

JANUARY 2023

COMMUNITY NEWSLETTER

# EVERGREEN

*Where You Live Matters*

**BAKING  
CORNER!  
FRIDAYS**

*Take part in  
snack making!*

*Wednesday*  
**GARDENING  
CLUB**

A healthful, rewarding  
hobby to take up this  
★ National Hobby Month!

TUESDAYS &  
SATURDAYS  
**PRACTICING  
YOGA**

*Mind, body  
and spirit  
become one.*

A FOCUS ON  
**TOM HANKS**  
Wednesdays!

## CHINESE NEW YEAR PARTY

*Celebrating the Year of the Rabbit*

*Sunday, January 22 at 3:00 pm*

Join us for a colorful celebration of the Chinese New Year as we welcome the beginning of a year of hope, the Year of the Rabbit!

# RESIDENT SPOTLIGHT

NANCY D.



Nancy is from Philadelphia and spent her youth in the East Coast with her parents and five siblings. She has a degree in Teaching specializing in Humanities. During the Vietnam War and the Hippie Revolution, she advocated for people's rights. Nancy likes to dance and to play the piano. What she likes the most about living at Evergreen is the fellow residents and staff who make her feel like she's at home. We are very lucky to have Nancy as part of our family!

**RESIDENT**  
× **HAPPY HOUR**

Get to Know OUR RESIDENTS!  
Learn more about our Resident of the Month,  
**Nancy D.**  
on **THURSDAY, JANUARY 5 AT 3:00 PM**  
WITH **HOT TODDIES**

Celebrate all of our  
January Resident Birthdays at our  
*Birthday Party*

**TOAST OUR CELEBRANTS  
WITH STOUT BEER!**

**THURSDAY, JANUARY 12 AT 3:00 PM**

## RESIDENT BIRTHDAYS

- 1/03 Bonnie R.
- 1/07 Darlene F.
- 1/10 Jerry M.
- 1/25 Louise Q.
- 1/26 John F.
- 1/26 Maria F.

## HOLIDAY CELEBRATIONS

- 1/01 New Year's Day
- 1/12 National Hot Tea Day
- 1/16 Martin Luther King Jr. Day
- 1/22 Chinese New Year
- 1/27 Holocaust Remembrance Day



HAPPY NEW YEAR

## Transportation & Concierge Information

Complete peace of mind is our priority in all our communities. Enjoy the journey of senior living starting from the comfort of concierge transportation services.

Mondays and Wednesdays are available for Medical Appointments. Please make your reservations with our Concierge at (818) 843-8268 today!

## RELIGIOUS SERVICES

- Bible Study Club  
Saturday at 2:00 p.m.
- Church Outing on Sundays  
10:00 a.m.
- Shabbat: Friday at 5:00 p.m.

*The Beautician*  
IS IN

**SUNDAY  
STARTING  
AT  
9:00 A.M.**

PLEASE BOOK  
APPOINTMENTS THROUGH  
OUR CONCIERGE:  
**(818) 843-8268**



# JANUARY *Activities & Events*



## WARM AND COZY MORNINGS Toasty drinks to fire you up!

Monday - Friday | 9:30 am

Join us for unique hot drinks like peppermint mochas and apple Cinnamon teas in the mornings to rev you up for the rest of the day!

## SEATED DANCE WORKOUTS

Every Monday | 10:30 am

Time to rev up those metabolisms and show off our dance moves! Besides, keeping your balance is so much easier while sitting!



## WOMEN'S SUPPORT GROUP

Every Tuesday | 2:00 pm

This popular ladies' group is a safe place to share your experiences and discuss issues or problems that you may be experiencing. Resident Claire, an F&M therapist helps to run the group.



## SHOPPING ADVENTURES

Every Tuesday | 3:00 pm

Stock up essentials or toiletries on our shopping excursions on Tuesday afternoons! And if you simply enjoy getting out and counting steps, this is your chance!



## RESIDENT COUNCIL MEETING

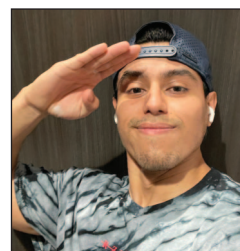
Thursday, 1/19 - 2:30 pm



“

May you live  
as long as you  
want and  
not want  
as long as  
you live.”

