

FRIENDSHIP MANOR NEWSLETTER

J. M. ALEXANDER, EDITOR

The View's The Thing

New big screen TV debuts in the B Lounge in May

Just in time for the Kentucky Derby, a new 67 inch TV is being installed in the B Lounge for the enhanced enjoyment of Residents.

In a new spot in the B Lounge, this large format viewing screen will be great for movies and other events, while the original TV in the white cabinet will remain for those who take advantage of seated chair exercise every Tuesday and Thursday, led by Betty Chackel.

Many thanks to the anonymous mystery person for donating this new big TV — and happy viewing to all!



May Highlights

May 2

Reflexology Every Monday and Thursday / 10-12pm Beauty Shop

May 5

Greg Harrison — Jamison Hall

May 6

Kentucky Derby Party — B Lounge

May 6

Vocal Motion — Jamison Hall

May 7

Making Sandwiches While Making Friends

May 13

Ice Cream Social

May 14

Mother's Day

May 17

Alice Gerety — Dinner Music

May 20

Hot Dog BBQ — B Lounge

May 20

Senior Prom Dance

May 27

Pizza Party — B Lounge

May 29

Memorial Day BBQ — Promenade

RESIDENTS PROFILE: ROBERTO & MARIA CISNEROS

Roberto and Maria were born in Mexico and have lived in Lompoc and Santa Barbara.

They have been married 57 years, which is remarkable and admirable, and have recently moved into the Manor to join our little community.

They have one daughter, four grandchildren and two great-grandchildren.

Their collective interests include walking, word search, Soduku and knitting.



Get to know Roberto and Maria and make them feel welcome!

REFLEXOLOGY WITH MARY

Mary Reece-Upton is offering foot Reflexology on Mondays and Thursdays from 10 am to 12 noon in the Beauty Parlor. Residents interested in a treatment can sign up for an appointment on the slant board in the lobby.

Mary first got interested in reflexology in the 1970's and started as a certified practitioner in 1987, practicing full time for 22 years, and thus has extensive experience.

“Reflexology is very relaxing,” Mary reports, “it aids circulation and stimulates energy to what the body is trying to do to keep you healthy.”

Contact Mary at 805/685-2343 to set up an appointment. Half-hour sessions are just \$20, and hour session only \$30.

It's been quite awhile since we've had anyone doing Reflexology here at the Manor, so pamper yourself with a wonderful session with Mary!



NEW ROSE GARDEN CARETAKER: JOHN GRABLE

For the second time in his residency here at the Manor, John Grable has stepped in to take charge of the maintenance of the Rose Garden in the B Courtyard.

The care and feeding, pruning and judicious watering of the Rose Garden is no mean feat, and requires diligence especially during blooming season. John has the expertise and talent to keep the roses at their best and brightest.

Thanks, John, the garden is looking great!



JEWELRY BY SARA JUNO

In April, Sara had a very successful jewelry show in the B Lounge, showcasing her high-quality professional handiwork at surprisingly affordable prices.

If you missed her B Lounge show, you're in luck: her exquisite jewelry is now on display in the Beauty Parlor and can be purchased there during operating hours.

If you can't make it to the Beauty Parlor, contact Sara directly and she'll be happy to show her jewelry selections guaranteed to impress and delight.

And, in addition to the pieces she has already artfully crafted, she will be happy to take commissions and create unique, one-of-a-kind pieces for anyone interested in custom jewelry.

Help support one of our own long-time Residents, and check out Sara's jewelry!



MANOR UPDATE

The **Resident Resource Committee** (Betty Chackel, Chair) meets 11:00-11:30am every Friday in the E Lounge. Everyone is welcome, men too — don't be shy, guys!

Please help our kitchen keep track of dishes and utensils by not taking them from the Dining Room. Often they are found in the trash or left abandoned around the Manor.

All Residents (women and men) are invited to come to the **Clothing Exchange**, held on the first weekend of each month on the second floor patio between the A and B buildings. It starts at 8am on Saturday and ends at 3pm on Sunday.

Existing Residents are reminded to make new Residents feel as welcome as possible. It can be a big transition moving into congregate living and friendliness goes a long way — it's even in our name!

Thanks to Bonnie who has been spending a lot of time keeping our **video tape library** organized in the little room in the Billiard Room. Residents can check out and return videos, which are many and varied in genre. — It is requested that if anyone has video tapes to donate, please do so in an orderly fashion, please don't just dump them on the table. The preferred place to drop off is under the table.

New and existing Residents are reminded that in order to get maintenance service in your rooms, please fill out a **Maintenance Request Form**, which can be easily obtained at the **Front Desk**. Fill out the form completely and return to the person at Reception who will forward the form to Maintenance for scheduling. Remember, we have a a lot of requests and they will be process on a priority basis.

May Birthdays

- 5/1** Susan Lipsky
- 5/3** Kavi Alexander
- 5/3** Wayne Dalton
- 5/4** Imke Bomer
- 5/6** Lottie Stanley
- 5/8** Michael Petretta
- 5/14** Gay Spears
- 5/16** Judith Evered
- 5/17** William Rose
- 5/25** Gigi Strassner
- 5/26** Paull Rubin
- 5/30** Dusty Grigg
- 5/31** Virginia Thomas
- 5/31** William Cropley

