

Shavings

The Magazine
of

The  Estates
A T C A R P E N T E R S

January
2022



HAPPY
NEW YEAR



2022

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

- 2 Corinthians 5:17

From The Executive Director



As the clock strikes midnight and the ball drops in New York City I have one final thought for 2021 – good riddance.

As happy as I am to be finished with 2021, the New Year offers hope and opportunity. Will the pandemic end? When will the construction on Phase 1 start? Will I keep a single New Year’s resolution beyond the end of January?

In sports, they say that every team has a chance to win the title on the first day of the season. While I do not believe that is necessarily true, it does illustrate the power of hope, opportunity, and preparation. Teams must believe that they can be successful, take advantage of their opportunities, and prepare for the goals they want to achieve. If sports can teach us anything it is that the team with the highest payroll is not guaranteed a championship. Ultimately, the best team with the best talent will win every time.

For almost two years we have lived in a global pandemic. Over this time, we have done more than “just” endure – we set the course for the future of our community. No matter when the pandemic ends or whether I keep a resolution, 2022 is the next step on our journey and it promises to be an exciting year.

Please join me in hoping and praying for a brighter future for each other, our community, our country, and the world in 2022. We must take advantage of the opportunities before us and prepare like we have never prepared before.

A couple of months ago I wrote that we “must shift our focus from hoping for the end of the pandemic to having hope for a bright future for our community and our country.” The time has come to shift our focus to the future.

So, when the clock strikes midnight and the ball drops in New York City, just remember ... Forward Starts Now!

- *Brian Robare, CEO Executive Director*

MEET YOUR NEW NEIGHBORS



Paul Noga, F-216, Phone: (863) 337-6283

Paul is originally from Pittsburgh, Pennsylvania. He lived there for sixty-seven years. He was first introduced to his wife by his sister and as he says, "It was love at first sight." They were married for sixty-three years until her passing last November. Paul worked for Bethlehem Steel for twenty years, then worked for Valspar for another twenty years. He has done a lot of traveling around the United States and Europe. Some of his hobbies include golfing and fishing. We are happy to welcome Paul to the Estates.

Howard & Gem Grogan, M-404, Phone: (863) 337-4580

Howard was born and raised in Colorado, although Gem is originally from Grafton, North Dakota. Howard received a bachelors degree from the University of Northern Colorado and a masters degree from Colorado State University. He accepted a teaching position in Portland, Oregon where he met Gem. He spent thirty-three years teaching business marketing. Gem earned her bachelor of science degree in nursing from the University of the State of New York. Most of Gem's thirty-three year nursing career was spent in neurology/neurosurgery. The twelve years prior to her retirement was spent working as a quality improvement specialist for Legacy Health System. Together they have used RVs to travel extensively throughout North America. Highlights include: visiting major and minor tourist destinations, going to state fairs and watching major baseball games in thirty ball parks. Howard enjoys creating wood-working projects, watching movies, and going on shopping excursions. Gem enjoys jigsaw puzzles, cards, and watching the Tampa Bay Rays. We are pleased to welcome the Grogan's to our Estates family.



Lewis & Glenda Reeves, I-321, Phone: (863) 413-6106

Lewis was born in Tallahassee, Florida and lived in the Lakeland/Orlando area for the last fifty years. Glenda was born and raised in Key West, Florida. The two met in high school in Ft. Walton Beach, Florida in 1957. Lewis worked as a Real Estate Home Inspector for a contractor, while Glenda worked as an ordained minister with Assembly of God for fifteen years until she became a stay at home mom to her four boys. Lewis was busy with real estate and remodeling homes, and Glenda enjoys going to games. Please join us in welcoming the Reeves to the Estates.

MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of November 2021: Jill Burgess, Jane Fawcett, Katherine Hamann, Elaine Howell, Annette Hutcherson, Doris Jackson, Donna Johnston, Charles Merritt, Gary Mitchell, Mildred More, Laverne Paulk, Janet Pesta, Tam Polson, Brian Robare, John Thompson, Matt Thompson, and Phyllis Watson.



