

# VINTAGE TIMES

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## Winter Poems

By:

Doug Junker (Well Sort Of...)

This past week my son and I drove to Bedford to get his car registered at the Court House. The previous evening had been cold, and the frost had settled white and thick on every branch of every tree. It was the kind of winter scenery you would see on a post card and it reminded me of how Our Lord has weaved beauty into every season. I am not feeling particularly creative this month...so I thought I would lean on the creativity of others and share two winter poems with you. I hope you enjoy!

### Stopping by Woods on a Snowy Evening

**Robert Frost**

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.  
  
My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.  
  
He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.  
  
The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

### Blow Blow Thou Winter Wind

**William Shakespeare**

Blow, blow, thou winter wind,  
Thou art not so unkind  
As man's ingratitude;  
Thy tooth is not so keen,  
Because thou art not seen,  
Although thy breath be rude.  
  
Heigh-ho! sing, heigh-ho! unto the green holly:  
Most friendship is feigning, most loving mere folly:  
Then, heigh-ho, the holly!  
This life is most jolly.  
Freeze, freeze, thou bitter sky,  
That dost not bite so nigh  
As benefits forgot:  
Though thou the waters warp,  
Thy sting is not so sharp  
As friend remembered not.  
Heigh-ho! sing, heigh-ho! unto the green holly...

## January Birthdays

1<sup>st</sup> - Dot Reynolds  
8<sup>th</sup> - Jane Davison  
10<sup>th</sup> - Elsie Preston  
19<sup>th</sup> - Mickey Combs  
20<sup>th</sup> - Joyce Perry  
26<sup>th</sup> - Howard Stoaks  
29<sup>th</sup> - Mary Hoffman  
31<sup>st</sup> - Wilma Bloom  
31<sup>st</sup> - Betty Donaldson



## Riddle of the Month....

Q. What belongs to you, but other people use it more than you?

*Answer to last month's question:*

Q. *Why are Christmas trees bad at knitting?*

**A. Because they are always dropping their needles!**



Please feel free to contact us via email at anytime

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**‘TO EVERYTHING THERE IS A SEASON,  
AND A TIME TO EVERY PURPOSE UNDER  
HEAVEN’**

***(Ecclesiastes 3:1)***

Sadly, we are going to say “goodbye” to Rachael Gard at the end of January. Rachael has been our Health Care Coordinator for the past 2 ½ years at Vintage Park. Rachael has brought many positive changes to our community—and, we will miss her.

As you all know—Rachael is a single Mom with 3 young children at home. She has found that the time and energy demands of our growing community and the demands of her growing children, are not compatible. Lucky for them—Rachael has chosen to put her kids first!

Fortunately, we have Jamie Marshall ready to step into the role of Health Care Coordinator, beginning January 18<sup>th</sup>. Jamie is a BSN (Bachelors of Science, Nursing) and worked as a CNA in area nursing homes before becoming a nurse.

In addition, Kim Morris (LPN) and Julie Beck (RN – with past experience as Vintage Park Health Care Coordinator) are ready and willing to fill in as needed.

We sincerely appreciate all of the dedication Rachael has shown the past few years and we wish her the very best in the future.

**Candy Making Was in Full  
Swing during the month of  
December**



## From the Ground up and Everywhere in Between

By Don Cox

The winter has been very doable this year so far. Let's pray it stays mild the rest of the Winter.

Most of our projects for the year have been completed. We do want to revamp our kitchen very soon. Please be patient with this project as it may change things for a few days. I plan to paint and put in new flooring. Thank you in advance for all your patience and support when the project begins.

### **Dr. Kopp Visits**

**January 2<sup>nd</sup>  
&  
January 16<sup>th</sup>**

## New Year... New Beginnings

By Rachael Gard

To My Vintage Park family,

January is the start of the new year, and the start to new beginnings. As I reflect on my time here at Vintage Park, I can't help but smile. I have experienced an abundance of joy, laughter and pride. It's been a great 3 years, but spending time with you, my extended family, has taught me how important it is to build strong relationships with our families. Over the past few months it has become more apparent to me how short of time I have with my children, and that I need to make them one of my main priorities as they will not be children for long. As you all know, this

childhood phase does not last forever, which is good in some ways, and sad in others. I've known many of you for many, many years, and others for a short time, but I've loved getting to know each of you. My memories of you will live strong, and I will not forget all that you have taught me the past few years.

Thank you for giving me the opportunity to serve you.

With Love,

Rachael Gard

## VINTAGE PARK VISION FOR 2020

Doesn't "2020" have a nice ring to it? It makes you think of "vision" and seeing things clearly...

