



December Birthdays!

- Ann T. 12/1
- Joan Z. 12/7
- Joni. M 12/12
- Claire S. 12/13
- Patty G. 12/14
- Marge B. 12/14
- Mary Karen W. 12/15
- Lanny G. 12/16
- Rita S. 12/23

Make Your Voice Heard

Do you have questions, suggestions, or want to share concerns or compliments regarding the Connect55 program?

The Connect55+ Director is Mary Beth MacClaren and you can reach her at the main office in Buffalo at 716-946-6444 or 716-693-8439 or managerforestview@calamar.com

She welcomes your feedback!



Maple Ridge Minute

Volume 1, Issue 12

December 2018

Get Ready to End the Year with a Bang!

The weather is beginning to get colder but it's going to stay very warm here at Maple Ridge. We are going to end 2018 with a great deal of activity!

The Songs of Christmas. Bob Bergquist will lead us in looking at the stories of the writing of various Christmas carols, and in reflecting on the themes they represent and a Sing-A-Long on the 23rd.

PrimeTime Grilled Cheese is back on the 6th. If its too cold to stand outside—don't worry they will come inside to take orders and deliver the food.

With so many new friends I am going to host 2 **Activities Orientations**. This will go over much of the activities programming as well as the new points system. ALL ARE WELCOME.

The **Second Annual Cookie Bake-Off** will be on the 19th—we need bakers AND judges! Prizes will be awarded!

The **Holiday Party** will be Sunday the 16th. This will be paired with our first annual **Ugly Sweater Competition**. Don't have an Ugly Sweater?? Get creative! Prizes awarded to 1st and 2nd place!

There will be a **Potato Latke Party** on the 5th to celebrate and learn about Hanukkah.

If you signed up—don't forget the trip to NYC is on the 8th.

All this, plus our regular schedule of exciting programming makes this a month not to be missed!

Inside this issue:

- Giving Tree—** 3rd thru the 17th
- Hanukkah Latke Party** 5th
- Prime Time Food Truck** 6th
- Holiday Party & Ugly Sweater Contest** 16
- 2nd Annual Cookie Bake-Off** 19
- Christmas Carol Exploration**
- Christmas Sing-A-Long** 23

Community Manager:
Nancy Hendricks
603-232-2463

Wellness Coordinator:
Gillian Savitch

Maintenance Technician:
Pete Carlyle

Office Hours: M-F 9:30-4
After Hours Emergency
603-232-2463

The Giving Tree—

This year we will have a Giving Tree in the Community Room from Monday December 3 to Monday December 17th.

This will benefit The New Horizons for NH Homeless Shelter and Food Pantry

A Giving Tree is a tree with paper ornaments.

On the back of each is a needed item. Participants take an ornament with and item they would like to donate. They get the item and put it UNWRAPPED in the bins around the tree.

On Monday December 17th we will take the donated items to New Horizons.

If there are residents that would like to join me for the donation I will see if I can arrange a tour of the shelter as well.



Why Do We Kiss Under the Mistletoe?

Many ancient cultures prized mistletoe for its healing properties. The Greeks were known to use it as a cure for everything from menstrual cramps to spleen disorders, and the Roman naturalist Pliny the Elder noted it could be used as a balm against epilepsy, ulcers and poisons. The plant's romantic overtones most likely started with the Celtic Druids of the 1st century A.D. Because mistletoe could blossom even during the frozen winter, the Druids came to view it as a sacred symbol of vivacity, and they administered it to humans and animals alike in the hope of restoring fertility.

debate, but the kissing tradition appears to have first caught on among servants in England before spreading to the middle classes. As part of the early custom, men were allowed to steal a kiss from any woman caught standing under the mistletoe, and refusing was viewed as bad luck. Yet another tradition instructed the merrymakers to pluck a single berry from the mistletoe with each kiss, and to stop smooching once they were all gone. (History.com)



Mistletoe's associations with fertility and vitality continued through the Middle Ages, and by the 18th century it had become widely incorporated into Christmas celebrations. Just how it made the jump from sacred herb to holiday decoration remains up for

Ready to Get in Shape for the New Year?

Did you know we offer discount small group personal training here in our own gym?