New Year's Resolutions...Let's Be Real

I have been thinking about making a New Year's resolution. I'm not good at keeping them though. I came across a list of suggestions that I considered but quickly crossed them off. For instance, read more books. Between 4 dogs, two houses and a full-time job, I don't have time for a crossword much less reading an entire book! That one is out.

How about make more time for self-care? Does that include grabbing a box of Miss Clairol off the shelf to color what my loving husband calls "the snow on the mountain"? If it does, then I may consider that one.

Here's another... Check-in with yourself. Hey, I can do that while I'm in front of the mirror coloring my hair! That might work!

This next one is an interesting resolution. Step out of your comfort zone. I could choose another hair color! However, I did that once and looked like Raggedy Ann for a week. I am not going to be stepping out of my comfort zone again for a while.

Is letting go of toxic people an actual resolution? That was also on the list. I think I let go of toxic people every day as I drive down 98. Those are the types that beep at me a split second after the light turns green or the ones who get angry at me when I do not go through a yellow light. I would also like to resolve to take better care of myself. This includes cutting down on caffeine (oh boy) exercising more (ugh) and drinking more water. Keep your fingers crossed for me on this one please.

All joking aside I would really like to resolve to be more positive. We all think we are positive, but when we reflect on what we have said to people we see that maybe that's not true all the time. I need to stop and think, are my words kind? Did I complain about something that the other person didn't need to hear? Did I say something ugly? How did I make that person feel? Did I bring them down or did I dampen their spirit? Being more kind and more positive is easy when I ask myself if what I have said would please God. Of all the new years resolutions I can think of, I think I am going to stick with that one. The biggest reason is because it's not just about me, it involves others. I think in these trying times we can all be happier if we think about others.

Now here is my New Years wish for all of you... I want to wish you all the happiest New Year and may God Bless you with his Love and protection throughout 2022!

- Cheri Shrader, Director of Nursing

For The Long-Haul

The new year is upon us! The flip of the calendar is a new chapter in our lives and presents another opportunity for growth and intentionality. Each year we enter the new year with the best of intentions and goals, but many times sticking to a resolution can be difficult. When setting goals and resolutions, there are some proven tips that may help you not only stick to your goals but help cultivate healthy habits.

Planning is one of the first steps to forming healthy habits. Instead of diving in and trying to "wing it", design a plan for success. If you are wanting to be more physically active, look at the fitness class schedules to see how they align with your calendar. If you are wanting to eat healthier, try having healthy snacks readily available.

Celebrating in the little victories is another great tool for success. Though you may have a goal to walk 2 miles without stopping, try creating little goals throughout your journey. Start by walking for 2 minutes without stopping. As you progress push that boundary a little more each time. This will give you little victories along the way and help you push through.

It's important to remind yourself why you're making a change. In the resolution world we like to call this your "Why". Everyone has goals, but more importantly is the reason for the goal. For example, a goal to exercise more is great, but your Why could be wanting to keep up with your grandchildren for an end of the year trip. The "Why" is a stronger motivator and ties the emotional connection for family.

Giving into peer pressure can be a wonderful tool. Typically, this has a bad connotation, but having an accountability buddy can be an amazing tool. Speak to a trusted individual and tell them about your new journey. In times where you see yourself falling back, you will have a friend to help cheer you forward. By doing this, you use the power of numbers to your advantage and might even lure your friend into participating in programs with you.

Using these tools can be a great start to keeping you on track. If you feel like you may need a little more help or encouragement, contact your Wellness Coordinator for program development, goal setting strategies and a Wellness Evaluation. By using the resources provided and with a little encouragement, you too can be on your way to your best self.

- Marco Silveira, Wellness Coordinator

CHERA News

This month CHERA is focusing on the religious resources and activities within our Estates community. Many of the activities are setup through a committee which meets on the 3rd Thursday of each month. This group plans the nondenominational worship service for the next month. This involves the work and coordination of all the members to provide a minister or speaker for each Sunday service. They arrange for communion and flowers as well as literalists, ushers and musicians. They also work with our Chaplain, Randy Horn, on memorial services when needed.