At Vintage Park, we start making our plans for the next year in about September. Some of our plans for 2020 include:

- Hosting a quarterly Alzheimer's Support Group at Vintage Park for residents, families or community members

- Offer exercise classes 5 days a week in both Memory Care and Assisted Living

- Publish the highlights from Tenant Meetings and post on the dining tables

- Complete a food storage/dietary office/kitchen facelift (new flooring, paint and deep clean)

- Replace 4 entry doors, paint curbs, patch asphalt, and continue room renovations before new residents move in to Vintage Park

- Landscape around the Annex/Precious People parking area

- Offer regular one-on-one activities for residents for whom it is difficult to participate in in group activities (hard to see or hear)

We are excited about 2020 and looking forward to taking these steps toward making Vintage Park the Premier Provider of Assisted Living and Memory Care Services in the Entire Galaxy!



Ann Sawyer, Joyce Perry and Doris Schulke enjoy the beauty of the trees at the Lenox Depot.



In the photo above, the ladies are enjoying themselves at Happy Hour!



Christmas at Vintage Park



## Straight from the Kitchen Cupboard

By Amy Jenkins

Happy New Year! I hope this little note finds you all happy and healthy. 2020 will be a wonderful year! Looking back on 2019, I can't help but think of all the wonderful exciting things that have happened. One of my highlights was being able to put on a cooking show with all of you. Sometimes nerve-wracking, flops, mishaps and a lot of laughs, you all made me feel very forgiven. We are going to do our next "Around the World" on January 20<sup>th</sup> at 10 a.m. in the coffee shop. This year we are starting out with a bang and having parmesan spinach pasta. It's always best to use the ingredients that are fresh this time of year. Last year we traveled to Mexico, Germany, Spain, and Thailand. Let's stay grounded this year and travel around the United States.

On January 25<sup>th</sup> we will celebrate the Chinese New Year, the year of the rat. We will sample different Chinese appetizers, learn some Chinese proverbs and play some games. If you are new to Chinese food, this is the perfect opportunity to give it a try.

I have included the recipe for the eggnog we made at our last "Around the World" for those of you at home to enjoy.

As always, keep it saucy and play with your food!

*A tongue may weigh little, but it can  
crush a man.*

*~Chinese Proverb~*

### Eggnog



#### Ingredients

- 2quarts of orange juice
- ½ cup lemon juice
- 6 beaten eggs
- ¼ cup sugar
- ¼ tsp. cinnamon
- ¼ tsp. ginger
- ¼ tsp. Cloves
- 1 qt. vanilla ice cream
- 1 qt. 7-up
- Nutmeg for garnish

First beat the eggs and lemon juice until frothy. Add all other ingredients and mix well. You can also add a splash of Rum if you would like. Top with a sprinkle of nutmeg.

Year of the Rat



## January Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Seasoned Fish Baked Potato Broccoli Biscuit Lemon Pudding	2. Chicken Breast Cordon Bleu Macaroni Salad Corn Bread Brownie	3. Pork Loin Chops Gravy Parsley Buttered Potatoes Beets Bread Oatmeal Bar	4. Salisbury Steak Biscuit Tossed Greens Butter Beans Glazed Angel Food Cake
5. Herbed Pork Loin Gravy Baked Sweet Potato Mixed Veggie Roll Pie	6. Meatloaf Bake Scalloped Potatoes Seasonal Veggie Bread Apricots	7. Baked Salmon Steak Rice Bread Mixed Veggie Pumpkin Cake	8. Glazed Ham Corn Casserole Green Beans Bread Candy Apple Dessert	9. Beef & Noodles Mashed Potatoes Vegetable Blend Bread Ice Cream	10. Fajitas Rice Baja Corn Fruited Gelatin	11. Breaded Pork Tenderloin Tater Tots Brussels Sprouts Pudding Parfait
12. Fried Chicken Mashed Potatoes Gravy Beets Roll Fruit Pie	13. Ham Balls Macaroni & Cheese Green Beans Frosted Cake	14. Lasagna Creamy Cucumber Salad Breadstick Ice Cream	15. Country Fried Steak Mashed Potatoes Gravy Bread Corn Pudding	16. Herbed Chicken Baked Potato Squash Bread Peach Crisp	17. Scalloped Potatoes & Ham Vegetable Blend Bread Brownie	18. Beef Fajitas Rice Vegetable Garlic Bread Pears
19. Pot Roast Vegetables Roll Pumpkin Pie	20. Fried Chicken Mashed Potatoes Gravy Cascade Blend Cherry Crisp	21. Maple Pork Loin Baked Sweet Potato Corn Bread Cranberry Dessert	22. Seasoned Steak Cheesy Potatoes Butter Beans Bread Emerald Pears	23. Old Fashioned Chicken & Noodles Mashed Potatoes Corn Blondie Brownie	24. Salmon Patty Scalloped Potatoes Broccoli Bread Frosted Cake	25. Swedish Meatballs Noodles Seasonal Veggie Bread Applesauce Gelatin
26. Roast Turkey Mashed Potatoes Gravy Stuffing Carrots Roll Pie	27. Spaghetti Tossed Salad Garlic Toast Green Beans Peach Crisp	28. Meatloaf Mashed Potatoes Gravy Peas Bread Frosted Cake	29. Seasoned Fish Baked Potato Broccoli Bread Lemon Pudding	30. Chicken Breast Cordon Bleu Macaroni Salad Corn Bread Brownie	31. Pork Loin Chops Gravy Parsley Butterd Potatoes Beets Bread Oatmeal Bar	