~ Tom Hanks



**EMPLOYEE OF  
THE MONTH**  
**MICHAEL E.**  
**Med-Tech**  
**/Caregiver**

Michael was born in New York and moved to California in grade school. He went to college in New York, but returned about a year ago because he missed the Californian weather. Residents adore Michael because he is caring, friendly and always has a positive attitude. His co-workers say he's a team player and he goes above and beyond with the residents. Michael thinks that the Residents at Evergreen are amazing people with great personalities!



*Celebrate*  
**Chinese New Year!**  
Sunday, January 22 at 2:00 pm

Ring in the Chinese New Year, also known as the Lunar New Year or Spring Festival!

This most important festival in China celebrates the arrival of spring and the beginning of a new year on the Chinese lunisolar calendar. The New Year ends with the Lantern Festival which begins on Sunday, February 5.



# Sunday Art History Series

**SUNDAY MORNINGS AT 10:00 AM**

January's Art History focus will be on various Impressionist artists. The movement first originated with a group of artists living in Paris who faced harsh opposition from the conventional art community in France. Impressionism as an art form was a 19th century art movement characterized by visible brush strokes that are kept small and thin, accurate depictions of light, ordinary, every day subject matter from unusual angles, along with an inclusion of movement. The style was considered radical, violating the rules of academic painting.

## **Oscar-Claude Monet** - January 1

The defining figure and founder of impressionist painting, Monet painted nature as he saw it. His popularity and fame soared in the second half of the 20th century and he became one of the world's most famous painters.

## **Pierre-Auguste Renoir** - January 8

Renoir was a leading Impressionist painter who celebrated beauty and feminine sensuality. It is said that "Renoir is the final representation of a tradition which runs directly from [Flemish painter Sir Peter Paul] Rubens to [French painter Jean-Antoine] Watteau."

## **Camille Pissarro** - January 15

Pissarro was both an Impressionist painter as well as a Neo-Impressionist painter, and his influence and contributions helped to initiate the post-impressionist style of painting.

## **Edgar Degas** - January 22

Impressionist Degas usually identified with the subject of dance in his paintings. While he is regarded as one of the original Impressionists, he rejected the term and preferred to be called a "realist." He also did not paint outdoors, as many other Impressionists did.

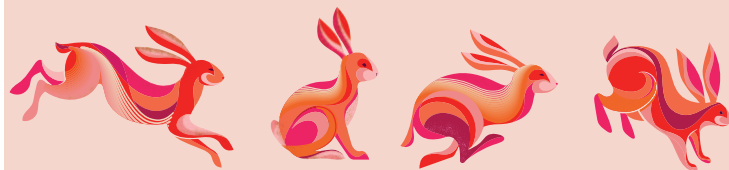
## **Édouard Manet** - January 29

Manet primarily captured Parisian life in his paintings. He often covered female nudes which caused much controversy. His unique style of painting with loose brush strokes sets him apart from other Impressionists.

4 - January 2023

**CHINESE NEW YEAR  
YEAR OF THE RABBIT**

*Sunday, January 22, 2023*



2023 is the year of the Water Rabbit, and with it, 2023 is predicted to be a year of hope. Each of the twelve Chinese animals represented in the Chinese Zodiac can be associated with five elements: Gold (metal), Wood, Water, Fire, or Earth. The Water Rabbit comes once in a 60 year cycle. In 2023, every Chinese zodiac sign is thought to be affected by the Water Rabbit influence. Some are predicted to become free of the misfortunes encountered in 2022, while others are warned to be prepared for troubles and accidents.

The luckiest Chinese zodiac signs this year are thought to be the Oxes, Tigers, and Snakes, followed by the slightly less lucky but still lucky, Dogs, Horses, Goats, and Pigs.



