



The Barrington of Carmel
Bits 'n Bobs



Fun For the Month

December 2020

3-year-old Reese:

"Our Father, who does art in heaven, Harold is His name."



A little boy was overheard praying:

"Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."



I had been teaching my three-year-old daughter, Caitlin, the Lord's Prayer for several evenings at bedtime.

She would repeat after me the lines from the prayer.

Finally, she decided to go solo.

I listened with pride as she carefully enunciated each word, right up to the end of the prayer:

"Lead us not into temptation," she prayed, "but deliver us from E-mail."



A Sunday school teacher asked her children as they were on the way to Church service, "And why is it necessary to be quiet in church?"

One bright little girl replied, "Because people are sleeping."



A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3.

The boys began to argue over who would get the first pancake.

Their mother saw the opportunity for a moral lesson.

"If Jesus were sitting here, He would say, 'Let my brother have the first pancake; I can wait.'"

Kevin turned to his younger brother and said, "Ryan, you be Jesus!"



December Birthdays

2-Becky Magnus

★ 4-Jack Krampe

★ 5-Jeannette Ritchhart

9-Fran Hageboeck

9-Carol McAteer

12-Doris Morton

★ 17-Sky Hales

★ 21-Jean Umemura

24-Joanna Wright

26-Susan McBeath

28-Barbara Patterson

★ 31-Peggy Reeves

**Birthday Party
December 2nd
2:30 pm
Windsor Hall**

★ 90s Club

★ ★ Centenarian Club

Salon and Spa

Hours: Wednesday-Friday
9:00 am-3:00 pm

*All Services By Appointment
Only*

JoAnn: 317-222-8858

Barber Shop

Temporarily Unavailable

If you would like you may call
Isaiah and set an appointment
with him at his off-site barber
shop, or use JoAnn.

Isaiah: 317-619-5402

Manicurist/Pedicurist

Hours: Wednesdays &
Thursdays

Marlene: 317-810-1899

*There is a charge for all salon and spa
services. Please refer to the salon
pricing sheet located on the salon door.*

Transportation

Transportation Hours: M-F 8:00 am-5:00 pm

Medical Appointments

Monday-Friday 8:00 am-5:00 pm

Shopping

Monday: Kroger

Depart **9:15 am** from concierge desk

Wednesday: Market District

Depart **9:15 am** from concierge desk

Thursday: Meijer

Depart **1:15 pm** from concierge desk

**Please sign up at concierge desk 24
hours in advance.**

*There will be a charge for appointments
and shopping not scheduled for the
designated day. Please see Resident
Handbook for pricing.*

*There will be a \$20 charge if you fail to
cancel a transportation request less than 24
hours in advance.*

One passenger per trip!

Religious Services

Catholic
Services:

No Catholic Mass in December
Catholic Communion & Rosary
Thursdays
2:00 pm
Theater

Non-Denominational Services:

Church Service led by resident
Rev. Jack King
Sundays
3:00 pm
Theater

Episcopal Services:

Church Service & Communion
Wednesday, December 16th
2:30 pm
Theater

*Online Religious Services
Available the Month of December*

Joel Osteen
Sundays

10:00 am

TV Channel 899 or 900

Jewish Services Available Online

Conservative:

Congregation Shaarey Zedek
Bloomfield, Michigan

Website:

www.shaareyzedek.org/live-streaming
Click on Main Sanctuary or
Chapel



Virtual Bible Study In December

Mondays
1:30 pm
Channel 900

“Matthew”



Wellness Nurse Clinic
Thursdays
2:00-4:00 pm

Schedule an appointment by
calling IL concierge or
Tim Fishburn

At Home Podiatry Foot & Wound Care Specialists

Clinic is open the
4th Tuesday of every month
12:30 pm

Call to schedule an appointment
at 317-218-4095

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DONUT DERBY

Every Tuesday in December discover a different donut shop around town! Vote each week in the Art Studio
 Bus Departs 10:00 am
 Sign up with concierge



Made with PosterMyWall.com



Christmas Tree Decorating

Come down to Windsor Hall to decorate our Resident Christmas Tree
 Thursday, December 3rd
 1:00 pm

Featuring Jeff Wolfert (John and Pat's Son!)



