

## FRIENDSHIP MANOR

## NEWSLETTER

J. M. ALEXANDER, EDITOR

## Winter at the Manor

*Abundant rain and the very rare snow on the mountains*

**In this issue:** Rain and a coldest winter in recent years has kept Resident indoors more than usual, but there's still been enough sun to have events by the pool and excursions with Chris. Below and on page 2 are photos of real snow and actual water filing up Lake Cachuma.

Page 2 notes the forming of a Diabetes Support Group and also Betty's Loan Closet. On page 3 you'll find a small sampling of some of the fun things you might not know are available to Residents, like the Pool and Ping-Pong tables, and a reminder of the concerts and movies in Jamison Hall, plus monthly ice cream, hot dogs and pizza. Enjoy!.



## March Highlights

**March 3 & 17**

Book Mobile

**March 3**

**R**esident Support Group – E Lounge Conference Room (every Friday)

**March 4**

Ice Cream Social – Dining Room

**March 12**

Thrive Study

**March 16**

Keith Bush – Jamison Hall

**March 18**

Hot Dog BBQ – Poolside with music by Rob Hoffman

**March 23**

RSC Meeting – New Time and Place: 6:30pm in Jamison Hall

**March 25**

Pizza Party – Poolside with Jazz

**Resident Support Meeting**

**with Betty Chackel** – Fridays at 10:30am in the E Lounge Conference Room (See article on the back page)

**Local Walks & Joy Rides and Shopping & Medical Van Trips with Chris and Richard** – Sign up on the slant boards in the Lobby

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## AROUND THE MANOR AND THE LOCAL AREA

### TRIP TO CACHUMA LAKE

In late February, Chris took a group to check out the now very-full Lake Cachuma, and those who took the trek were amazed to see the water back to pre-draught levels, and on the way up they marveled at the snow on the mountains in the valley. Closer to home, 154 was temporarily closed due to snow, and we had the rare snow on the mountains close to home (see photo on page 1). No doubt about it, Winter has made its presence known and we'll see the benefits when Spring brings out all the foliage and flowers.



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### DIABETES SUPPORT GROUP

RSC Board President Sheri Wright announced the forming of a Diabetes Support Group at the February RSC General Meeting. The goal is to have experts come to speak to Residents about how to manage their diabetes, including such topics as nutrition and medication maintenance. Those interested should contact Sheri directly or put a note in her mailbox. Details will follow as the needs of those interested are more well defined and a schedule can be established. Thanks, Sheri!

### BETTY'S LOAN CLOSET

In addition to moderating the Resident Support Group every Friday at 10:30am in the E Lounge Conference Room, Betty Chackel also hosts a very vital "Loan Closet" to help provide Residents with such items as: briefs, pads, canes, walkers, toiletries, gifts, and cards. This is a great resource and if you find yourself in need of special items to aid you in your journey, please contact Betty and she'll be happy to supply needs as her supplies allow. Thanks to Betty for all she does to help Residents have a more meaningful and fulfilling life here at the Manor!

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## ACTIVITIES AROUND THE MANOR

With all the new Residents who have joined the Manor family in the past few months, it seems like time to highlight just a few of the amenities and activities that are available every month. This is just a sample, but a good place to start.

### Pool, Ping Pong, Movies and Puzzles

*For activity that's fun and not overly strenuous, consider these activities*

Across from the Beauty Parlor, down a few steps, is our fully refurbished **pool table**. Cues are in the cabinet and Residents can have hours of fun challenging each other's skill. In the same room is a **ping pong** table with new paddles and balls to test your reflexes.

In the same room you'll find abundant movies to watch.

In the B Lounge are a lot of puzzles and a tables to assemble them on, so for those who love locking pieces together into a whole, this is for you. Fun awaits you.



### Movies and Live Entertainment in Jamison Hall

*Movies and live entertainment are shown in a theater setting with comfortable, roomy chairs.*

If you like movies, Jamison Hall is your destination. Most nights and some days as a matinee feature, the Hall features classic and first-run movies many times a week. And several times a month, live entertainment in all genres of music is presented by some of the most talented performers in the area, with occasional appearances by world-class musicians right on our own stage. Check calendars for details.



### Ice Cream, Hot Dogs and Pizza

*Once a month, Residents can eat their fill of ice cream and enjoy hot dogs and pizza*

Check your calendars, monthly and weekly, for these events. These three events are held once monthly and are available to all Residents. Ice cream and hot dogs are free and pizza is \$1/slice.

The ice cream social is usually the first weekend of the month and is held in the dining room.

The hot dog BBQ is generally the following weekend and is held in the B Lounge.

The pizza party is held toward the end of the month in the B Lounge, and is the only event with any cost involved, with Costco pizza slices sold for \$1 each.

Again, check your calendars for exact dates and times, and come enjoy!

## RESIDENT SUPPORT

**Got a question, a concern, or are you a new Resident with questions about how to navigate the Congregate Living situation of the Manor?**

Betty Chackel's regular Friday meeting in the E Lounge may be for you!



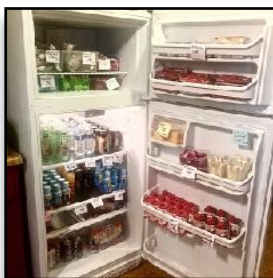
Betty is a great listener and problem solver, the meetings are private and friendly, and she's been helpful to many Residents. Plus, it's a good way to catch up on news of the Manor and feel you have a voice that's being heard.

Betty's meetings are every **Friday at 10:30 am** in the **E Lounge Conference Room** – which is adjacent to the upstairs Library.

## DOROTHY'S CORNER STORE

**All profits from every purchase** go to fund movies in Jamison Hall, the B Lounge wi-fi and copier, and much more. Support your Corner Store and shop this valuable resource in the B Lounge, open Monday, Wednesday and Friday from 1:00 to 2:30 pm. Come and shop local!

And for 24/7 snacks and sodas, remember the machines adjacent to the Corner Store. A portion of those proceeds also go into the RSC general fund for Resident services.



## March Birthdays

- 3/2** Jaime Huerta
- 3/3** Joy Bowman
- 3/7** Don Coray
- 3/11** Earlene Grady
- 3/14** Patrick Lindley
- 3/16** Michael MacDonald
- 3/17** Mary Lewis
- 3/19** Joe Navarro
- 3/21** Julie Lange
- 3/23** Victor Palato
- 3/24** Elena Mariscal
- 3/28** John Grable
- 3/28** Kathryn Lang
- 3/30** Ed Evans