

FRIENDSHIP MANOR NEWSLETTER

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Happy Halloween!

October is a spooky time at the Manor for ghouls and goblins

In this issue: As long time residents have recently discovered, 2023 has welcomed a lot of new people to the Manor family. It takes some time to get oriented, and this issue features many of the events and services that are available to everyone who lives here.

In addition to the things featured inside, the Manor also has a first-class hair salon for both men and women, located around the corner from the laundry room. Haircuts, wash & set, perms, manicures and pedicures are included in what Emily has to offer. She's terrific and the prices are very affordable. Don't travel, get a haircut at home!

Finally, the annual Manor Halloween Party will be held on Saturday night, October 28, with live music. Conjure up your best costume and you might win a cash prize. And also enter the Great Pumpkin contest: guess the weight correctly and you could win some cold hard cash!



October Highlights

October 13 & 27

Book Mobile

October 14

Ice Cream Social

October 21

Hot Dog BBQ

October 26

RSC Meeting – 6:30pm in Jamison Hall

October 27

Gustavo Romero – Jamison Hall

October 28

Pizza Party

October 28

Halloween Party by the Pool with live music by Snapshot

Bingo – Tuesdays and Thursdays in the B Lounge hosted by Larry

Resident Support Meeting with Betty Chackel – Fridays at 10:30am in the E Lounge Conference Room

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).

RESOURCES AND ACTIVITIES AT THE MANOR

The Manor offers a lot of opportunities for Residents to travel on the van, see movies, read books, eat ice cream and chow down on hot dogs and pizza. This issue of the newsletter highlights some of those opportunities for new Residents, while reminding seasoned members of the community of what's available every month.

Get On Board The Van!

For medical appointments or just for fun, take the Manor van to Goleta and Santa Barbara

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

The van is a medical lifeline for Residents who need transportation to doctor appointments or medical testing. Richard is great at scheduling, and confirms with Residents the night before appointments to make sure of times and as a reminder. Residents who need the Medical Van should schedule with the Front Desk.



The Manor Van also ventures into the Central Coast for Joy Rides and Local Walks once a week, with Activities Director Chris at the wheel. Chris also chauffeurs local shopping trips to Goleta and Santa Barbara, including Trader Joe's and the Dollar Tree. In addition, he books field trips to local concerts, plays and art exhibits. Some of these trips, especially when visiting restaurants may require Resident out-of-pocket expense.

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.

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 or out by the pool.

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!

Pool, Ping Pong and Movies Galore

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

Across the the Beauty Parlor, down a few steps, is our 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 the **ping pong** table to test your reflexes.

Also in the billiard room, in the circular alcove, are over 200 **VHS movie tapes** that can be viewed on a 28" television right in the room. Also in the alcove are over **300 DVDs** and **58 Blu-Ray discs** to borrow.



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 your calendars for times and performer announcements.



B Lounge Resources

Besides the Corner Store, the B Lounge offers a lot for Residents

Residents in the know visit the B Lounge for a number of reasons, (that's where the Corner Store and vending machines are situated), and it has tables on which to play cards or games or put together jigsaw puzzles, and of course BINGO on Tuesdays and Thursdays.

The B Lounge also has **wi-fi** for those with **wireless devices** who want to browse the internet or check their emails. This is provided free of charge by the Resident Service Council (RSC) and is intended for use in the B Lounge only. (The **Library** also has a hot spot provided by Friendship Manor, and you can also access the internet there.)

In addition, the B Lounge has a **laser copier/printer** which the RSC provides, including toner, and all Residents have to do is bring their own paper.

And, again, just off the B Lounge in the hallway, are **Coke** and **snack machines** to satisfy cravings 24/7.



And don't forget – **Monday, Wednesday and Friday 1-2:30 pm – shop the Corner Store!**

**DOROTHY’S CORNER STORE:
YOUR PLACE TO SHOP LOCAL!**

From ice cream to toilet paper, and from peanut butter and soup to hand lotion and myriad snacking items — and so much more — the Corner Store has it all, so check it out Mondays, Wednesdays and Fridays from 1:00 pm to 2:30 pm.



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 make use of this valuable resource in the B Lounge.

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.

October Birthdays

- 10/2** Dawn Nayak
- 10/3** Theresa Ybarra
- 10/10** Kelly Reid
- 10/10** Jim Adams
- 10/14** Elizabeth “Buffy” Kapp
- 10/15** Sandra Grant
- 10/17** Waldemar Koenig
- 10/19** Mary Houston
- 10/20** Phila Frick
- 10/22** John Patterson
- 10/24** John Huerta
- 10/25** Nancy Badone
- 10/25** Eloise Bollinger Pickard
- 10/30** Margaret Morrison

