resident



10 servings



30 minutes

## Ingredients

- $\frac{3}{4}$  cup shortening or butter
- 2  $\frac{1}{4}$  cups brown sugar
- 3 eggs
- 2  $\frac{3}{4}$  cups flour
- 1 cup chopped nuts (any type)
- 2 cups chocolate chips
- 2  $\frac{1}{2}$  tsps. baking powder
- $\frac{1}{2}$  tsp salt

## Directions

1. In a saucepan, melt the butter and brown sugar.
2. Remove from heat and allow to cool.
3. In a large mixing bowl, beat the eggs.
4. Add the cooled butter and sugar mixture to the eggs and mix well.
5. Gradually add the flour, baking powder, and salt to the mixture, stirring until fully combined.
6. Stir in the chopped nuts and chocolate chips.
7. Grease a 13 x 9-inch baking pan and pour the batter into the pan, spreading it evenly.
8. Bake in the oven at 350 degrees for 25 to 30 minutes.
9. Allow the bars to cool completely in the pan.
10. Once cool, cut into squares or bars.



Annie baking her delicious Congo Squares!

This Congo Squares Recipe has been a treasured part of Annie's husband's family for nearly 100 years. This special recipe, a staple of their Christmas tradition, is made exclusively during the holiday season and shared among family and friends. Renowned for its delightful taste, these Congo Squares have become a beloved treat in holiday gatherings, eagerly anticipated and enjoyed by all.



# Sugar Free Fruit Pies

Recipe provided by Jim Bruner  
Sunstone Village



16 servings



20 minutes

## Ingredients

- 1 can (15 oz.) cherries in water (no sugar)
- 1 can (8 oz.) crushed pineapple (in juice)
- 1 ½ cups Splenda
- ¼ cup plain flour
- 1 small box sugar-free orange Jello mix
- 1 tsp. red food coloring
- 1 cup chopped pecans
- 5 bananas, sliced
- 2 shortbread or graham cracker crusts (9")
- 1 carton (16 oz.) sugar-free Cool Whip

This pie is not only delicious but great for those with sugar restrictions or a diabetic diet!

## Directions

### Step 1: Preparing the Filling

1. In a saucepan, combine the cherries, crushed pineapple, Splenda, and flour.
2. Cook over medium heat, stirring constantly, until the mixture thickens.
3. Remove from heat and allow to cool for at least 20 minutes.

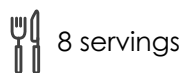
### Step 2: Assembling the Pie

1. To the cooled cherry-pineapple mixture, add the sugar-free orange Jello mix, red food coloring, chopped pecans, and sliced bananas. Mix well.
2. Pour the mixture evenly into the two shortbread or graham cracker crusts.
3. Top each pie with an even layer of sugar-free Cool Whip.
4. Refrigerate the pies until ready to serve.



# Quinoa, Kale and Sweet Potato Salad

Recipe provided by Chef Joe  
Mountain Lakes Estates



8 servings



30 minutes to prep; 35 minutes roasting

## Ingredients

- 2 heads Whole Garlic
- 1/2 cup + 3 Tbs. Olive Oil, divided
- 1 pound Sweet Potatoes, peeled and cut into medium dice
- 1 Tbs. + 1 tsp. Kosher Salt, divided
- 3/4 tsp. Fresh Ground Black Pepper, divided
- 1 pound Quinoa
- 1 1/2 pounds Kale, finely chopped
- Optional: 4 pounds diced Turkey

We understand the challenge of maintaining a healthy diet during the winter season, with an abundance of tempting and rich food options around. Recognizing this time as an ideal time for culinary creativity, Mountain Lakes Estates turned to their talented chef, Joe, for a solution.

This recipe is a testament to Chef Joe's ability to balance health and flavor, proving that festive food can be both nutritious and enjoyable. The residents at Mountain Lakes Estates appreciate this approach, especially during a season when indulgence is the norm. Chef Joe's Kale Salad has become more than just a dish; it's a symbol of the community's commitment to healthy living, even during the winter.

