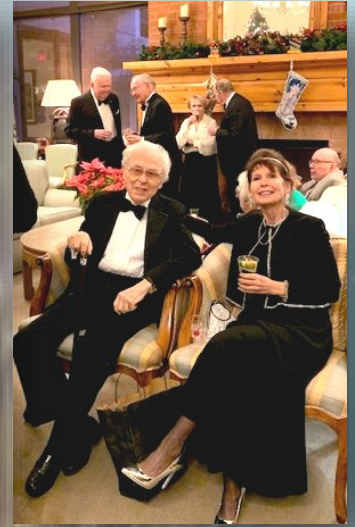


We Rang in the New Year in Style!



EVENTS

SUN JAN 13 MOVIE – 1:30 – MH

TUE JAN 15 ANTARCTIC SLIDE SHOW BY JEAN BRENNER – 10:30 – MH

See details in the next column

WED JAN 16 NEW RESIDENT RECEPTION – 5 – PL

Meet and greet new residents, while enjoying wine and cheese.

WED JAN 16 MOVIE – 7:15 – MH

THU JAN 17 HALF-FAST WALKERS PLAN TO WALK

Walkers will head for **Monterey Beach**. Sign up on BB. Otto Neely will lead.

SUN JAN 20 MOVIE – 1:30 – MH

SUN JAN 20 DAYTRIPPERS ATTEND MATINEE – 1:30

2 pm performance of “Peter and the Starcatcher” at Santa Catalina School This is the story of how an orphan became The Boy Who Would Not Grow Up. The orphan and his mates are shipped off from Victorian England to a distant island ruled by the evil King Zarboff. They know nothing of the mysterious trunk in the captain's cabin, which contains a precious otherworldly cargo...But wait, there's lots more, including the evil villain Black Stache! \$10.00 check to Mary Britton. Manor Bus departs at 1:30. Sign up on BB.

WED JAN 23 ANNUAL HEALTH FORUM – 10:30 – MH

The Health Advisory Committee presents Chris Regan, Dana Suess, and others to discuss when you should come to the Health Center for assisted care and the activities available once you are there. For many, the time will be short and will speed your recovery from illness or surgery. Chris and Dana will also discuss outpatient care and, for those who need it, inpatient care. All residents are urged to attend!

WED JAN 23 MOVIE – 7:15 – MH

THU JAN 24 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Carmel Meadows Trail**. Sign up on BB. Mike Smith will lead.

WED JAN 30 ANNUAL HEALTH FORUM, PART 2 – 10:30 – MH

Representatives from the Michael J. Fox Foundation will talk about new treatments for motion disorders. Many exciting things are happening in the treatment of these diseases, which take many forms, ranging from tremors to facial and body rigidity.

The Fox Foundation is working on treatments for all of these. Most of us either know someone with a motion disorder or suffer from one ourselves. Q&A will follow.

Happy Birthday

1/11	Kate L.	1/12	John S.
1/12	Marilyn H.	1/20	Joan C.

Slide Show in the Meeting House

Six weeks after moving into the Manor, Jean Brenner embarked on a new adventure. She boarded a small ship to trace Sir Ernest Shackleton's ill-fated 1916 journey to Antarctica.



Among these modern-day travelers was the explorer and author Tim Jarvis, who had recently replicated Shackleton's voyage from Elephant Island to South Georgia Island. With a crew of six, Tim had sailed in a replica of Shackleton's small keel-less boat, using the same kind of equipment and clothing, and even eating the same food they had in 1916. He then made a movie of his journey for PBS and also wrote a book entitled “Shackleton's Epic”. Having Tim aboard really made the history of this wild and challenging part of the

world come to life. Come see Jean's slideshow and experience the beauty and wildlife of the White Continent for yourself, on **Tuesday, January 15th, at 10:30, in the Meeting House.**



New Residents' Council Officers



Our Residents' Council at Work

OUR RESIDENTS' WEBSITE

HAVE YOU SEEN THE NEW HALF-FAST WALKERS PAGE?

It is brilliant and full of action shots.

Go to the Residents' Website, click on Committees, and scroll down to Half-Fast Walkers.

cv8545.org

NEW/SOON-TO-BE RESIDENTS

Diane Greenlee	Joanne Irmas
Charles and Leslie Snorf	John and Ann Mahoney
Tom and Sue Masters	Roger Newell
Richard Ruh & Wendy Palmer	Jerry & Diana Kitchen
Dr. Laura Pasten	

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 10,11 Residents' Handbook)

