

# The (2018) Chatterbox

## January Events:

- 1) **HAPPY NEW YEAR!!!**
- 2) Women's Breakfast / B I N G O
- 3) Men's Breakfast
- 5) Farkle Dice Party
- 9) Coloring Coffee Clutch/ Lunch Bunch/
- 11) Women's health & wellness with Nurse Nikki
- 12) Coffee Hour / "500" Mixed Cards
- 15) Martin Luther King, Jr Day
- 16) B I N G O
- 17) Chili dog supper
- 18) Movie & Popcorn matinee
- 19) Farkle Dice Party
- 23) Coloring Coffee Clutch / TED talk/Cribbage
- 26) Coffee Hour / "500" mixed cards
- 30) B I N G O

**"Happy New Year!"** The end of another Earth orbit around the Sun – marking the beginning of a new journey into another year – full of possibilities and opportunities to evaluate your past goals and either re-commit or create some new goals!



## Attainable New Year's Resolutions

- 1) **LAUGH MORE:** Studies have shown that simple act of laughing can reduce stress, enhance learning, reduce short term memory loss, and – in just about every way – benefit our mind, body and spirit.
- 2) **MOVE MORE:** Because regular senior fitness doesn't JUST make your body stronger, healthier and more vibrant – but ALSO reduces your stress level and energizes your mood, having a positive effect on your mind and emotions. With these positive benefits of regular senior exercise – your body and mind will stay active – allowing you to more effectively manage symptoms of illness or pain, maintain your independence within your own home, as well as ultimately extend the length of your own life.
- 3) **MAKE HEALTHIER FOOD CHOICES:** During this coming year, before you just rush to the fridge and have your "usual," try thinking about each snack or meal that you eat – as simply an **opportunity** or **chance** or **choice** to **practice** healthy eating every day, to benefit your whole body, mind and well-being.
- 4) **DRINK LESS ALCOHOL:** Older adults can experience a variety of problems and complications from drinking alcohol, especially those who take medications and have health issues.
- 5) **BE YOUR OWN CHEERLEADER:** Applaud your efforts – rather than berating yourself for not having done "enough." Baby steps! Make small, gradual changes for the better. Be realistic and celebrate the little victories along the way.

## We lost a Dear friend (Maxine Hameister) in December.

As we were all starting to get busy preparing for Christmas, little did we know we would be losing our dear friend Maxine so unexpectedly.

Maxine has lived here many years and has been a friend to many here. Maxine had a larger than life personality. She had a great sense of humor and was a very loyal friend. She was never shy about sharing her true feelings (thus, she was never fake). She was very young at heart. This is a photo I took of her years ago walking the circle on a very sunny day with one of her grandchildren. She lit up when she talked about her family. To read her full obituary go to <http://www.ryanfuneralservice.com/notices/Maxine-Hameister>

**We will miss you Maxine.**



### **Lunch Bunch: Tuesday, January 9th at 11:30 am**

This month's luncheon will be catered in by Rude's lanes and held at Jefferson Sq in the club house. Please call Angie Petto at 846-7529 or Phyllis Svoboda at 846-9573 for menu, prices and to RSVP. All area ladies are invited to attend.

### A THANK YOU CARD ~

Dear friends at Parkside,  
Thank you for all the cards, prayers and flowers and gift card to BB Jacks.  
This has been just a bump in my journey and God has healed me very quickly.  
Life is good with good friends and God at my side —all I can do is say THANK you!  
Marge Greenheck



### **ONE MORE BOW PLEASE!**

Thank you to all the Parkside decorators that helped make the community room so warm, welcoming and festive over the holidays. It lifted our spirits and made our parties that much more special.

Donna Wiessinger was the leader of the pack since she has many years of volunteering in this area under her belt. She has helped with all the holiday/seasonal decorating since she moved in. She also made and donated some beautiful centerpieces to be given as prizes for our Holiday parties.

A **BIG thank you** to all the helpers who put the MERRY decorations in our Community Room. It was a BIG job!!