CARMEL HIGH SCHOOL PARENT PEP BAND
 SATURDAY, DECEMBER 5TH
 2:00 PM
 WINDMERE BACK PATIO
 (ENJOY FROM THE WARMTH OF THE LIVING ROOM)

Made with PosterMyWall.com



**GUEST SPEAKER:
GREG MCCAULEY,
LINK INSTITUTE
"BIZARRE
UNIVERSE"**

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**FRIDAY
DECEMBER 4TH**

2:00 PM

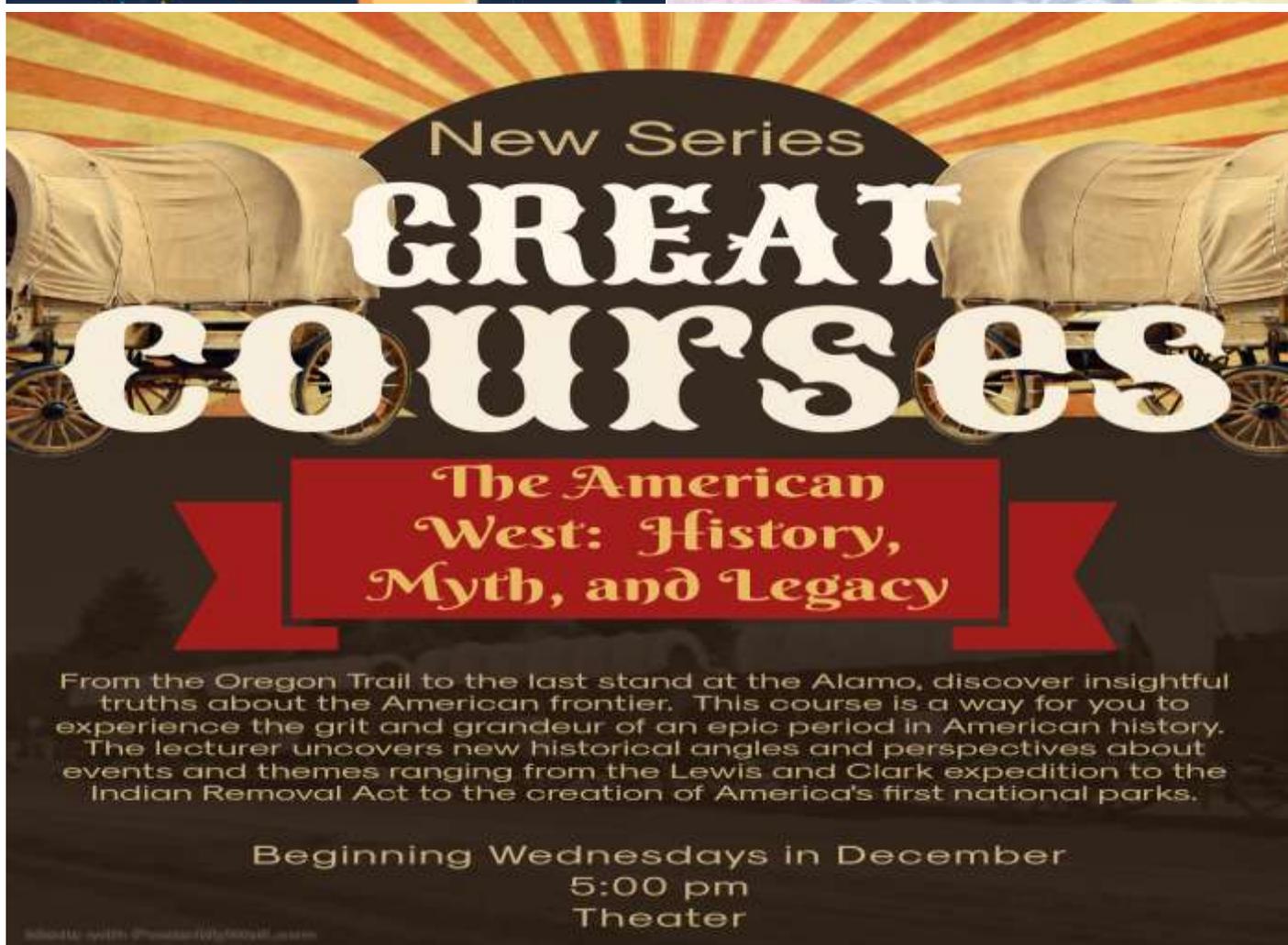
THEATER

Christmas Paper Quilt

**December
1st-6th**

Pick up a square and
some scrapbook paper in
the Art Studio to build
your own square. We
will display our
community quilt
beginning
Monday, December 7th

Turn in to Nikki



New Series

GREAT COURSES

**The American
West: History,
Myth, and Legacy**

From the Oregon Trail to the last stand at the Alamo, discover insightful truths about the American frontier. This course is a way for you to experience the grit and grandeur of an epic period in American history. The lecturer uncovers new historical angles and perspectives about events and themes ranging from the Lewis and Clark expedition to the Indian Removal Act to the creation of America's first national parks.

