Council, Committees, and Club TUES DEC 5 11:30 AM Resident Council (closed) Game Room 1st Tues (monthly) TUES DEC 5 2:45 PM Assisted Living Townhall Catalina 1st Tues (monthly) TBD THU 12:00 PM Resident Finance Committee Game Room Quarterly SAT **TBD** 2:30 PM Hospitality Committee Game Room As needed TUES DEC 12 10:00 AM **Activities Committee** Game Room 2nd Tues (monthly) *TUES DEC 12 2:30 PM Employee Appreciation Party Valmonte Living Room 3rd Tues (monthly) DEC 12 3:00 PM Catalina Activities Committee TUES Catalina 2nd Tues (monthly) DEC 13 11:30 AM Wellness Club Exercise Studio 2nd Wed (monthly) 3rd Tues (monthly) 11:00 AM Philanthropy Committee Game Room *TUES TBD FRI DEC 22 11:00 AM Coffee Connection w/Dave Hone Valmonte Living Room 4th Fri (monthly) TUES DEC 26 10:00 AM Dining (Food) Committee Game Room 4th Tues (monthly) TUES DEC 26 2:30 PM Catalina Dining Committee Catalina 4th Tues (monthly) *December date differs from regular recurring schedule

Wellness Center

Clinic Hours: Monday–Sunday 10:00 AM-11:00 AM and 1:30 PM –2:30 PM

FRI	DEC 1	By appt.	Dr. McKitty (dermatologist)	Clinic	1st Fri (monthly)			
WED	DEC 13	By appt.	Dr. Traughber	Clinic	2nd Wed (monthly)			
WED	DEC 13	By appt.	Dr. Abend (podiatrist)	Clinic	2nd Wed (monthly)			
TUES	CANCEL	LED IN DEC.	Dr. Abend (podiatrist)	Clinic	4th Tues (monthly)			
*Please sign ut in the book at the Front Desk to schedule an attointment								

Please sign-up in the book at the Front Desk to schedule an appointment.

Happy Birthday!

	, , -	
12/4 Olive Dysart	12/9 Robert Okazaki	12/23 Denise Dixon
12/5 Marylen Ruston	12/9 Lucille Poole	12/23 Henry Dixon
12/7 Rosemary Taylor	12/10 Miriam Gilbert	12/26 Elslee Pardaffy
12/8 Joan L. Brown	12/11 Mary Sheridan	12/27 William Gussman

12/19 Evelyn Folks



Residents are entitled to **2 free guests** on their birthday! Please note your choice of white or chocolate birthday cake to be served on your preferred date. Special order cakes are available at an additional charge.

*Only those that have given consent are listed above

12/8 LaVerne Henebry

Welcome New Residents!

Daniel & Jacquelyn Cathcart Jean McLaughlin Josephina Yuste

Welcome New Employees!

Kateri McClellan, Server Mariama Koroma, Housekeeper

December 2017 Crier

Creative Living at

Canterbury



We Create Exceptional Communities & Services for Seniors

Creative Living Events

Community Highlights

American Genius- Drama Series

1st Showing Wednesday, 2:00PM [The Cellar] 2nd Showing Friday, 3:00PM [The Cellar] National Geographic Channel chronicles competitions in innovation that pit history's brightest minds in the race to lay claim to the future.

Roger's Garden w/ Boxed Lunch

Thursday, December 7 9:00 AM [Corona Del Mar]

Experience "The Golden Glow of Christmas" at Roger's Gardens, filled with enhancement & beauty for the Holiday Season. Admission is free.

Please sign up!

Dinner at Noon

Friday, December 8 12:00-2:00 PM

[Main Dining Room]

The main meal of the day will be served at noon, residents on a two and three meal plan will have boxed lunches delivered for dinner. **Please sign up!**

The Nutcracker

Sunday, December 10 1:00 PM

[San Pedro]

San Pedro City Ballet, presents its 24th annual production of *The Nutcracker*, with artistic direction by Cynthia and David Patrick Bradley. Don't miss this magical holiday tradition! Tickets are \$19/Non-refundable.

Christmas Lights Tour

Tuesday, December 12, 5:45 PM Thursday, December 14, 5:45 PM [Torrance

Join us on our annual trip to see Holiday lights at Sleepy Hollow. **Please sign up!**

Identity Fraud Prevention

Wednesday, December 13 10:00 AM-12:00 PM

[Valmonte Living Room]

George Cerda of the LA County Department of Consumer & Business Affairs, will speak on identifying and preventing identity fraud within the senior community. Come and join the presentation.