## New Year... New Incentives

By Melissa Butler

We implemented a lot of new changes in December including our auction money incentive program. Every time you participated in an activity you earned auction money in December. Those who attended Live 2B Healthy classes got an extra \$5.00 for each class they attended.

You will be able to reap the benefits of being active on January 22<sup>nd</sup> during the mock auction. I will let you know how much money you have earned the day of the auction. Some of the items that will be available for purchase include; snacks, personal care items, décor and different past-time activities. The auction is always a lot of fun whether you earned a lot of money or just a little.

I hope that those of you who have joined exercise continue to participate in the months to come.

For those who are wondering what happens next, we have decided to continue the incentive program. Participate in Activities during January and February to earn money for Casino Night in February!

Per tenant request, we are re-instating armchair travels twice a month. This year we will focus on specific locations in the united states such as tourist locations, museums, national parks, and different scenic views. Come relax in the comfort of your own chair as we explore the United States.

Don't let winter keep you isolated in your room. Get out and stay active!

## Game Night

3<sup>rd</sup> Wednesday

Each Month

7pm



Join us in the Vintage Park Dining Room for games and cocktails. Each month will have a different theme such as trivia, Pictionary, charades etc.

## Mock Auction

December 22<sup>nd</sup>

1pm

Vintage Park Living Room  
Auctioneer- Don Cox

# January is the Month to Commit to Fitness at



**VINTAGE PARK**  
A P A R T M E N T S

**Help Yourself**  
Improve Balance,  
Strength  
& Flexibility!



Vintage Park Apartments is on a mission to be named the **Most Fit Live 2 B Healthy®** Community in the nation! To win this, WE NEED YOU!

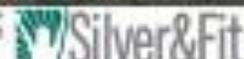
We need **everyone** to participate in our fitness classes during the month of January 2020.

- Invite Your Friends!
- Invite Your Neighbors!
- Invite Your Family!
- Invite Visitors!
- Invite - yourself!

Join us every  
**Monday**  
&  
**Wednesday**  
@ 10:30 am

**Help Our  
Community**  
Win Great  
Prizes!!

Live 2 B Healthy® is Proud to Partner



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# Board Games

c t m f c m o n o p o l y a a s d	Apples to Apples
4 i j h h c t p s y i s e b r n a	Battleship
g u e s s w h o r f c n p n a s s	Chinese checkers
l s n h s a d r e d l a b l e e o	Clue
s r g o c h e c k e r s y i l e r	Mousetrap
p u a s i h o a c t p d r p b 4 r	Parchesi
s p s r c t r p e n n o p m b t y	Sorry
r l o o s l a s h a g a i e a c c	Checkers
l a h p e s u r c r o e h m r e p	Chess
h i a l s o s e e t m t s o c n h	Chutes and Ladders
h v o w m r o t s p l n e r s n c	Mancala
t i o l j w t e e e o r l y t o o	Password
s r e d d a l d n a s e t u h c o	Risk
d t s b c p e n i k r e t s i w t	Scrabble
h a s s p a r c h e s i a t y t i	Twister
c y r a n o i t c i p i b e s i e	Balderdash
m a n c a l a m u i n a r c r n o	Candyland
	Life
	Monopoly
	Operation
	Pictionary
	Trivial Pursuit
	Scattergories
	Connect 4
	Cootie
	Cranium
	Guess Who
	HiHoCherryO
	Jenga
	Memory