Beginning Wednesdays in December
5:00 pm
Theater

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WHO AM I

WHERE AM I

WHO AM I

Monday 7 December	?	Wednesday 16 December	?	Friday 18 December	?
1:00 pm		1:00 pm		10:00 am	
ART STUDIO		ART STUDIO		ART STUDIO	

Shopping Spree
 Tuesday, December 8th
 Bus departs 1:15 pm
 Sign up with concierge
 Stein Mart

GROUP GAMES
 with Memer
FRIDAYS
1:00 pm
Windsor Hall

Fridays

11:00 am

CURRENT EVENTS

Art Studio



Craft Time

Ribbon Bookmarks

Wednesday, December 30th

1:00 pm

Art Studio



Thursdays

11:10 am

Theater

3rd-Theranos, whistleblowing and speaking truth to power, Erika Cheung

10th-What the Irish wake teaches us about living and dying, Kevin Toolis

17th-What if a US presidential candidate refuses to concede after an election? Van Jones



Christmas Nights of Lights
(Indiana State Fairgrounds)

Monday, December 21st, or
Wednesday, December 23rd

Bus Departs 5:00 pm

Sign up with concierge
(6 resident limit per night)



TUESDAY

DECEMBER 15TH

2:30 PM

BISTRO

"NUTMEG"

A
**DUPLICATE
 BRIDGE**

**2ND & 4TH FRIDAYS
 EVERY MONTH**

2:00 PM

IL CARD LOUNGE

Made with PicMonkey.com

POKER

**2nd and 4th
 Tuesdays**

2:00 pm

Third Floor Lounge

\$5 Buy in

**UGLY OR CUTE
 Holiday Sweater
 CONTEST**

**Tuesday
 December 8th**

1:30 PM

WINDSOR HALL

Biker Day Events:

Thursday, December 10th
 Windsor Hall

1:00 pm—Brews & Tattoos
 Come enjoy a beer and get a temporary tattoo!

2:00 pm—Biker Hangman
 Just like the game Hangman
only we'll learn some "Biker"
 Lingo



TUESDAY 8th

Holiday Sweater

Wear a cute or ugly holiday sweater and enter our contest in Windsor Hall at 1:30 pm

MONDAY 7th

90s Club

Celebrate our 90s club residents by dressing in the style of the 90s

★ SPIRIT WEEK ★

December 7th-11th

WEDNESDAY 9th

Tie Dye or Rainbow

THURSDAY 10th

Biker Day

Dress like a biker and show off your tattoos. Don't have one? Come to WH at 1:00 PM and get one!

FRIDAY 11th

Hat Day

Health Talk HTS Therapy

Wednesday
December 16th
10:00 am
Theater



Guest Speaker: Premier Family Chiropractic



2:00
pm

Friday,
December
11th

Theater

Tom Wright

WEDNESDAY
DECEMBER 16TH
7:15 PM
BISTRO



Winterlights at Newfields
Tickets \$27 (see Nikki)
Must pre-purchase
Bus Departs 5:00 pm
Thursday, December 17th
Sign up with concierge



Tuesdays & Thursdays
11:30 am & 7:30 pm
Grins & Giggles

Fridays
11:10 am
TED Talks

Everyday
9:00 am
Virtual Fitness

Fridays
10:00 am
Virtual Walks

Saturdays
2:00 pm
Spanish Lessons

Everyday
1:00 pm
Balance Basics

Mondays & Wednesdays
11:30 am
Great Performances Clips

Mondays
7:30 pm
Armchair Travel

Tuesdays & Thursdays
10:00 am
Tai Chi

1st United Methodist Church

GOSPEL SINGERS

Monday, December 14th

7:00 PM - Windsor Hall

**SONGSTRESS
SUSAN BOOTS**

Wednesday, December 9th

**2:00 pm
Windsor Hall**

Documentaries

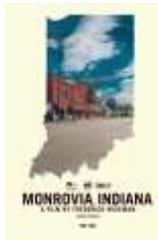
Saturdays 1:10 pm & 7:30 pm
Theater

5-Mike Wallace Is Here



When it came to asking tough questions, longtime "60 Minutes" reporter Mike Wallace pulled few punches. This documentary takes a similar approach, using a wealth of archival footage to explore what made the journalist tick and how his career evolved.