All Resident Fire & Disaster Training

Tuesday, December 19 2:00 PM

[Valmonte Living Room]

Join us for important information about what you may expect staff to do during an emergency as well as personal preparedness steps that may be taken to ensure that we're all as ready as we can be should disaster strike the Canterbury!

Lunch at 22nd Street Landing Seafood Grill

Thursday, December 21 11:00 AM [San Pedro]

22nd St. Landing Seafood Grill & Bar is proud to have provided appetizing meals, great service, and exciting waterfront views to the residents and visitors of San Pedro for nearly three decades. Menu available in the sign up book. **Please sign up!**

Family & Friends Holiday Dinner

Saturday, December 23 4:00-7:00 PM [Main Dining Room]

Join us for a Holiday meal with family & friends. It will be a warm and festive evening. Adult guest will be charged \$26/child guests \$13.

Please sign up at the front desk.

Recurring Events (arranged by the day of the week & found on the top of the calendar)

Intellectual

Ceramics: Mondays, 9:30 AM, Art Studio (Cancelled on 12/25)

Instructor Tom Truelove brings all supplies for this class. Please join us!

Acrylic Painting Class: Wednesday & Friday, 9:30 AM, Art Studio

Whether this is your first time painting or you're an expert, our local artist, Instructor Robert Mackie, will get you started with a brush!

Spite & Malice: Saturday, 2:00 PM, Game Room

A card game for 3, 4 or 5 players. It's a challenging game. Be sure to come with a couple of dollars.

Writing with Paula: 1st & 3rd Fridays, 2:00 PM, Game Room

Put thoughts on paper, either in fiction or from your own life story! As a writer & editor, Paula Reuben shares expertise with writers, old & new.

Casual Bridge: Mondays, 1:00—3:30 PM, Game Room

Whether you're a beginner or an old pro, come to the Game Room on Mondays for Bridge.

Social

Feature Films: Sundays, 2:00 PM, The Cellar

See the main calendar page for this week's film. Write suggestions at the front desk!

Bingo: Mondays, 7:00 PM, Game Room

This is a great chance to meet your neighbors. The ante is 10 cents per card per game!

Wine Hour: Tuesdays, 4:30-5:30 PM, Game Room

Chat with friends and make new ones with hors d'oeuvres & wine. All are welcome!

Speakeasy: Every Other Thursday, 4:30-5:30 PM, The Cellar, Specialty Surprise Drinks served.

Afternoon Entertainment: Wednesday, 3:30 PM, Valmonte Living Room

December 6 — Ronnie Jayne, singer and piano player, returns to entertain us!

December 13— Rosalyn Frauman, pianist will entertain us with Christmas Classics.

December 20—Gayle Koch with "You & the News". Join the discussion!

December 27— Rose Marie & Pastor Tom bring their classic tunes for a joyful sing-along.

Classic Movie Afternoons: Thursdays, 2:00 PM, The Cellar

See the main calendar page for this week's film. Classic movies of every genre are selected and shown.

Happy Hour Entertainment: Friday, Valmonte Living Room

December 1 & 15, 3:30 PM—Rob Klopfenstein returns to wow us with his musical talent. Come up and listen! **December 4 & 29, 3:30 PM**—John & Justin Duo entertain us with their piano & guitar. Come up and listen!

December 8, 5:00 PM— St. Peters by the Sea will put on a wonderful Christmas Concert for all to enjoy!

December 22, 3:30 PM —Jimmy Brewster returns to sing the classic oldies and Frank Sinatra hits!

Recurring Events (arranged by the day of the week & found on the top of the calendar)

Physical

Exercise Classes in the Exercise Studio:

- 1. Fitness Training with David Carroll, Monday, Wednesday & Friday at 9:15 AM & 10:00 AM: Each class begins with a quick topic of educational information related to health and fitness followed by a comprehensive warm-up and workout sequence, focused on full body strengthening and balance.
- 2. Balance Classes: Tuesdays & Thursdays at 9:00 AM: Our PT Sarah Gelman will lead Level 1 Balance. Classes are kept small for 1-on-1 attention and safety.
- 3. Fullerton Fitness with Cathy Fullerton, Tuesday at 11:00 AM in the Valmonte Living Room: Cathy leads a chair exercise class that relies on calisthenics, strengthening, stretching and light weights. Please join!