If you would like more information about the personal training program—taught by Certified Personal Trainer Liz Kay, ACSM. Please see Gillian.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						<p>1 10:00 Ping Pong+ Mixed Groups 11:00 Bingo+ 2:00 Saturday Matinee+ <i>Kingsmen</i></p>
<p>2 10:00 Ping Pong+ Mixed Groups 2:00 Board Games + In the Library 4:25 Patriots Game</p>	<p>3 9:00 Open Discussion+ 10:00 Monday Stretch+ 10:15: Boxing Therapy+ 1:00 Mindful Coloring+ 1:00 Cribbage+ 2:00 Monday Matinee:+ <i>'The Second Objective' week8</i> 3:00 Men's Pool League+</p>	<p>4 10:00 New Resident Activities Orientation 10:00 Color Class + 11:00 Tech Tuesdays+ 1:00 Rummikub + 2:00 Bone Builders+ 2:00 Movie Matinee+ 3:00 Women's Pool League+</p>	<p>5 9:30 Coffee & Cash/Men's Conversation+ 10:00 Yoga+ 1:00 Sequence+ 1:00 You Be The Judge+ 2:00 Hanukkah Latke Party 7:00 The Songs of Christmas+</p>	<p>6 10:00 Indoor Walking Group 11:00 Brain Health+ 11:30-2 Prime Time Grilled Cheese Food Truck+ 1:00 Dominos+ 3:00 Men's Pool League+ 4:00 Creative Cocktail+ 6:30 Poker</p>	<p>7 9:30 Coffee & Donuts+ 11:00 Bone Builders+ 11:00 Trivia/Reminiscing+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 3:00 Tasty Tapas+ 7:00 Friday at the Movies+ <i>Unbroken</i></p>	<p>8 10:00 Ping Pong+ Mixed Groups 11:00 Bingo+ 2:00 Saturday Matinee+ <i>Kingsmen 2</i></p>
<p>9 10:00 Ping Pong+ Mixed Groups 1:00 Patriots Game 2:00 Board Games + In the Library</p>	<p>10 9:00 Open Discussion+ 10:00 Monday Stretch+ 10:15: Boxing Therapy+ 1:00 Mindful Coloring+ 1:00 Cribbage+ 2:00 Monday Matinee:+ <i>'The Second Objective' week9</i> 3:00 Men's Pool League+</p>	<p>11 10:00 Book Club 10:00 Color Class + 11:00 Tech Tuesdays+ 1:00 Rummikub + 2:00 Bone Builders+ 2:00 Movie Matinee+ 3:00 Women's Pool League+ 6:00 Open Gym+</p>	<p>12 9:30 Coffee & Cash/ Men's Conversation+ 10:00 Yoga+ 1:00 Sequence+ 1:00 You Be The Judge+ 2:00 Health Seminar: Stress 7:00 The Songs of Christmas+</p>	<p>13 10:00 Bone Builders+ 11:00 Brain Health+ 1:00 Dominos+ 2:00 Guided Mediatation+ 3:00 Men's Pool League+ 4:00 Creative Cocktail+ 6:00 New Resident Activities Orientation</p>	<p>14 9:30 Coffee & Donuts+ 11:00 Trivia/Reminiscing+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 7:00 Friday at the Movies+ <i>My Big Fat Greek Wedding 2</i></p>	<p>15 10:00 Ping Pong+ Mixed Groups 11:00 Bingo+ 2:00 Saturday Matinee+ <i>Joy</i></p>
<p>16 10:00 Ping Pong+ Mixed Groups 2:00 Board Games + In the Library 4:25 Patriots Game 5:00 Holiday Party w/ Ugly Sweater Contest</p>	<p>17 9:00 Open Discussion+ 10:00 Monday Stretch+ 10:15: Boxing Therapy+ 1:00 Mindful Coloring+ 1:00 Cribbage+ 2:00 Giving Tree Donations Delivered 3:00 Men's Pool League+</p>	<p>18 9:30 Women's Auxiliary+ 10:00 Veterans Brunch + 11:00 Tech Tuesdays+ 1:00 Rummikub + 2:00 Bone Builders+ 2:00 Movie Matinee+ 3:00 Women's Pool League+ 6:00 Open Gym+</p>	<p>19 9:30 Coffee & Cash/ Men's Conversation+ 10:00 Corn Hole Competition+ 1:00 Sequence+ 1:00 You Be The Judge+ 2:00 2nd Annual Cookie Bake Off+ 7:00 The Songs of Christmas+</p>	<p>20 10:00 Indoor Walking Group 11:00 Brain Health+ 1:00 Dominos+ 2:00 Healthy Habits: Sugar 3:00 Men's Pool League+ 3:00 Mocktails+ 4:00 Creative Cocktail+ 6:30 Poker</p>	<p>21 9:30 Coffee & Donuts+ 11:00 Bone Builders+ 11:00 Trivia/Reminiscing+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 3:00 Tasty Tapas+ 7:00 Friday at the Movies+ <i>Irrational Man</i></p>	<p>22 10:00 Ping Pong+ Mixed Groups 11:00 Bingo+ 2:00 Saturday Matinee+ <i>Focus</i></p>
<p>23 10:00 Ping Pong+ Mixed Groups 1:00 Patriots Game 2:00 Board Games + In the Library 7:00 Christmas Carol Sing-A-Long+</p>	<p>24 9:00 Open Discussion+ 1:00 Cribbage+ 1:00 Mindful Coloring+ 3:00 Men's Pool League+</p>	<p>25 </p>	<p>26 9:30 Coffee & Cash/ Men's Conversation+ 10:00 Corn Hole Competition+ 1:00 Sequence+ 1:00 You Be The Judge+ 2:00 December Birthday Party</p>	<p>27 10:00 Indoor Walking Group 11:00 Brain Health+ 1:00 Dominos+ 2:00 Guided Meditation+ 3:00 Men's Pool League+ 3:00 Mocktails+ 4:00 Creative Cocktail+ 6:30 Poker</p>	<p>28 9:30 Coffee & Donuts+ 11:00 Bone Builders+ 11:00 Trivia/Reminiscing+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 3:00 Tasty Tapas+ 7:00 Friday at the Movies+ <i>Aloha</i></p>	<p>29 10:00 Ping Pong+ Mixed Groups 11:00 Bingo+ 2:00 Saturday Matinee+ <i>Lemony Snicket: A series of Unfortunate Events</i></p>
<p>30 10:00 Ping Pong+ Mixed Groups 1:00 Patriots Game 2:00 Board Games +</p>	<p>31 9:00 Open Discussion+ 10:00 Monday Stretch+ 10:15: Boxing Therapy+ 1:00 Mindful Coloring+ 1:00 Cribbage+ 2:00 Monday Matinee:+ 3:00 Men's Pool League+</p>					