The Rabbit ranks fourth in the Chinese zodiac, and below is a folk tale that explains how that happened. All the animals were invited by the Jade Emperor to race to the Heavenly Palace to determine the listing of the animals on the Chinese Zodiac. The Ox asked his friend the Rabbit for advice about how to better run long-distances. The Rabbit told the Ox he could simply not run fast as one needs a slim body to do so, and the Ox was far too stout. The Ox was upset to hear this, but practiced every day and became much better at running due to his perseverance.

The day before the run, the Ox and the Rabbit promised to go to the Heavenly Palace together as soon as they heard the first cockcrow. The next morning, after the first cockcrow, the Ox got up to find that the Rabbit had already left. The Rabbit ran for a long time, but found that there was no other animal around, and so decided to sleep for awhile. While the Rabbit was napping, the Ox passed the sleeping Rabbit, who didn't wake up until hearing the pounding of the Tiger's paws as it also passed by him. The Rabbit then followed after the Tiger, but still came in behind him. The tricky Rat came in first as it had asked the Ox if it could ride on the Ox's back to cross the river. At the river bank, the tricky Rat jumped off the Ox's nose to take first place in the race. Next came the Ox, then the Tiger, followed by the Rabbit.

The Rabbit is a symbol of longevity, peace and prosperity in Chinese culture, and for these reasons, we can't hop, skip and a jump too soon into 2023, the year of hope!





## Fancy a Game of Badminton?



**TUESDAYS AT 3:00 PM**

Did you know you could burn up to 385 calories playing an hour of social badminton? Here at Evergreen, we're bringing this exciting game inside to play our Living Room, and you're invited to join in! The game can be both low key or fast and furious, depending on who and where you're playing. At Evergreen, we prefer the slow and steady pace of this popular sport.

The game was originally called battledore and shuttlecock, or in French, jeu de volant, with the object being for players to bat the shuttlecock from one othe other as many times as possible without letting it drop to the ground.

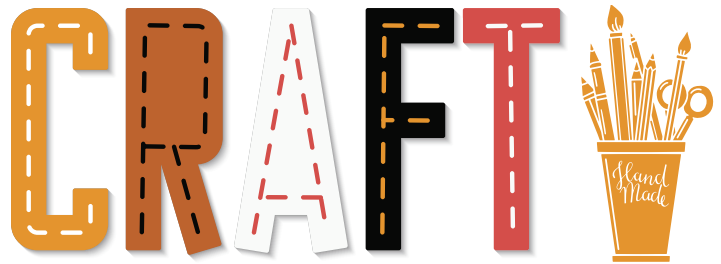


## Game On!

**SATURDAYS  
AT 3:30 PM**

Competitive players and those who play just for fun can join us Saturday afternoons for a stimulating game of chance, wits and skill! Below is a list of the games we'll be playing and we hope you'll join in!

- |          |   |
|----------|---|
| 1/07, 28 | Dominoes  |
| 1/14     | Connect 4   |
|          | This is a classic strategy game by Hasbro® where two players go head-to-head in a battle to own the grid dropping yellow and red discs into grid slots. Good luck to all! |
| 1/21     | Checkers, Chess & Cards   |



**c o r n e r**



## Beauty with Flowers *Winter Faux Floral Arrangements*

**Monday, 1/02 | 3:30 pm**

Here's a question. When one arranges flowers, are we actually playing with them?



## Circle of Warmth *Yarn Wreaths*

**Monday, 1/09 | 3:30 pm**

Craft a lovely snuggly wreath from a simple skein of yarn. Adorn your door this winter with your own creative work.



## Magic under Glass *Snow Globes*

**Monday, 1/23 | 3:30 pm**

Capture your own winter scene under the lasting protection of a waterless snow globe.



## Surrounded in love *Winter Picture Frames*

**Monday, 1/30 | 3:30 pm**

Frame your favorite picture with a crafty winter border specially made by you!



## Gardening Club

*A Transcendent hobby*  
Wednesdays at 2:00 pm

January is National Hobby Month and the hobby of gardening is considered an art form, too. Beyond giving us food and exercise, gardening can help us to acquire higher needs, such as self-actualization and transcendence. Gardening allows us to connect with nature, and to actually care and grow life from a simple seed. Gardening is a very rewarding hobby to take up in National Hobby Month!