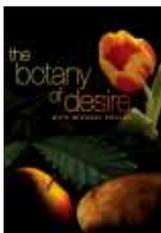
12-Monrovia, Indiana



Monrovia, Indiana explores a small town in rural, mid-America and illustrates how values like community service, duty, spiritual life, generosity and authenticity are formed, experienced and lived along with conflicting stereotypes. The film gives a complex and nuanced

view of daily life in Monrovia and provides some understanding of a way of life whose influence and force have not always been recognized or understood in the big cities on the east and west coasts of America and in other countries.

19-The Botany of Desire



While visiting places like Peru, Kazakhstan and Amsterdam, learn from author Michael Pollan as he explains the natural history of apples, tulips, marijuana and potatoes and describes how common plants such as these deftly manipulate human desires. Based

on Pollan's best-selling book, this documentary encourages viewers to look at the world from a vastly different perspective and improve their relationships with nature.

26-Sweetgrass



As much a work of cultural anthropology as it is a documentary, this unique film traces the path of a family of Montana sheepherders as they drive their flock down from the treacherous and beautiful Absaroka Beartooth mountain range.



Great Courses

Wednesdays

5:00 pm

Theater

The American West: History,
Myth, and Legacy

2-Westward the Course of Empire

9-The West in the Colonial Era

16-Venturing beyond the Appalachians

23-Discoveries of Lewis and Clark

30-The Fur Trade and the Mountain
Men

*Virtual
Armchair Travel*

Mondays 7:30 pm

Channel 900

7-Egypt

14-India

21-Iran

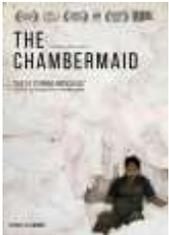
28-Brazil



Sunday Movies

Theater

3:55 pm & 7:30 pm



6-The Chambermaid

Employed as a chambermaid in one of Mexico City's finest hotels, Eve dreams of a better life. But try as she might—working long shifts and attending night classes—she finds that her chances for advancement depend on more than hard work.



13-1917

At the height of the First World War, two young British soldiers, Schofield and Blake, are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake's own brother among them.



20-Harriet

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.



27-Little Women

The writings of Louisa May Alcott unfold as the author's alter ego, Jo March, reflects back and forth on her fictional life. In this adaptation, the beloved story of the March sisters—four young women, each determined to live life on their own terms—is both timeless and timely.

Classic Movies

Saturdays 3:55 pm

Theater



5-The Bridge on the River Kwai

12-Wings

19-Mutiny on the Bounty

26-Gunga Din

Group Fitness Class

December 2020 Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Agility, Balance & Core	Active Strength & Stretch	Gentle Chair Yoga 9:00-10:00	Agility, Balance & Core	Active Strength & Stretch
9:30 AM	9:00-9:45	9:00-9:45		9:00-9:45	9:00-9:45
10:00 AM	Fitness Orientation 101			Chair Dance Or Line Dancing	Walk the Monon
10:30 AM	10:00-10:45			10:00-10:45	9:45-11:00
11:00 AM		Pilates 11:00-11:30	Brain, Body Boost		
11:30 AM			11:00-11:45		
12:00 PM					
12:30 PM					
1:00 PM	Balance Basics 1:00-1:30	the CLIMB 1:00-2:00	Balance Basics 1:00-1:30	the CLIMB 1:00-2:00	
1:30 PM					
2:00 PM	Posture, Balance & Strength 2:00-2:30		Posture, Balance & Strength 2:00-2:30		
2:30 PM					
3:00 PM		20 Minutes			
3:30 PM		3:00-3:20			

KEY

Level I Class - Focus is low-impact to maintain total body fitness. All exercises are seated.

Level II Class - Great for the moderate exerciser. Exercise is seated with brief standing.

