

# FRIENDSHIP MANOR NEWSLETTER

J. M. ALEXANDER, EDITOR

## May is “get outside” month

*Go on a ride, shopping trip or outside event with Chris*

May weather is here, despite periods of “May Gray,” and it’s time for Manor residents to get outside and have fun. Many people have already taken advantage of the many outside activities our Activities Director Chris plans, and for those who haven’t – now’s the perfect time!

Residents can check out the slant board in the lobby any time the office is open to see what’s available and sign up. See the story on page 3 for what’s happening. You’ll be surprised how much you’re missing! Most events are free of charge, and a few, such as lunch at a restaurant only cost the price of the meal. Chris picks some great destinations, so if you can afford it, it’s a great ride and wonderful meal.



### May Highlights

#### May – Thursdays and Saturdays

Book Mobile outside the office

#### May – Every Friday

Computer Training – Fridays in the B Lounge

#### May 9

Ice Cream Social – Dining Room

#### May 13

Karaoke – B Lounge

#### May 16

Hot Dog BBQ – with Rob Hoffman by the pool

#### May 28

RSC Meeting – Jamison Hall

#### May 30

Pizza Party

**NOTE:** There will be no Unity Shoppe presents until October due to staffing shortages.

#### Bingo Tuesdays and Thursdays at 2:00 pm in the B Lounge –

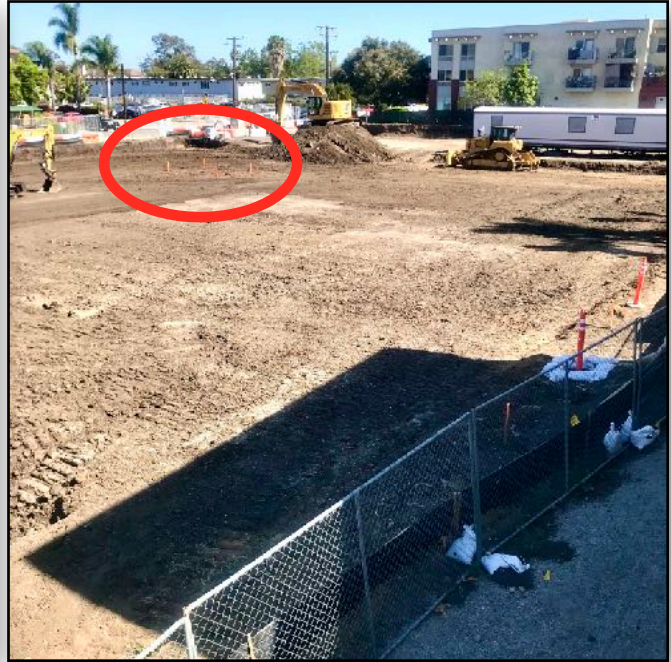
only 25 cents per card – come have fun and snacks with Larry

#### Local Walks & Joy Rides and Shopping & Medical Van Trips with Chris and Richard –

Sign up on the slant boards in the Lobby (rides) and at Reception (medical)

### UCSB “THE FIELD” UPDATE

The two photos below show how UCSB construction folk are grading the field in preparation of laying down a foundation and putting up the building. The circled area on the right photo is where the building’s elevator will eventually be installed.



### GET ON BOARD THE VAN

*For medical appointments or just for fun, take the Manor van, no car needed!*

Every week, the Manor Van is a valuable resource for Residents, for medical reasons or for fun.

If you haven’t taken advantage of all the Manor Van has to offer, check out the slant board in the Lobby and sign up for a field trip with Chris; or connect with Reception to schedule a ride to your next medical appointment with Richard.

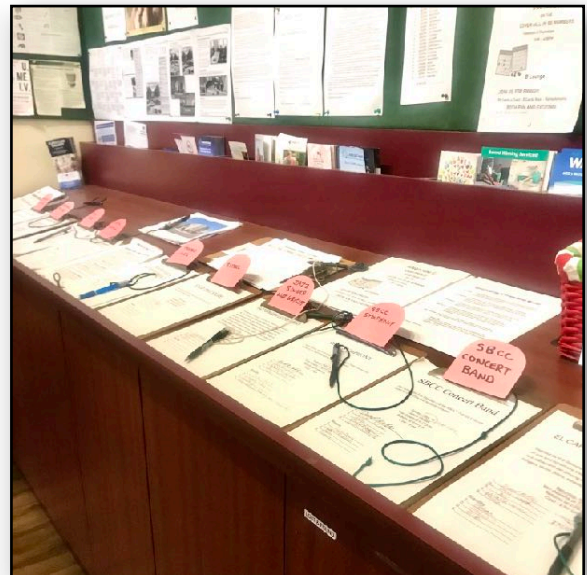
The van rides with Chris are detailed on page 3, and a few words about Richard are in order: to go on the **medical van**, sign up at the Front Desk, with the date and time of your appointment. The great thing about Richard, is that the night before, he will call to remind you of your appointment the next day. It’s easy, just sign up and let Richard do the rest!



