

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)		
THU	TBD	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)		
TUES	DEC 12	3:00 PM	Catalina Activities Committee	Catalina	2nd Tues (monthly)		
WED	DEC 13	11:30 AM	Wellness Club	Exercise Studio	2nd Wed (monthly)		
*TUES	TBD	11:00 AM	Philanthropy Committee	Game Room	3rd Tues (monthly)		
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)		
<i>*December date differs from regular recurring schedule</i>							
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. Traugher	Clinic	2nd Wed (monthly)		
WED	DEC 13	By appt.	Dr. Abend (podiatrist)	Clinic	2nd Wed (monthly)		
TUES	CANCELLED IN DEC.		Dr. Abend (podiatrist)	Clinic	4th Tues (monthly)		
<i>*Please sign-up in the book at the Front Desk to schedule an appointment.</i>							
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		
12/8	LaVerne Henebry	12/19	Evelyn Folks				
Residents are entitled to <b>2 free guests</b> 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.							
<i>*Only those that have given consent are listed above</i>							
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



# The 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.

**Aquatic Exercise:** **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.