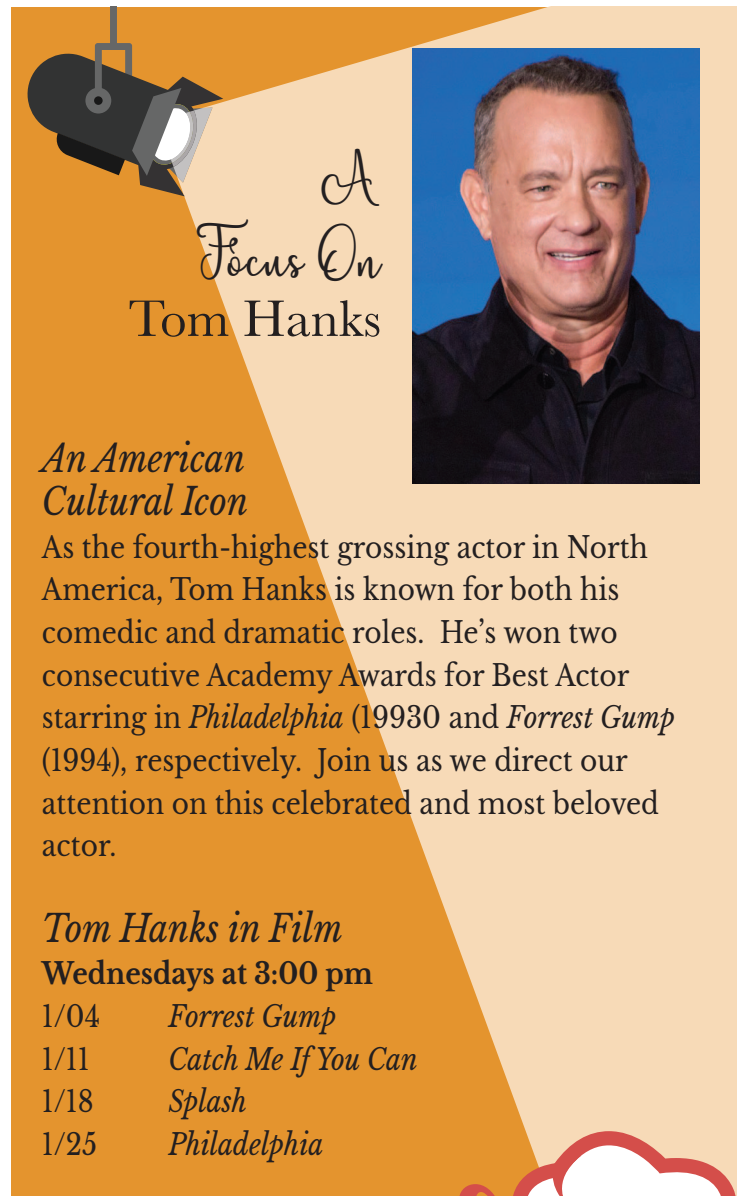
## The Philosophy of Yoga

**TUESDAYS AND SATURDAYS AT 10:45 AM**

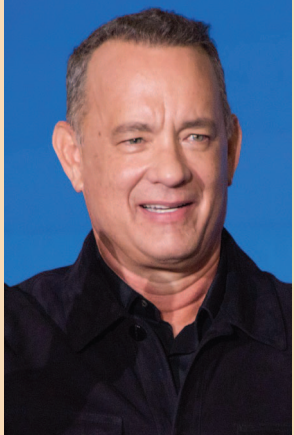
Mind, body, and spirit are all one and cannot be separated... this is the primary philosophy of Yoga. There are a multitude of philosophical ideas that one can explore to better understand the deeper dimensions of this ancient practice that perhaps began in India. While the foundational views of Yoga may be confusing to some Westerners, suffice it say that reorienting our minds to see and experience the interconnection of all things is a central premise.



If the practice of Yoga interests you, we encourage you to take part in our mid-morning Yoga exercises every Tuesday and Saturday. *Namaste!*



## A Focus On Tom Hanks



### *An American Cultural Icon*

As the fourth-highest grossing actor in North America, Tom Hanks is known for both his comedic and dramatic roles. He's won two consecutive Academy Awards for Best Actor starring in *Philadelphia* (1993) and *Forrest Gump* (1994), respectively. Join us as we direct our attention on this celebrated and most beloved actor.