## THINGS YOU SHOULD KNOW... “GET OUTSIDE” WITH CHRIS

The calendar on the left below is a copy of the monthly listing of events that is put in each resident mailbox at the start of each month. It lists all the outside activities for the month, as well as those on campus such as the ice cream social, hot dog BBQ and Pizza Party. In addition, on the back of the weekly menu is a listing of those events that week, and the calendar is posted above the slant board for easy reference. The photo on the right shows the sign-up sheets for outside events. Even if an event looks filled up, some people either forget or don't feel like going that day, so show up in the garage by the elevator at the appointed time in case there's an opening for you!

FRIENDSHIP MANOR						
MAY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Local Walks</b> 6 <sup>th</sup> Butterfly Beach 13 <sup>th</sup> Elings Park 20 <sup>th</sup> Hendry's Beach 27 <sup>th</sup> I Madornan	<b>Joy Rides</b> 1 <sup>st</sup> W. Camino Cielo 8 <sup>th</sup> Bella Vista 15 <sup>th</sup> Refugio Canyon 22 <sup>nd</sup> Carpinteria 29 <sup>th</sup> Paradise Road		1 9:30A \$1.00 Tree Store 9:45A Chair Exercises 10:30A Resident Support 11:40A Silent Vigil 1:30P Corner Store 2:15P Joy Ride 6:30P Computer Tutoring Friday Movie	2 9:15A Trader Joe's 10:00A Book Mobile 2:30P Kentucky Derby Party 6:30P Saturday Movie
3 10:00A FM Christian Worship Hour 6:15P SBCC Symphony	4 9:45A Chair Exercises 10:30A Medical Van 11:00A Successful Aging Support Group 1:00P Corner Store 1:30P Foot Reflexology 1:30P Medical Van 6:30P Monday Movie	5 9:45A Chair Exercises 1:30P Shopping Goleta & Isla Vista 2:00P Bingo 2:00P Beauty Salon 2:00P Beauty Salon 6:30P Tuesday Movie	6 9:30A Local Walk 11:00A Mindful Movements 1:00P Corner Store 1:30P Shopping SB 6:30P Wednesday Movie 7:15P Chess Club	7 9:30A Book Mobile 9:45A Chair Exercises 10:30A Medical Van 2:00P Bingo 6:30P Thursday Movie	8 9:30A \$1.00 Tree Store 9:45A Chair Exercises 10:30A Resident Support 11:40A Silent Vigil 1:30P Corner Store 2:15P Joy Ride 2:15P Computer Tutoring 6:30P Friday Movie	9 9:00A Clothing Exchange 9:15A Trader Joe's 10:00A Book Mobile 12:30P Social Chamber Concert 6:30P Saturday Movie
10 9:00A Clothing Exchange 10:00A FM Christian Worship Hour 6:15P SBCC Concert Band	11 9:45A Chair Exercises 10:30A Medical Van 11:00A Successful Aging Support Group 1:00P Corner Store 1:30P Foot Reflexology 1:30P Medical Van 6:30P Monday Movie	12 9:45A Chair Exercises 1:30P Shopping Goleta & Isla Vista 2:00P Bingo 2:00P Beauty Salon 6:30P Tuesday Movie	13 9:30A Local Walk 11:00A Mindful Movements 1:00P Karaoke 1:30P Corner Store 1:30P Foot Reflexology 6:30P Wednesday Movie 7:15P Chess Club	14 9:30A Book Mobile 9:45A Chair Exercises 10:30A Medical Van 2:00P Bingo 6:30P Renee Hamaty pianist at the Steinway	15 9:30A \$1.00 Tree Store 9:45A Chair Exercises 10:30A Resident Support 11:40A Silent Vigil 1:30P Corner Store 2:15P Joy Ride 2:15P Computer Tutoring 6:30P Friday Movie	16 10:00A Book Mobile 12:30P HOT DOG BBQ 2:30P "THE TATERS" THEATRE ELECTRIC SENIOR PROM with Snapshot Band
17 10:00A FM Christian Worship Hour	18 9:45A Chair Exercises 10:30A Medical Van 11:00A Successful Aging Support Group 1:00P Corner Store 1:30P Foot Reflexology 1:30P Medical Van 6:30P Monday Movie	19 9:45A Chair Exercises 1:30P Shopping Goleta & Isla Vista 2:00P Bingo 2:00P Beauty Salon 6:30P Tuesday Movie	20 9:30A Local Walk 11:00A Mindful Movements 1:00P Corner Store 1:30P Shopping SB 4:30P Birthday Nite Dinner 6:30P Wednesday Movie 7:15P Chess Club	21 9:30A Book Mobile 9:45A Chair Exercises 10:30A Medical Van 2:00P Bingo 6:30P Thursday Movie	22 9:30A \$1.00 Tree Store 9:45A Chair Exercises 10:30A Resident Support 11:40A Silent Vigil 1:30P Corner Store 2:15P Joy Ride 2:15P Computer Tutoring 6:30P Friday Movie	23 9:15A Trader Joe's 10:00A Book Mobile 11:30A Captain Lunch 6:30P Saturday Movie
24 10:00A FM Christian Worship Hour	25 Memorial Day 9:45A Chair Exercises 1:30P Memorial Day Party with Henry & Jan 1:30P Foot Reflexology 6:30P Monday Movie	26 9:45A Chair Exercises 1:30P Shopping Goleta & Isla Vista 2:00P Bingo 2:00P Beauty Salon 6:30P Tuesday Movie	27 9:30A Local Walk 11:00A Mindful Movements 1:00P Corner Store 1:30P Foot Reflexology 1:30P Shopping SB 6:30P Wednesday Movie 7:15P Chess Club	28 9:30A Book Mobile 9:45A Chair Exercises 10:30A Medical Van 2:00P Bingo 6:30P RSC Meeting	29 9:30A \$1.00 Tree Store 9:45A Chair Exercises 10:30A Resident Support 11:40A Silent Vigil 1:30P Corner Store 2:15P Joy Ride 2:15P Computer Tutoring 6:30P Friday Movie	30 9:15A Trader Joe's 10:00A Book Mobile 12:30P Pizza Party 2:30P Grocery Outlet 6:30P Saturday Movie
31 10:00A FM Christian Worship Hour						