Tormey Hon, Paul Widra, David Manthe, Dawn VanHoof, Sharon Lambert, Ginny Siclovan, Pat Schmidt, Evelyn Goodwin, Arlene Jankowski, Cynthia Thurston, Donna Wiessinger.

**THANK YOU!!**



## DO YOU HAVE CABIN FEVER YET?!



We are having a **Chili-dog supper** this month. So mark it on your Calendar to come and enjoy supper with friends and do a bit of socializing by the fireplace.



**Date:** Wednesday, January 17th

**Time:** 4:00 (happy hour) 4:30 pm supper

**Menu:** Hot dogs with all the fixin's (including chili), chips and pasta salad as sides with cake for dessert. Assorted beverages starting at 4:00.

Please RSVP on the bulletin board by Monday January 15th if you plan on joining us. No cost to residents.

### If you are bored this winter and looking for things to do....

Check out our Calendar page and see when we have cards, Bingo, coloring coffee clutch, dice, cribbage, "500" mixed cards, and so much more.

Also, if you have never visited our Fitness room you really should. There is a nice flat screen TV in front of the treadmills and free weights, exercise bikes and the such. Or perhaps you need to stop in and join our "Keeping Active" club and get a tracking sheet from Julie or Todd so you get chances of winning gift cards for your activity efforts.

We also have that fabulous TV lounge with the 65 inch screen TV and the beautiful recliners just waiting for you to pop in that new DVD you got for Christmas. Bring a snack, invite a friend and enjoy a movie together. Then if all else fails the library is always there to provide you an escape from winter. The wide variety of books and stories to take your mind off the weather for awhile. Grab a puzzle and get one started. If you don't have room at your place leave it on the puzzle table and others may help along the way. You're not a bear...don't hibernate!

### THE IMPORTANCE OF HAVING SOMETHING TO LOOK FORWARD TO...

Here are four stages for enjoying an event:

- anticipation (looking forward to it)
- savoring (enjoying it in the moment – remember to turn off your cell phone!)
- expression (sharing your pleasure with others, to heighten your experience)
- reflection (looking back on happy times – so take pictures)

Anticipation is a key stage; by having something to look forward to, no matter what your circumstances, you bring happiness into your life well before the event actually takes place. In fact, sometimes the happiness in anticipation is greater than the happiness actually experienced in the moment.

Everyone should be able to pull out a calendar and see at least a few things scheduled in the future weeks. Never stop trying new things, places, events...invite a friend or acquaintance to join you. Staying involved = more happiness.



### **Coloring Coffee & Tea Clutch:**

Tuesday Mornings Jan 9th and Jan 23rd.

9 am meet in the Community room.

Lots of colors, and books available if you don't have your own. It is a relaxing, creative outlet and a great time to catch up with fellow residents, meet new ones and enjoy a warm cup of tea or coffee. All are welcome!!

Won't you give it a try? On the 23rd we will have Norske Nook pie too!

Invite a family member or friend along.



### **The Funny Corner: A New Year Prayer**

God, grant me the senility to forget the people I never liked anyway,  
The good fortune to run into the ones that I do,  
And the eyesight to tell the difference.

### **Men's Breakfast: Wed. January 3rd**

All Men welcome & encouraged to give it a try!

At 8:30 AM. Start off the New Year with a made to order breakfast and the company of old friends!

DeForest Family Restaurant is the place to be! Ridesharing in the winter months is always a great idea too!

### **Women's Breakfast: Tues, Jan 2nd**

This is your day to eat what you want and be waited on. Come on ladies what a great way to start off the New Year! 9 am at DeForest Family Restaurant.

TED talks?? What are they???

TED stands for

Technology Education Design

Like to learn new things? These are short 15 minute or less videos that teach you about an array of subjects. We will be showing one on Tuesday, January 23rd right after coloring coffee clutch at 10 am on the big screen in the Community room. The talk we will be showing is titled "What makes a good life?—lessons from the longest study on happiness."

These short, powerful talks are informative and make people think. It's a great way to explore new subjects. Most have a positive message. I think you may enjoy them.