All monies collected from our worship services go into the CHERA operating account and are used to pay for visiting ministers, honorariums and to help cover expenses for community projects.

In addition to our Sunday service, a chapel service is held on each Thursday evening in the auditorium. This is also nondenominational and focuses on different aspects of our Christian life.

Chaplain Randy also provides grief counseling the second Wednesday of each month and holds intercessory prayer groups. Jim and Gayle Moore lead Bible studies every Tuesday in the auditorium. These studies are open to all residents.

As you can see, there are many opportunities here at the Estates where you can worship as well as focus on enhancing your growth as a Christian.

- Arleen Allen, CHERA President



Thank You for a Great Year!



Sunday

Monday

Tuesday

Wedn

Abbreviations Key

AUD - Auditorium
 CR - Community Room
 MDR - Main Dining Room
 PDR - Private Dining Room
 GR - Game Room
 AS - Art Studio, D-406
 FC - Fitness Center
 C - Chapel, K-106
 THE SHOP - Woodshop
 19TH HOLE - Outside C/D

Gift Shop Hours

M-F 8:30 - 10:00 a.m.
 2:00 - 3:30 p.m.

Salon OPEN

For more details, please check
 the posters by the C/D, F/G,
 and M elevators.



11:00 CHERA Worship: **02**
 Rev. J.C. Powell - AUD
 1:30 Hand, Knee & Foot -
 C/D 3rd Floor
 Fitness Center Open 24/7
 All Day Swimming
 All Day Outdoor Activities
 Game Room OPEN
 Art Studio OPEN

03
 9:00 Group Exercise - AUD
 10:00 Catholic Rosary - PDR
 10:00 Water Aerobics - POOL
 10:00 Body Balance - AUD
 10:30 CHERA Chorus - AUD
 11:15 Silent Singers - AUD
 6:00 Scrabble - C/D 3rd Floor
 6:30 Bingo - AUD

04
 8:00 Coffee Social - CR
 9:00 Gentle Yoga - AUD
 10:00 Drum Fit - AUD
 10:00 Water Aerobics - POOL
 1:00 Bible Study with Jim Moore -
 AUD
 2:00 Reflections - CR
 2:30 Bible Study with Gayle Moore-
 AUD

9:00 Group Exercise
 9:30 Walmart Run
 10:00 Water Aerobics
 10:00 Tai Chi - AUD
 10:00 Intercessory
 11:00 Bean Bag B
 1:00-3:00 Ladies'
2:00 This is Jeopa
 6:00 Bridge - AUD
 6:15 Mexican Train

11:00 CHERA Worship: **09**
 Rev. Dennis Waymire - AUD
 1:30 Hand, Knee & Foot -
 C/D 3rd Floor
 Fitness Center Open 24/7
 All Day Swimming
 All Day Outdoor Activities
 Game Room OPEN
 Art Studio OPEN

10
 9:00 Group Exercise - AUD
 10:00 Catholic Rosary - PDR
 10:00 Water Aerobics - POOL
 10:00 Body Balance - AUD
 10:30 CHERA Chorus - AUD
 11:15 Silent Singers - AUD
2:00 Goal Setting with Marco -
AUD
 6:00 Scrabble - C/D 3rd Floor
 6:30 Bingo - AUD

11
 8:00 Coffee Social - CR
 9:00 Gentle Yoga - AUD
9:00 Veterans Club Outing - BUS
 10:00 Foshee Jewelers - CR
 10:00 Drum Fit - AUD
 10:00 Water Aerobics - POOL
 1:00 Bible Study with Jim Moore -
 AUD
 2:00 Reflections - CR
 2:30 Bible Study with Gayle Moore-
 AUD