Level III Class - Perfect for daily exercisers. Requires longer periods of standing.



LINE DANCING

Thursdays, 12/10 & 12/17 10:00-10:45 am in WH
Line dancing is for everyone; no experience required!
If you are willing to learn a couple of basic moves, come join your friends and have some fun!

Fitness Class Descriptions

ACTIVE STRENGTH & STRETCH

Tuesday & Friday 9:00-9:45 am in WH

Increase your strength and range of motion to improve mobility and independence! Bands, balls and hand weights are used in both seated and standing exercises.

FITNESS INSTRUCTIONAL TRAINING

By Appointment in Fitness Center (30 min)

Introduction to the resistance training equipment and how to personalize a plan for you. Please see Memer to schedule an appointment.

FITNESS ORIENTATION 101

Monday 10:00-10:45 am in FC

This on-going class will give you all the information and instruction you need to successfully exercise on your own or stay with the group; it's your choice! Sessions focus on strength building, using fitness center equipment, small hand weights, and resistance bands. Also sessions focus on cardiovascular training including, walking, recumbent bikes, Biostep bikes and more.

GENTLE CHAIR YOGA

Wednesday 9:00-10:00 am in WH

Gradually develop flexibility and strength through the practice of gentle yoga postures. Some postures involve movement designed to limber up our joints and exercise our muscles. Along with our yoga postures, we practice various breathing and relaxation techniques, learning how to calm our minds both during and after our active practice.

CHAIR DANCE

Thursday 12/3 10:00-10:45 am in WH

It's back! If you were a part of the "Team" last year, or you'd like to try it for the first time, all are welcome, no experience needed! All seated, chair dancing is a fun way to get moving for anyone wanting a not too serious class with festive attitude! Class will wrap up with preparations for our Christmas program performance, (participation in performance not required).

the CLIMB PARKINSON'S CLASS

Tuesday in WH & Thursday in FC 1:00-2:00 pm

Must be enrolled to participate in this class.

The CLIMB exercise program allows the opportunity for physical recovery and prevention of Parkinson's Disease and its symptoms through a researched-based series of exercises.

WALK THE MONON

Friday 9:45-11:00 am Sign up with concierge

The walk will take place on the trails around the Monon Center in Carmel. Weather permitting we will walk the beautiful trails around the Monon. If you enjoy getting out, walking at a leisurely pace with friends and breathing fresh air, this walk is for you! Meet in IL lobby

AGILITY, BALANCE & CORE

Monday & Thursday 9:00-9:45 am in WH

Improve your agility and balance and move pain free! Seated and standing exercises utilizing balls and bands provide a fun and challenging session.

PERSONAL TRAINING

By Appointment in Fitness Center (30-60 min)

Personal Training includes individual fitness assessment, instruction, and implementation focusing on personal goals to improve overall health. There are additional charges for this service. Please contact Memer for further information.

BALANCE BASICS

Monday & Wednesday 1:00-1:30 pm in FC

Improve the quality of your daily functional movement with this class. Seated and standing exercises will strengthen your core and improve your stability.

POSTURE, BALANCE & STRENGTH

Monday & Wednesday 2:00-2:30 pm in FC

Do you worry about falling? Want to be more confident in your day-to-day activities? This class can help! Doing exercises that help to improve muscular balance, we can re-engage muscles that often can get "shut down," resulting in injuries and falls. As you gain strength and postural alignment you move more confidently and independently!

PILATES

Tuesday 11:00-11:30 am in WH

The many benefits of the Pilates method include increased levels of strength, balance, flexibility, muscle tone, stamina, and well-being.

BRAIN, BODY BOOST

Wednesday 11:00-11:45 am in WH

By combining simple cognitive or "Brain" exercises with motor skills, "Body" chair exercises will keep your brain sharp and your body strong!

20 MINUTES ON TUESDAY

Tuesday 3:00-3:20 pm in WH

As we continue our successful aging journey, it is important to "re-discover" some basic wellness practices. We will cover nutrition, stress resilience, sleep and more!

STORY OF THE MONTH CONTINUED

4 - Fourth Important Lesson—The obstacle in our path.

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.

After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand!

Every obstacle presents an opportunity to improve our condition.

5 - Fifth Important Lesson—Giving when it counts.

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother and asked the little boy if he would be willing to give his blood to his sister.

I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew pale and his smile faded.

He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?"

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