### *Tom Hanks in Film*

Wednesdays at 3:00 pm

1/04	<i>Forrest Gump</i>
1/11	<i>Catch Me If You Can</i>
1/18	<i>Splash</i>
1/25	<i>Philadelphia</i>

Friday Afternoons at 2:30 pm

## Baking Corner



Take part in our afternoon snack get-togethers every Friday where you get to take part in making your snack!

- |      |                             |
|------|-----------------------------|
| 1/06 | Flavored Pudding            |
| 1/13 | DIY Hot Coco Candy Stirrers |
| 1/20 | Mini Pizzas                 |
| 1/27 | Gingerbread Cookies         |

Thursday, January 5 at 2:00 pm

## Chef's Chat

Attend this chat time with our chef, Pacheco, and take this opportunity to suggest any meals that you might like to see featured on the menu and ask any questions you may have.



# Armchair Travel

THURSDAYS  
AT 9:30 AM



In this cold winter month of January, let's make a peaceful escape and travel to the warm tropical islands of Bora Bora, the Seychelles, the Maldives, and Curacao. Located in the far-flung corners of the world, these islands offer a sunny beach locale where the problems of the world melt away, and time slows down.

Of course, while on our travels, we'll sip on a toasty delicious drink while we wile away the time!



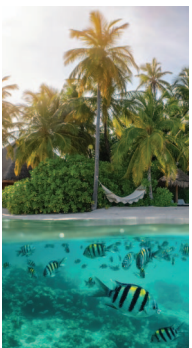
## Bora Bora - 1/05 - Toasted Hazel Nut

The most celebrated island in the South Pacific, this famous island is French Polynesia's leading lady. Formed over seven million years ago by a volcano, with its turquoise waters, and lush tropical vegetation, Bora Bora is the most popular island in the Islands of Tahiti.



## The Seychelles - 1/12 - Vanilla Latte

Located off the coast of Africa, the Seychelles are the epitome of paradise. With its perfect beaches, perfect water, and seclusion everywhere you look, the 115 islands of Seychelles offers more than the most beautiful of dreams.



## The Maldives - 1/19 - Apple Cinnamon Tea

Famous for its vibrant culture including the Bodu Beru, a popular Maldivian folk dance, pristine beaches, blue lagoons, luxurious overwater bungalows, historic architectural heritage sites like many of the lovely mosques peppering throughout these beautiful islands. All about luxury, the Maldives is often called the Manhattan of the Indian Ocean.



## Curacao - 1/26 - Pumpkin Spice

Our island travels end with this Dutch-owned island that has been voted one of the best in the caribbean. Its town is built in the Dutch style, and its capital city Willemstad like living in a tropical Holland.

# HUG IN A MUG

## NATIONAL HOT TEA MONTH

The start of every day for many of us begins with a piping hot cup of brewed tea. It is therefore very fitting that the start of the New Year in January kicks off with National Hot Tea Month. And there is a myriad of choices of delicious teas to choose from to celebrate the beginning of 2020!

Green tea is a traditional favorite of many, and for good reason. Green Tea soothes the soul AND the body because it improves blood flow and lowers cholesterol.

Another celebrated variety of tea is, of course, the famous Earl Grey. Earl Grey tea is considered the perfect blend of flavors - sweet and floral, yet slightly sour. Research has also shown that Earl Grey tea helps prevent heart disease and may assist with weight loss. And how could anyone forget Darjeeling tea... the darling of the East? Darjeeling is the most popular tea variety in the world today and is sure to please nearly every flavor palette because it is neither too bitter nor too sweet.

This month, put down your Coffee and Espresso and pick up a cup of tea! It can improve your health with every delicious sip.



# CHINESE NEW YEAR CROSSWORD

\*Crossword answers will be available at the Concierge on the 15th of the month.

