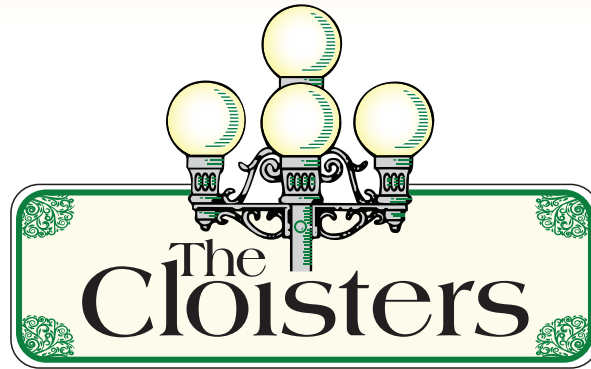




400 E Howry Avenue • DeLand, FL 32724 • (386) 822-6900



As I write this article about my mom Barbara, I must start with an apology. My mom is definitely not one who would care to be in the spotlight, so sorry about this Mom.

As a child growing up in Omaha, Nebraska, Barbara was a mischievous child and loved playing practical jokes on her friends. She enjoyed exploring and, later in life, would travel extensively. Like many children of the Great Depression, she held many jobs beginning at an early age. Barbara married Korean War Hero Garland Connor. They met at a political function and were married for 23 wonderful years until he died 1985. As a young widow, Barbara worked hard raising us children on her own. In addition, she was always "Mom" to all the children who knew her, in our church and schools, and they remember her to this day.

January 2020

She was always involved in our education: all three sisters earned degrees, but she also encouraged our entrepreneurship. One project I remember well was making seasonal candles and selling them around the neighborhood. Following twenty-one years working for Federated Department Stores, Barbara eventually moved to Florida & became very involved in volunteer activities. She joined writers' critique groups, spent eight years as a volunteer at Rainbow Springs State Park in Dunnellon where she established a gift shop, food concession and lobbied successfully to close the headspring to motorized watercraft. When DeLand Main Street tapped her for President, she did that for three "hectic but rewarding" years. She was ready when the Ocala Star Banner offered her an assignment as Features Correspondent. She sold her home in Dunnellon and moved into Ocala. In her spare time (that's a joke Ma), she joined the Ocala Civic Theater where she worked crew, performed and sang with a group of senior traveling minstrels called The Golden Troupers. As I write, my mom is still involved in her craft and is current volunteer Associate Editor on the Cloisters' Newsletter, one of two Facilitators on the Food Committee and working on her second novel about her Scottish ancestors' journeys in the 1600s.

"While there's trees in the forest and foam on the river Macgregor despite them will flourish forever."

Love you Mom, Camille Connor-Stanlick

Take Time for Thank-Yous

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you during National Thank You Month. Cheryl Starling



It's Wonderful Being Wellderly

The New Year is here, and in addition to the new year, it's time to celebrate Wellderly Month.

The Cloisters would like to celebrate our senior citizens who do not act their age. If you take a look around you, it's easy to see just what that means: Today's seniors are something special. Medical advances and active lifestyles are helping seniors live longer than ever, and not just live, but thrive.

Senior adults are becoming pros at Wii, going on frequent excursions, volunteering, exercising daily and updating their Facebook pages!

These are the people who are showing the rest of society that "80 is the new 70," and so on. Remember as you celebrate Wellderly Week the words of poet Robert Browning: "Grow old along with me! The best is yet to be." Cheryl Starling

Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us! Cheryl S.



Ray Dement

New Atrium resident Ray Dement is the modest possessor of an employment resume that is just plain remarkable. Born in Oklahoma, moved to Texas, left Texas at age eighteen for Washington D.C. Ray's first job in D.C. was as a 'routing aide.' On roller skates, no less, he skated through D.C.'s Union Station delivering mail. As one job succeeded the next, Ray was eventually recognized for his entrepreneurship in customized carpentry and millwork. That led to a challenge on Capitol Hill of constructing the first ever Situation Room concealed beneath the Capitol. That success earned him the title of Foreman overseeing numerous additional constructs. Ray, a widower, is the father of a daughter and son. He is happy here so far and wants his new neighbors to know that he still drives and is available to take anyone anywhere they might need to go. What a guy. B. Chamberlain and B. E. Connor



Dorothy and Ron Coangelo

Just when you think you've heard it all, along comes another remarkable couple. This time it is the Villas' Dorothy and Ron Coangelo. Dorothy arrived in the United States across the pond from England 60 years ago. Ron hails from Pittsburgh. The couple met online and have been married for twenty years. They are the parents of four children, one of whom, a daughter, attended West Point. Dorothy, a travel agent for forty years, has also been a nanny and taught English. Ron's claim to fame? A Master's Degree in Electrical Engineering got him his very first position with a company in Virginia where he perfected their night vision goggles and sights product. The Coangelos choice for spending down-time was and remains travel, travel and more travel. In fact, they have lots of stories and videos that they would delight in sharing with us. Their current interest? Food and wine. The couple lived in DeLand for 5 ½ years before choosing The Cloisters. B. Chamberlain and B. E. Connor