9:00 Low Vision S
CR
 9:00 Strength Circu
9:00 Journey Thro
 9:30 Walmart Run
 10:00 Water Aerobi
11:00 Marketing I
AUD
 10:00 Intercessory
 1:00 Wii Bowling I
 1:00-3:00 Ladies' E
 6:00 Bridge - AUD
 6:15 Mexican Train

11:00 CHERA Worship: **16**
 Dr. Joe Davis - AUD
 1:30 Hand, Knee & Foot -
 C/D 3rd Floor
 Fitness Center Open 24/7
 All Day Swimming
 All Day Outdoor Activities
 Game Room OPEN
 Art Studio OPEN

17
 9:00 Group Exercise - AUD
 10:00 Catholic Rosary - PDR
 10:00 Water Aerobics - POOL
 10:00 Body Balance - AUD
 10:30 CHERA Chorus - AUD
 11:15 Silent Singers - AUD
12:00-2:00 Jazz & Dine - MDR
4:00-6:00 Jazz & Dine - MDR
 6:00 Scrabble - C/D 3rd Floor
 6:30 Bingo - AUD

18
 8:00 Coffee Social - CR
 10:00 Strength Circuit - FC
 10:00 Water Aerobics - POOL
10:00 Watercolor Demonstration -
LOBBY
10:30 Shop Demonstration: Pen Making -
CARPENTER'S SHOP
 1:00 Bible Study with Jim Moore - AUD
 2:00 Reflections - CR
 2:30 Bible Study with Gayle Moore -
 AUD
7:30 New Neighbors Welcome Party -
MDR

9:00 Group Exercise
9:00 Zoo Tampa T
 9:30 Walmart Run
 10:00 Water Aerobi
 10:00 Tai Chi - AU
 10:00 Intercessory
 11:00 Bean Bag B
 1:00-3:00 Ladies' I
6:30 Concert Hou
 6:15 Mexican Train

11:00 CHERA Worship: **23**
 Rev. Courtney Harding - AUD
 1:30 Hand, Knee & Foot -
 C/D 3rd Floor

24
8:15 Kennedy Space Center - BUS
 9:00 Group Exercise - AUD
 10:00 Catholic Communion Service
 PDR
 10:00 Water Aerobics - POOL
 10:00 Body Balance - AUD
 10:30 CHERA Chorus - AUD
 11:15 Silent Singers - AUD
 6:00 Scrabble - C/D 3rd Floor
 6:30 Bingo - AUD

25
 8:00 Coffee Social - CR
 9:00 Gentle Yoga - AUD
 10:00 Drum Fit - AUD
 10:00 Foshee Jewelers - CR
 10:00 Water Aerobics - POOL
11:00 Top Golf Trip - BUS

9:00 Clergy Fellow
 9:00 Strength Circ
 9:30 Walmart Run
 10:00 Water Aerob
 10:00 Intercessory
11:00 Marketing
AUD

11:00 CHERA Worship: **30**
 Rev. William Allen - AUD
 1:30 Hand, Knee & Foot -
 C/D 3rd Floor

31
 9:00 Group Exercise - AUD
 10:00 Catholic Rosary - PDR
 10:00 Water Aerobics - POOL
 10:00 Body Balance - AUD
 10:30 CHERA Chorus - AUD
 11:15 Silent Singers - AUD
 6:00 Scrabble - C/D 3rd Floor
 6:30 Bingo - AUD

1:00 Bible Study with Jim Moore -
 AUD
 2:00 Reflections - CR
 2:30 Bible Study with Gayle Moore-
 AUD