### ACTIVITIES – VAN EVENTS

**Local Walks** – Once a week, Chris takes the van to some great place for a short excursion, and in May, for instance, the locations are Butterfly Beach, Elings Park, Hendry's Beach and I Mod-enari art show at the Mission. It costs nothing and it's fun to stretch your legs in local areas.

**Joy Rides** – These are pure rides, no walking required, and in May riders get to experience West Camino Cielo, Bella Vista, Refugio Canyon, Carpinteria, and Paradise Road. Get up and out and take a mini-road-trip to some of the most scenic spots in our area. It's also free of cost, all it needs is you.

**Dollar Tree Store** – Every Friday morning Chris takes the van to the \$ Tree where bargains galore await.

**Trader Joe's & CVS** – On Saturday mornings the van goes to Camino Real where great food items live at Trader Joe's, and CVS is in the same center, so you can pick up Rx prescriptions or other specialty items.

**No Cost Outside Events in May** – Saturday, May 9, a Chamber Concert featuring French and Russian music at St. Andrew's Presbyterian Church. – Sunday, May 10, SBCC Concert Band, a great evening event. – On May 14, notable New York Times-praised Jazz Singer Lizz Wright for an evening of great singing.

And that's just May! Each month has special events, so check your calendars – and get up and go!

**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.

**B LOUNGE CORNER STORE**

**Residents who want to volunteer: consider the Corner Store.**

There is a need for a Cashier who has legible writing to be occasionally available. It's fun for 90 minutes. 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.

**May Birthdays**

**5/3** Kavi Alexander

**5/4** Imke Bomer

**5/5** Tony Miller

**5/6** Lottie Stanley

**5/13** Carl Davis

**5/22** Tim Pearson

**5/26** Paull Rubin

**5/28** Almaz Teshome

**5/28** Thomas Wolfington

**5/31** Allison Peyton

**5/13** Bill Cropley