Clara Fletemeyer 1/2
 Georgia Cowan 1/4
 Martha Hamilton 1/5
 Betty Holloman 1/6
 Joan Renfree 1/6
 Virgil Linder 1/8
 Doris Hamilton 1/14
 3 Charles Jaqua 1/14
 David Starr 1/16
 Barbara Connor 1/19
 Jacqueline Kersh 1/19
 Barbara Chamberlin 1/23
 Alice McLeod 1/23

William (RAY) Dement 1/25
 Bobbie Alexander 1/26
 Agnus Annunziante 1/31
 Alice Poteet 1/31



January 2020

John and Pat Cheney 1/4
 Les and Joan Layson 1/31

Positive Thought

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." —Susan B. Anthony



Play Our Guess the Classic TV Theme Songs Game

How well do you know your Classic TV and movie theme songs? You are invited to find out at a musical program hosted by Villa resident Dick Futterer. Here's how it goes: Dick will play music from various movies, TV shows and radio programs. Players will have to guess the shows from which the songs are played. Sound like fun? Believe me, it is hilarious. Mark your

calendar right now for Wednesday, January 29th at 2:30 in the Multi- purpose Room. You might even win a prize. This is a really fun activity you don't want to miss. Cheryl Starling, Activities Director



October Employee of the Month

Second floor employee, Annie Layne, is The Cloisters' Employee of the Month for October. Originally from DeLeon Springs, Annie worked for Med Techs for thirty years. She came to The Cloisters a year ago where she joined niece Nadia on the Housekeeping Staff. Annie attends Bethlehem Baptist Church and is the mother of two daughters and two sons. In her spare time she reads and attends movies. Says Annie, "I love my residents and my work in The Cloisters." And we all love you back. Barbara E. Connor

New Year's Wishes

Happy New Year to all of our residents! We'd like to thank you all for making last year so pleasant, and we hope you'll continue to make your home in our community for a long time to come!



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HAPPY New Year!	2 8:45 Aquacise at the Clubhouse 9:00 Kitchen Band In MPR 10:00 Chair Zumba On The 3rd Floor 10:00 Coffee Time with The One Man Band- Bradford Room 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 6:30 Pokeno in the Pub	3 9:30 Stretch & Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 1:00 Bingo in the MPR 2:30 Birthday/ Anniversary Party 6:30 Movie- MPR	4 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 1:30 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
5 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 2:00 Hand and Foot in the Pub 6:30 Movie in the MPR	6 8:30 Men's Prayer Breakfast - Cancelled 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford room 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 6:00 Bridge in the MPR	7 8:45 Aquacise at the Clubhouse 10:00 Chapel (Communion) 2nd Floor 10:00 One on One Computer Lessons 1:00 Wii Bowling in the MPR 2:00 Arts & Crafts in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo in the MPR	8 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford Room 11:00 Chair Exercise Bradford Room 11:00 Twisted Chopsticks** 2:00 Bunco in the Bradford Room 3:30 Ladies' Bible Study - Chapel	9 8:45 Aquacise at the Clubhouse 9:00 Kitchen Band In MPR 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 4:30 Dinner at Olive Garden in Orange City** 6:30 Pokeno in the Pub	10 9:30 Stretch & Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 12:00 Pizza Party 1:00 Bingo in the MPR 6:30 Movie- MPR	11 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 1:30 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
12 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 2:00 Hand and Foot in the Pub 6:30 Movie in the MPR	13 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford room 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:00 Scripture Reading 2nd floor Chapel 6:00 Bridge in the MPR	14 8:45 Aquacise at the Clubhouse 10:00 Chapel 2nd floor 10:00 One on One Computer Lessons 1:00 Wii Bowling in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo in the MPR	15 9:30 DMV in the MPR 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford Room 11:00 Chair Exercise Bradford Room 11:00 Lunch at Outback*** 2:00 Bunco in the Bradford Room 3:30 Ladies' Bible Study - Chapel	16 8:30 Kitchen Band Breakfast in 3rd Dining Room ** 8:45 Aquacise at the Clubhouse 9:00 Kitchen Band In MPR 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 4:00 Diabetic Discussion Group in the Pub 6:30 Pokeno in the Pub	17 9:30 Stretch & Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 1:00 Bingo in the MPR 6:30 Movie- MPR	18 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 1:30 Table Bowling in the Bradford room 2:00 Movie Matinee in the MPR 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
19 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 2:00 Hand and Foot in the Pub 6:30 Movie in the MPR	20 Martin Luther King Jr. Day 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford room 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 6:00 Bridge in the MPR	21 8:45 Aquacise at the Clubhouse 10:00 Chapel 2nd floor 10:00 One on One Computer Lessons 1:00 Wii Bowling in the MPR 2:00 Arts & Crafts In the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo in the MPR	22 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford Room 10:00 Tom Davis Art Exhibit 11:00 Chair Exercise Bradford Room 11:30 Lunch at Aunt Catfish*** 2:00 Bunco in the Bradford Room 3:30 Ladies' Bible Study - Chapel	23 8:45 Aquacise at the Clubhouse 9:00 Kitchen Band In MPR 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 11:30 Catholic Mass 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 3:00 Resident meeting 3rd floor 6:30 Pokeno in the Pub	24 9:30 Stretch & Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 1:00 Bingo in the MPR 6:30 Movie- MPR	25 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 1:30 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Lutheran Church presents " Mariachi Cobre Group from Epocot** 6:30 Movie in the MPR
26 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 2:00 Hand and Foot in the Pub 6:30 Movie in the MPR	27 9:30 Stretch & Flex on 3rd floor 10:00 Bingo in the Bradford room 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:00 Scripture Reading in the 2nd floor Chapel** 2:30 Knowledge is Power in the MPR 6:00 Bridge in the MPR	28 8:45 Aquacise at the Clubhouse 10:00 Chapel 2nd floor 10:00 One on One Computer Lessons 1:00 Wii Bowling in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo in the MPR	29 10:00 Bingo in the Bradford Room 11:00 Chair Exercise Bradford Room 11:00 Lunch at Cracker Barrel in Sanford 2:00 Bunco in the Bradford Room 2:30 Name that Movie Tune 3:30 Ladies' Bible Study - Chapel	30 8:45 Aquacise at the Clubhouse 9:00 Kitchen Band In MPR 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 6:30 Pokeno in the Pub	31 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 1:00 Bingo in the MPR 6:30 Movie- MPR	