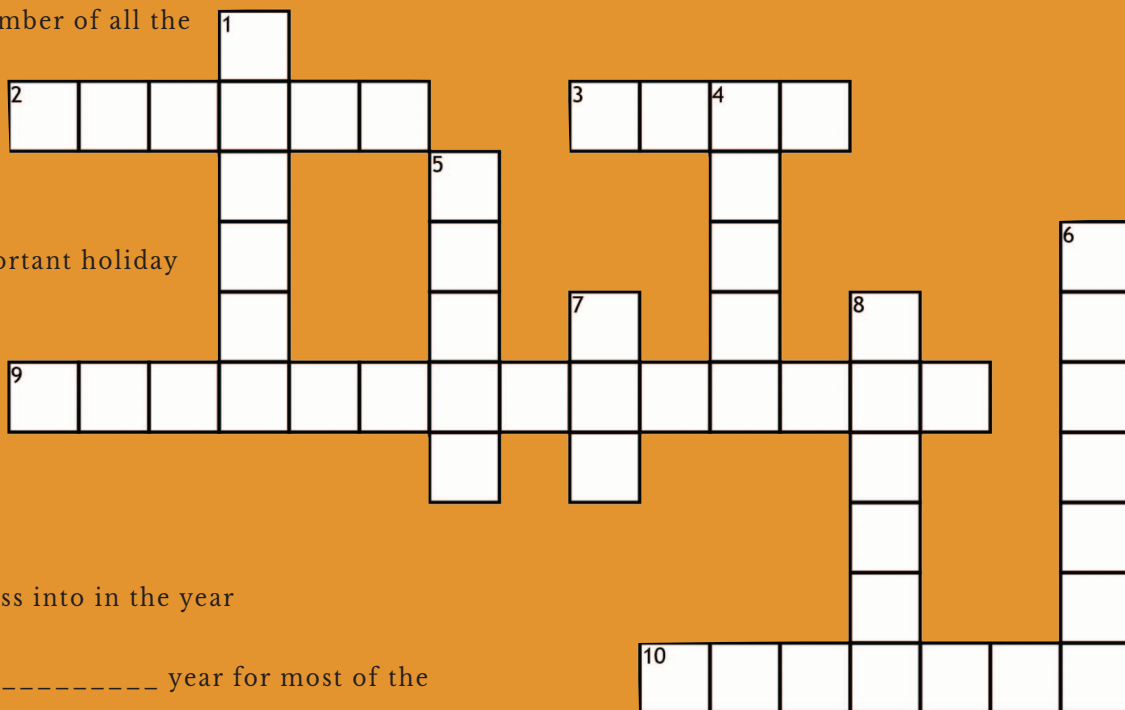
## ACROSS

2 The Rabbit is what number of all the zodiac animals?

3 What male bovine animal represented the previous year of 2022?

9 What is the most important holiday in China?

10 What Festival follows the Chinese New Year?



## DOWN

1 What animal do we pass into in the year 2024?

4 2023 will be a very \_\_\_\_\_ year for most of the zodiac signs.

5 What element represents this year's fortune for the rabbit?

6 How many days is the Lunar New Year?

7 That three letter color is a lucky color for Rabbits in 2023?

8 2023 is the Year of What Animal?

Check out community photos on our social media.



REACH OUT TO OUR  
FAMILY SPECIALIST

*Sheina Oratz*

TO ARRANGE FOR A  
LUNCH TOUR TODAY!

**(818) 843-8268**

### OUR SERVICE PLEDGE

We understand that we are responsible for the delivery of excellent Resident service. We represent our company, our communities, and myself. At each "service moment", we will initiate a warm and friendly greeting, treat residents with care and understanding, and communicate clearly. We will do our part to implement the essentials of service excellence.

### MEET OUR TEAM...

**Jonathan Perles**

Executive Director

**Shirley Romero**

Wellness Director

**Amber Leigh**

Business Office Manager

**Sheina Oratz**

Family Specialist

**Dawna Butala**

Move-In Specialist

**Clara Flores**

Activity Director

**Sam Harrison**

Activities Assistant

**Luis Pacheco**

Executive Chef

**Josue Paulin**

Dining Director

**Lashell Alexander**

Concierge

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