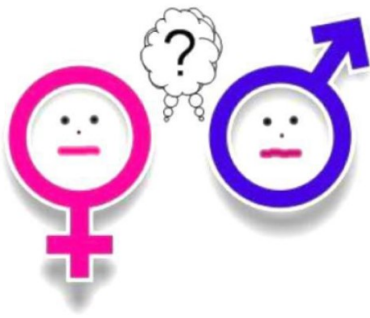
MON	Chair Exercise MH	8:30-8:45AM	THUR	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Games GR	7:00PM
	Dominoes GR	7:15PM	FRI	Chair Exercise MH	8:30-8:45AM
TUES	Chair Exercise MH	8:30-8:45AM		Balance and Stretch MH	9:15-9:45AM
	Council Meeting (2nd) CR	9:30AM		Strength Circuit Training FC	11:00-11:45AM
	Adv. Water Exercise SP	9:30-10:15AM		Bookmobile	12:45-1:15PM
	Worship Services (1st) H	10:30AM		Every other Friday (January 11)	
	Communion Service (3rd) HC	10:30AM		Lawn Bowling PG	1:15-3:15PM
	Lawn Bowling PG	1:15-3:15PM		Yoga MH *	3:00-4:00PM
	Sing For Fun (1st) WP	2:30PM		Social Bridge GR	7:15PM
WED	Chair Exercise MH	8:30-8:45AM	SAT	Chair Exercise MH	8:30-8:45AM
	Balance and Stretch MH	9:15-9:45AM		Putting (2nd) PG	10-11:30AM
	Advanced Exercise MH	11:00-11:45AM		Wine Dinner Group (2nd) PDR	5:30PM
	Strength Circuit Training FC	11:00-11:45AM		Music on the Menu DR (Jan 11)	6:00-7:00PM
	Communion Service (2nd) WP	11:15AM	SUN	Classic Movie MH	1:30PM
	Mahjong	2:00-4:00PM			
	Movie Night MH	7:15PM			

* NEW

LOCATION LEGEND

CR Conference Room(s)	DR Dining Room	FC Fitness Center	GR Game Room
H Hillcrest	HC Health Center	HG Hall Gallery	L Library
MH Meeting House	PDR Private Dining Room	PG Putting Green	PL Pavilion Lounge
SP Swimming Pool	WP West Parlor	BB Sign-up and/or Information on Bulletin Board	

The Husbands Store



In a new store that sells husbands, a woman may go to choose a husband. At the entrance is a description of how the store operates: You may visit this store **ONLY ONCE!** There are six floors and the value of the

products increases as the shopper ascends the flights.

The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building! So, a woman goes to the Husbands Store to find a husband. On the first floor the sign on the door reads:

Floor 1 - These men have jobs.

She is intrigued, but continues to the second floor, where the sign reads:

Floor 2 - These men have jobs and love children.

"That's nice," she thinks, "but I want more," so she continues upward. The third floor sign reads:

Floor 3 - These men have jobs, love children, and are extremely good looking.

"Wow," she thinks, but feels compelled to keep going.

The sign on the fourth floor reads:

Floor 4 - These men have jobs, love children, are drop-dead good looking, and help with the housework. "Oh, mercy me!" she exclaims, "I can hardly stand it!"

Still, she goes to the fifth floor and the sign reads:

Floor 5 - These men have jobs, love children, are drop-dead good looking, help with the housework, and have a strong romantic streak.

She is so tempted to stay, but she goes to the sixth floor, where the sign reads:

Floor 6 - You are visitor 31,456,012 to this floor.

There are no men on this floor. This floor exists solely as proof that women are impossible to please. Thank you for shopping at the Husbands Store.

NOTE:

To avoid gender bias charges, the store's owner opened a Wives Store just across the street.

The first floor has wives that love sex.

The second floor has wives that love sex, have money, and like beer.

The third, fourth, fifth and sixth floors have never been visited.



Wendy Palmer and Richard Ruh

Wendy Palmer and Richard Ruh met in Yellowstone National Park, while on a cross-country ski trip. She was living in Cheyenne, Wyoming, and he in Singapore. Their next adventure, after Yellowstone, was a month's tour in China. He speaks Mandarin, and China had just opened for independent travelers, so it seemed like a good next trip. Three years later, Wendy and Richard were married in Yellowstone.

Wendy was born in Pasadena. She got her BA in Biology at Swarthmore and completed medical school at UC Davis. After a pediatric residency in Denver, she practiced in a pediatric group in Cheyenne for nine great years.

Richard was born in St. Paul and got a BA in Mathematics and BS in Mechanical Engineering at the University of Minnesota. The Peace Corps in Oman and an oilfield in Singapore eventually led him to Stanford for an MS in Mechanical Engineering. He next joined Hewlett Packard, in optical and mechanical design, and now is finishing eight years with Apple.

After they were married, Wendy and Richard settled near Los Gatos, where Wendy had her pediatric practice, and together they raised two children; Anthony, who now works for Boeing, in Seattle, and Anne-Claire, a surgical nurse in Mountain View. Wendy was also a docent at the de Young and Legion of Honor Museums in San Francisco for 15 years. From their home, they've had a few practice moves, living overseas for assignments in Germany, England, and Malaysia. They're now leaving their home one last time, as Richard finishes up with work.

They follow Wendy's parents, who arrived at the Manor from Pasadena over 23 years ago. Her father, Charles, died in 2008 and her dear 93-year-old mother, Loie Palmer, now lives in the Health Center.

The couple has just moved into 11E and are slowly making it home. Wendy loves the view from her living room, the fall colors, and the sunsets. "It's nice to start over," she says. Wendy and Richard, we welcome you both to the Manor!

Jane Upp

Clinic Clips

New Year's Resolution for each Resident:



Per emergency protocol, please submit to the Clinic any updates related to your **medication list, POLST, vision/hearing devices, oxygen, and pacemaker**. Also, submit any changes in your **emergency contacts** to both the Clinic and Angie.

This is generally covered in annual physicals, yet some residents see outside doctors-- and many details change during the course of a year. Drop us a note at the front desk in the on-campus mailbox.

Thank you for enabling us to serve you better!

Your Clinic Staff

PUBLICATION STAFF

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