Chair Yoga Classes in the Exercise Studio:

- 1. Ageless Spirit/Chair Yoga, Tuesdays at 1:30 PM: Chair-based yoga with Leslie Eichel is a one hour workout that is fun and relaxing. Deep-breathing, stretching and meditation techniques help build flexibility, strength and confidence.
- 2. Chair "Body & Brain" Yoga with Marsha Takamiya: Tuesday & Thursday at 10:00 AM: Her fascination with the brain led her to train in Brain Education Yoga, which incorporates yoga, meditation, breathing and fun brain games to promote health, happiness and peace. With over 10 years of learning and experience, she has accumulated a wealth of knowledge and skills. She opened a studio 7 years ago in Westchester and now Marsha shares this with you!
- 3. Chair "Body & Brain" Yoga, 1st and 3rd Saturday at 10:30 AM: Marsha Takamiya leads chair yoga, emphasizing breathing techniques, stretching, strengthening and relaxation.

<u>Aquatic Exercise</u>: Tuesday & Thursday at Outside Pool, 10:00 AM: Intermediate class. Instructors Carol Ozark, Tuesday & Carol Pederson, Thursday.

Spiritual

Roman Catholic Mass:

- 1. Live Stream: Sundays, 9:00 AM, Game Room
- 2. **In-Person**: Wednesday, December 20th, 2:00 PM, Wayfarers: Father Aguilar of St. John Fisher Roman Catholic Church offers the Sacrament of Holy Communion during a brief Mass.

Roman Catholic Communion: Sundays, 10:30 AM, Valmonte Living Room

A Eucharistic Visitor of St. John Fisher Catholic Church, offers a short service and brings the Sacrament of Holy Communion

Protestant Service with Chaplain Celeste: Sundays, 11:00 AM, Valmonte Living Room

Hymns: Sundays, 3:00 PM, Care Center

Monday Moments with Celeste: Last Monday, 2:30 PM, Catalina

Through discussion of diverse topics, pertaining to the past and present, we discover new perceptions, giving voice to questions and spiritual reflections.

Meaningful Monday with Celeste: Last Monday, 3:30 PM, Valmonte Living Room

Make life meaningful! We accept change and loss, cope with health issues, adult children and spiritual loneliness. Through stories and the telling of our own histories, we begin to find new sparks together.

Bible Study: Tuesdays, 7:00 PM, The Cellar

Activities, Trips, Services & Shopping

Please sign-up at the Front Desk for the following:

Activities:

Rubber Block Print Making with Loren Kantor: Saturday, December 2, 2:00 PM, Art Studio.

Scarf Making w/ Robin Bott: Monday, December 11, 1:00 PM, Art Studio.

Ornament Decorating w/ Robin Bott: Monday, December 18, 1:00 PM, Art Studio.

Dakim Brain Fitness Games: Ramel Sumang, Life Enrichment Coordinator, will provide a demonstration and assist you with setting up an account, Please contact him for an appointment.

Offsite Trips: meet in Lobby at time listed below.

Roger's Gardens w/ Boxed Lunch (Corona Del Mar): Thursday, December 7, 9:00 AM

The Nutcracker (San Pedro): Sunday, December 10, 1:00 PM

Christmas Lights Tour (Torrance): Tuesday, December 12, 5:45 PM

Christmas Lights Tour (Torrance): Thursday, December 14, 5:45 PM

Lunch at 22nd Street Landing Seafood Grill (San Pedro): Thursday, December 21, 11:00 AM

Peninsula Senior Lectures at Hesse Park: Wednesdays, 10:00 AM—12:00 PM

Bus will depart from the Dining Patio. Description of guest speakers and schedule available in the sign up book.

Other Services:

Port Town Cleaners: offers dry cleaning and alterations services. If you need alterations, please sign-up for an appointment in the book. Dry cleaning is picked up and returned at the Front Desk on **Mondays** and **Thursdays**. Charges will be added to your monthly bill.

Beauty Shop: services are offered in the lower level of "C" bldg. Please see sign up book for schedule.

Masseuse: services by Carmen Matos are offered by appointment. Please see sign up book for more information.

Grocery Shopping: Please call the Front Desk to make reservations.

Pavilions: Fridays, 10:00 AM. Bus leaves promptly from the Dining Patio.

Ralphs Grocery: Mondays and Fridays, 2:00 PM. Bus leaves promptly from the Dining Patio.

Trader Joe's: Wednesdays, 10:00 AM. Bus leaves promptly from the Dining Patio.