1:00 Wii Bowling
 1:00-3:00 Ladies'
 6:00 Bridge - AUD
 6:15 Mexican Train

Wednesday	Thursday	Friday	Saturday
			Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 1:00 Women's Social Connection - MDR 6:00 Saturday Night Movie - AUD "An Affair to Remember" <i>New Years Day</i> 
...se - AUD ... - BUS ...ics - POOL ...UD ... Prayer - CR ...aseball - AUD ...Boutique - D-304 ...ardy! - AUDn - CR	05 Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:30 Publix/ALDI Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 11:00 Park Walk & Picnic - BUS 1:00 Scrabble - C/D 3rd Floor 2:00 EngAGE Your Brain - AUD 6:30 Chapel: Rev. William Allen - AUD	06 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 A Year in Review Tea - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	07 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 1:00 Women's Social Connection - MDR 6:00 Saturday Night Movie - AUD "While You Were Sleeping"
12 ...upport - ...nit - FC ...ough Grief - CR ... - BUS ...ics - POOL ... Luncheon - ... Prayer - CR ... League - GR ... Boutique - D-304 ...a - CR	13 Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:00 St. Pete Trip - BUS 9:30 Publix/ALDI Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 A Guide to Cognitive Fitness - AUD 1:00 Scrabble - C/D 3rd Floor 6:30 Chapel: Rev. Ron Doolittle 7:30 CHERA Meeting - MDR	14 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 2:00 National Dress Up Your Pet - DOG PARK 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	15 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 1:00 Women's Social Connection - MDR 6:00 Saturday Night Movie - AUD "The Family Man"
...se - AUD St. Pete Trip - BUS ... - BUS ...ics - POOL ...UD ... Prayer - CR ...aseball - AUD ... Boutique - D-304 ...r - AUD ...n - CR	19 Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:30 Publix/ALDI Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Chasing the Equinox - AUD 11:00 R.O.M.E.O.S Lunch: Ford's Garage BUS 1:00 Scrabble - C/D 3rd Floor 2:00 Under the Oaks - AUD 6:30 Chapel: Chaplain Randy Horn - AUD	20 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 2:00 Cooking with Tyler: Brownie - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	21 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 1:00 Women's Social Connection - MDR 6:00 Saturday Night Movie - AUD "Sunset Boulevard"
...wship - CR ...uit - FC ... - BUS ...ics - POOL ... Prayer - CR Luncheon - ... League - GR ... Boutique - D-304n - CR	26 Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:30 Publix/ALDI Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Lure of the West - AUD 11:00 J.U.L.I.E.T.S Lunch: Sweet Magnolia - BUS 1:00 Scrabble - C/D 3rd Floor 12:00-2:00 Birthday Dinner - AUD 6:30 Chapel: Rev. Dan Morris - AUD	27 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Carpenters Got Talent - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	28 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 1:00 Women's Social Connection - MDR 6:00 Saturday Night Movie - AUD "An American in Paris"
			29

JANUARY EVENTS

Entertainment

Information

Trip

06 | Park Walk & Picnic 11:00 a.m. - BUS

Explore The Circle B Bar Reserve with Marco! Enjoy a packed lunch specially prepared by the dining room. Please go to C-118 or call ext. 114 for sign-ups.

06 | EngAGE Your Brain 2:00 p.m. - AUD

Engage your brain in this fast-paced mind aerobics class in the AUDITORIUM. Leave with the understanding of the 3 fundamentals needed to make an appropriate brain workout.

10 | Goal Setting with Marco 2:00 p.m. - AUD

Join Marco in the AUDITORIUM as he helps you set your goals for 2022.

13 | St. Pete Trip 9:00 a.m. - BUS

Prepared to be whisked away by the fine art of Salvador Dali at the Dali Museum in St.Pete, Florida. Afterwards, we will be dining at the Hangar. To sign up please go to C-118 or call ext. 114.

17 | Jazz & Dine 12:00-2:00 & 4:00-6:00 p.m. - MDR

Enjoy a relaxing meal listening to our talented Sax Player John Provenzano and a fine dining menu in the MAIN DINING ROOM.

18 | Watercolor Demonstration 10:00 a.m. - LOBBY

Join Larry Hamilton in the LOBBY for another beautiful watercolor demonstration.

19 | Zoo Tampa! 9:00 a.m. - BUS

Assuming the weather will cooperate this time, we are going to Zoo Tampa! To make reservations please go to C-118 to sign-up or call ext. 114.

19 | Concert Hour 6:30 p.m. - AUD

Please join us as we welcome the violin/piano duo, the Tabor Lopez Duo to our AUDITORIUM for our concert hour.