## Directions

1. Preheat the oven to 400°F.
2. Cut 1/4 inch off the top of each garlic head. Drizzle with 1 Tbs. olive oil, wrap in foil and roast in the oven for 30 to 35 minutes until cloves feel soft when pressed.
3. Remove from the oven and let cool.
4. In a bowl, toss the sweet potatoes with 2 Tbs. olive oil, 1 tsp. kosher salt, and 1/4 tsp. pepper.
5. Spread the sweet potatoes on a baking sheet and roast in the 400°F oven until golden brown and tender, about 15 to 20 minutes.
6. Remove from the oven and cool.
7. Cook the quinoa according to the package directions; drain and let it cool.
8. Blanch the kale in boiling, salted water for 1 minute until tender; drain and cool.
9. Squeeze out the roasted garlic cloves into a bowl and mash into a puree.
10. Whisk in 1/2 cup olive oil, 1 Tbs. kosher salt, and 1/2 tsp. black pepper to create the dressing.
11. In a large bowl, mix the cooked quinoa with the blanched kale and roasted sweet potatoes.
12. Pour the garlic dressing over the quinoa mixture and stir to combine.
13. Adjust seasoning if necessary.
14. The salad can be served either at room temperature or chilled.
15. Optional: Add 4 oz of diced turkey to each serving for a protein boost.



# Poinsettia Cocktail

Recipe provided by Laila Davidson

Mountain Lakes Estates



15 servings



25 minutes

## Ingredients

- 2 tablespoons Cointreau or other orange liqueur
- 4 tablespoons 100% cranberry juice (unsweetened)
- 1/2 glass champagne (about 6 tablespoons)
- Ice
- For the garnish: 1 rosemary sprig, whole cranberries

## Directions

1. If the cranberry juice is not well chilled, place the Cointreau and cranberry juice in a cocktail shaker filled with ice.
2. Shake for 15 seconds until the mixture is cold.
3. Strain the liquid into a champagne flute.
4. Top off the glass with champagne. There's no need to measure precisely – about half a glass or 6 tablespoons should be perfect.
5. Garnish the cocktail with a sprig of rosemary and a few whole cranberries.
6. Serve immediately and enjoy.

For serving a group, you can make a larger batch of the Cointreau and cranberry juice mixture ahead of time. When ready to serve, measure out 6 tablespoons of the mixture into each champagne flute, then top off with champagne.

This Cranberry Champagne Cocktail is a refreshing and elegant drink, perfect for celebrations or a festive holiday gathering!



Residents enjoying a delicious poinsettia cocktail at happy hour.



# Margarita

Recipe provided by Renee Passic  
Canvas Valley Forge

## Ingredients

- 2 Lime Wedges
- Salt (for rimming the glass)
- Ice Cubes
- 1 ½ oz Tequila
- ½ oz Cointreau
- ½ oz Lemon Juice
- 1.2 oz Lime Juice
- Dash of Sugar Syrup or Agave Syrup (as recommended by Renee)

## Directions

1. Run a wedge of lime around the rim of a cocktail glass.
2. Dip the rim into a saucer of salt, ensuring it's evenly coated. Shake off any excess salt.
3. Place the glass in the refrigerator to chill.
4. Half-fill a cocktail shaker with ice cubes.
5. Add the tequila, Cointreau, lemon juice, lime juice, and a dash of sugar syrup or agave syrup to the shaker.
6. Secure the lid on the shaker and shake well until the mixture is thoroughly chilled.
7. Strain the cocktail mixture into the chilled, salt-frosted glass.
8. Garnish the drink with the remaining lime wedge.



Renee making her signature margarita!



# THANK YOU

We extend our heartfelt gratitude to all our residents and team members who contribute to making our communities delightful places to live and work. A special thank you to those residents who shared their lives with us for this edition of the LIFE Magazine, and we hope everyone enjoyed reading their engaging stories.

As the winter chill gives way to the cozy warmth of the holiday season, we hope you had a time filled with joy and heartwarming experiences. Embracing the spirit of winter with open minds and hearts, we welcome the peaceful moments and festive celebrations it brings. May this season have been a time of relaxation, reflection, and treasured moments spent with loved ones, and may the new year ahead be filled with happiness and good health.



# ALLURE

Lifestyle Communities