Creative	e Living Ev	December 2017				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 RC Mass (Stream) GR 10:30 RC Communion GR 11:00 Protestant Serv. VL 2:00 Feature Films TC 3:00 Hymns CC	9:30 Ceramics AS 10:00 Fitness II ES 10:30 Trivia TC	9:00 Balance Class ES 10:00 Aquatic Exercise OP 10:00 Body/Brain Yoga (2) ES 11:00 Fullerton Fitness VL 12:00 Tues. w/Mary MD 1:30 A.S./Chair Yoga (1) ES 4:30 Wine Hour GR 7:00 Bible Study TC	9:30 Acrylic Painting AS 10:00 Fitness II ES 10:00 Trader Joe's 10:00 Peninsula Sr. HP	9:00 Balance Class ES 10:00 Aquatic Exercise OP 10:00 Body/Brain ES Yoga(2) 2:00 Classic Movies TC	Every Friday 9:15 Fitness I ES 9:30 Acrylic Painting AS 10:00 Fitness II ES 10:00 Pavilions 12:00 Gentleman's Lunch MD 2:00 Ralphs Grocery 3:30 Happy Hour VL 7:00 Comedy Show TC	Every Saturday 1:30 Saturday Social VL (every other week) 2:00 Bingo CA 2:00 Spite & Malice GR
LocationArt StudioASCatalinaCACare CenterCCDining PatioDPDiscovery RoomDRExercise StudioESGame RoomGR	Hesse Park LObby LO Main Dining Room MD Outdoor Pool OP Offsite Trip OT The Cellar TC Valmonte Living Room VL Wayfarers Room WR				1 Dr. McKitty is here! 10:30 TED Talks TC 2:00 Writing w/ Paula GR 3:00 American Genius 2 TC 3:30 Rob Klopfenstein VL 7:00 Comedy Show TC	2 10:30 Body/Brain (3) ES 11:00 Music for the Hearts VL 1:00 Tree Trimming VL Party 2:00 Rubber Block Print AS Making
3 Advent Begins 9:00 RC Mass GR 10:30 RC Communion GR 11:00 Protestant Serv. VL 2:00 Paris Can Wait TC 3:00 Hymns CC 3:30 Beth Howell VL Student Choir	4 3:30 John & Justin VL Duo (Guitar & Piano)	5 11:30 Resident Council GR 2:45 Assisted Living CA Townhall	6 Closet Cleaning Day! 1:30 Equipment Training ES 2:00 American Genius 1 TC 3:30 Ronnie Jayne VL	9:30 Roger's Gardens 10:00 Da-Rue Fashions 2:00 A White Christmas 4:30 Speakeasy TC TC	8 10:30 TED Talks TC 12:00 Dinner at Noon MD 3:00 American Genius 2 TC 5:00 St. Peters By The Sea VL Concert 7:00 Comedy Show TC	9 1:00 Gift Wrapping w/ AS Diana 1:30 Saturday Social VL 2:00 Rob Klopfenstein VL 4:30 Christmas Carols LO
10 9:00 RC Mass GR 10:30 RC Communion GR 11:00 Protestant Serv. VL 1:00 The Nutcracker OT 2:00 The Santa Clause TC 3:00 Hymns CC	11 1:00 Scarf Making w/ AS Robin Bott 3:30 Rose Marie VL	10:00 Catalina Act. Com. CA	10:00 Identity Fraud VL Prevention 2:00 American Genius 1 TC	14 2:00 The Bishop's Wife TC 4:15 St. John Fisher LO Youth Group 5:45 Christmas Lights Tour	10:30 TED Talks TC 2:00 Writing w/ Paula GR 3:00 American Genius 2 GR 3:30 Rob Klopfenstein VL 7:00 Comedy Show TC	16 10:30 Body/Brain ES Yoga (3) 10:30 Song Book TC Series w/ Seth 2:00 Kay Hemi Piano VL Recital
9:00 RC Mass GR 10:30 RC Communion GR 11:00 Protestant Serv. VL 2:00 A Christmas Story TC 3:00 Hymns CC	Robin Bott 3:30 Champagne VL	Disaster Training 3:30 Stan Ayeroff VL	2:00 R. Catholic Mass WR	21 First Day of Winter 11:00 22nd Street OT Landing Seafood Grill 2:00 Miracle on 34th Street TC 4:30 Speakeasy TC	22 11:00 Coffee Connection VL 3:00 American Genius 2 TC 3:30 Jimmy Brewster VL 7:00 Comedy Show TC	23 1:30 Saturday Social VL 2:00 Rob Klopfenstein VL 4:00 Family & MD Friends Holiday Dinner
24 10:30 Hymns VL 2:00 Elf TC 31 2:00 Jingle all the Way 7:00 New Years Every VL Party	Closed	26 Kwanzaa Begins 10:00 Dining (Food) GR Committee 2:30 Catalina Dining CA Committee	3:30 Rose Marie & VL	28 2:00 It's a Wonderful Life TC	29 10:30 TED Talks TC 3:00 American Genius 2 TC 3:30 John & Justin Duo VL 7:00 Comedy Show TC	30 11:00 Music for The VL Hearts Holiday Special