20 | R.O.M.E.O.S Lunch: Ford's Garage 11:00 a.m. - BUS

Calling all Romeos'! Your next outing will be to enjoy a delicious lunch at Ford's Garage. If you would like to sign-up, please go to C-118 or call ext. 114.

24 | Kennedy Space Center Trip 8:15 a.m. - BUS

Explore NASA Kennedy Space Center headquarters in Cape Canaveral, Florida with Small World Tours. You will have the opportunity to tour around the facility. For more information and sign-ups, contact Resident Lifestyles at ext. 114 or C-118.

25 | Top Golf 11:00 a.m. - BUS

Golf for All, Beginners and Advanced. Enjoy climate controlled hitting bays and lunch with your fellow residents. Go to C-118 or call ext. 114

27 | Senior Scholars: Lure of the West 10:00 a.m. - AUD

We will be going live with the Smithsonian Art Museum as we embark on the journey to discovering the Lure of the West.

27 | J.U.L.I.E.T.S Lunch: Sweet Magnolia 11:00 a.m. - BUS

Juliets'! Your next outing is at the beautiful Sweet Magnolia Tea Bistro in Auburndale, Florida. To sign up please go to C-118 or call ext. 114.

28 | Carpenter's Got Talent 2:00 p.m. - AUD

Calling all residents, what is your talent? Discover many of our own residents talents at this fun for all event in the AUDITORIUM. Sign up at C-118 or call ext. 114 to be a part of the entertainment!

Health Center Update

The holidays were here and gone before we knew it! The residents had so much fun with recreation in December! We saw Santa, had lots of goodies and treats, enjoyed this beautiful weather, made Christmas Wreaths in our garden club, sang Christmas Karaoke, and spent time with friends and family!

January is here and it is time for new beginnings in the year 2022. The residents enjoyed sharing their New Year's resolutions. Some of them were, losing weight (especially after the holidays), not worrying so much, creating new memories, spending more times with friends and family, praying more, and doing more of the right thing!

No matter what your new year resolution may be, remember to hug those around you a little tighter, let them know that you love them more often, always do something kind, and donate that precious gift of time as much as you are able too. Also, remember to do something memorable and good for the new year along with always remembering to share a smile! The world needs more kindness!

The Health Care Center wishes everyone a great new year in 2022!

- Jamie Backensto, Director of Recreation, Health Center

New Year Resolution

New year is a perfect time to start fresh and establish new habits. It may be hard to change some habits however, it is never too late to try to create a healthier, happier lifestyle. If for no other reason, creating resolutions give us goals and a sense of purpose in life. As a result, we will be more likely to have greater health literacy and less likely to develop depression, isolation, loneliness, or Alzheimer's as compared to others without New Year's resolutions. Working on your health should be a priority more than ever before. Your body is always changing, so make it a priority to keep up with your health. In order to prevent any potential concerns, and to explore treatment options, make sure that you get your annual health assessment and physical examination done. Try out the hobbies you have always wanted to try but there was just never enough time for. This will give you an opportunity to meet new fellow residents and maintain friendships. Consider learning more about advanced directives, wills and selecting your power of attorney. Furthermore, try exploring new volunteering opportunities. It will serve as a great way to boost your health and self-confidence which will give you a sense of accomplishment. Making resolutions is not the challenging part but sticking to them and achieving them. In order to achieve your goals, focus on the benefits and find ways to motivate yourself.

- Rana Khan, Director of Nursing, Health Center

Source: www.medicalalertadvice.com

Happy Birthday

ESTATES

HEALTH CENTER

Judy Pendarvis.	01
Donna Johnston.	02
Harley Crosby.	06
Dennis Drury.	06
Barbara Wynn.	07
Carl Baron.	10
Carolyn Bauer.	10
Jacqueline Fairchild.	11
Robert Whittaker.	11
Lloyd Godwin.	12
Sharen Poynter.	12
Bill Brisbin.	13
Ed Dowling.	13
Dennis Dalton.	16
Elaine LeBlanc.	17
Gisele Romanace.	18
Russell Fullerton.	20
Arlene Pierce.	21
Lewis Reeves.	21
Lee Martinez.	22
Jerome Pearlman.	22
Joe Perez.	23
Ina Powell.	28
Phyllis O'Deay.	29
Mike Brink.	30
Ronald Hogrefe	30
Charles Cannon.	31
Alita Keller.	31
James Moore.	31
Nancy Pearlman.	31

Hazel Gust.	03
Evelyn Stock.	09
Eleanora Gambino.	10
Evelyn Hoagland.	10
Marian Randall.	18



Those born in January are invited to a birthday dinner in the Auditorium on January 27th from 12:00-2:00 p.m. There will be a delicious meal provided by our Dining Service department. Everyone will be able to invite one guest to attend. Find your invitation at your front door and RSVP to Kira Morisako in C-118.



January 1st – “An Affair to Remember”

Starring Cary Grant, Deborah Kerr, and Richard Denning. A couple falls in love and agrees to meet in six months at the Empire State Building - but will it happen? (NR - 115 minutes)

January 8th – “While You Were Sleeping”

Starring Sandra Bullock, Bill Pullman, and Peter Gallagher. A hopelessly romantic Chicago Transit Authority token collector is mistaken for the fiancée of a coma patient. (PG - 103 minutes)

January 15th – “The Family Man”

Starring Nicolas Cage, Tea Leoni, and Don Cheadle. A fast-lane investment broker, offered the opportunity to see how the other half lives, wakes up to find that his sports car and girlfriend have become a mini-van and wife. (PG-13 - 125 minutes)

January 22nd - “Sunset Boulevard”

Starring William Holden, Gloria Swanson, and Erich von Stroheim. A screenwriter develops a dangerous relationship with a faded film star determined to make a triumphant return. (NR - 110 minutes)

January 29th - “An American in Paris”

Starring Gene Kelly, Leslie Caron, and Oscar Levant. Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman. (NR - 114 minutes)

The Mulligan

I love to play golf. The problem is I'm not very good at it. It takes a lot of patience and anger management to play the sport. There is something you can do to help that embarrassing moment that happens to almost everyone during that great round you think you are having.

When you go out with friends to play, you can decide whether or not everyone gets a mulligan. Now a mulligan is simply a "do-over". If you slice the ball and it goes into the woods, then you get a do-over. Or, if you hit the ground and your drive only rolls 10 feet, you can take a mulligan. The first shot does not count against your score. It's like you never took it. You messed up and now you get a chance to do better. I was thinking, wouldn't it be great to have a few mulligans in life? As we enter a new year it gives us a chance to look back. Maybe there are things we would have changed. Many of us have made mistakes that we would change if we had the opportunity. Don't misunderstand me, there will always be a penalty for our sins, but God's mercy reaches past our failures and gives us a second chance, a mulligan you might say. So don't be quick to judge others. It might be you that needs a mulligan, or a second chance to make things right and move forward. As we advance into this new year, it will bring opportunities to do things better. We can forget about the past and move quickly into 2022.

2 Cor. 5:17, "Therefore, if anyone is in Christ, he is a new creature; the old is gone, the new has come!"

God Bless!

- *Chaplain Randy Horn*

Thursday Night Chapel Services

January 6th Rev. William Allen

January 13th Rev. Ron Doolittle

January 20th Chaplain Randy Horn

January 27th Rev. Dan Morris

CHERA Sunday Worship Speakers

January 2nd Rev. J.C. Powell
United Methodist

January 9th Rev. Dennis Waymire
Wesleyan

January 16th Dr. Joe Davis
Assemblies of God

January 23rd Rev. Courtney Harding
Assemblies of God

January 30th Rev. William Allen
Swiss Brethren



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$394,996.27. As of November 30, 2021, \$68,198.82 has been used to help residents. Monies are taken from the interest earned.

The Estates

A T C A R P E N T E R S



Happy
New
Year



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