Welcome

You may already have seen The Cloisters' recently arrived member of staff walking around campus and wondered "who is that guy?" So, in all likelihood, 'that guy' was new Marketing Director, Daniel Maggard. With a long history of Property Management experience to his credit, Dan brings a wide-ranging set of skills he will need to accomplish the goals he has set for his new position. His success thus far began before Christmas when the Marketing office partnered with Activities Cheryl Starling, Dietary's Chef Gary (the cuisine was divine) and Kindred at Home's Anne, Melissa and Rebecca to stage quite a show: The Cloisters' colorful Sixth Annual Festival of Wreaths fundraiser for a local beneficiary. The Atrium overflowed with guests, many visiting here for the first time.

Dan and his wife are the proud parents of two sons and two daughters. Welcome aboard, Dan. Barbara E. Connor



Wanda Roberts

Catching up with September Employee of the Month, ever smiling, lovely Wanda Roberts makes our list again. No surprise there. No employee loves and respects the needs of her residents more than she. What

some may not know is that our Wanda is an accomplished piano player and singer. Her mother and others realized that she had a talent for playing piano at the early age of eight and by the time she was ten, she was playing regularly in church on Sunday. Wanda loves the Lord her God and for a time during her four years here, Wanda brought her music-mission to Tuesday Chapel. Wanda Roberts, the sweetheart of The Cloisters. Barbara E. Connor



Have you heard about our Resident Referral Program?

When you refer someone to The Cloisters and they choose to make our community their home, we will give you \$250!*

1st move-in within a calendar month = \$250
 2nd move-in within a calendar month = \$500 (\$750 total)
 3rd move-in within a calendar month = \$1000 (\$1,750 total)
 4th move-in within a calendar month = One Month's Rent Free (total)

*Inquire with Marketing for more details and restrictions A

Retirement Housing Foundation Community

ALF License # AL8340



Let's Play Dominoes

Shuffle on down to the game room and join us for a game of dominoes. Check the calendar for details of our scheduled games, then draw up a chair and get ready to smile as you match some tiles! Cheryl Starling

Library



The Cloisters has a room
We call the Library
With many kinds of books
Just right for you and me.
We have lots of fiction,
These stories are not true,
Adventures, Mysteries
And Romance Novels too.
If you prefer large print
Come in and take a look
In a special section
Orange circles mark each
book.
If you like paperbacks
You'll find them here too
On shelves and carousel,
Some are old and some new.
We have biographies,
These stories all are true,
Tales of famous people
And all the things they do
Want to borrow a book
Then this is what you do,
Sign name and date, leave
card
And take the book with you.
Taking out paperbacks
Is quite easy to do,
Just pick the ones you want
Then off they go with you.
We have no time limits
Or charge late fees to you.

Library Continued

Please return books promptly
For others to read too.
Return books to Book Drop
It's just inside the door,
Volunteers will card them
And return to shelves once
more.
Make a resolution
Now the new year is here
To visit our library
And read more books this
year. Kathryn Trahan

A good library will never be
too neat, or too dusty, because
somebody will always be in it,
taking books off the shelves and
staying up late reading them.—
Lemony Snicket



Barb Chamberlain

If you are saying, "I recognize
that smile," you probably do.
Not only does Atrium resident
Barb Chamberlain volunteer in
the store on Main Street, she
also serves on the Food
Committee. And now, the
Editorial staff of the monthly
newsletter, Editor Cheryl
Starling and myself are delighted
and grateful to welcome her as a
contributor. Cheryl Starling and
Barbara E. Connor

Kindred at Home

Happy New Year. With the
holidays behind us, Florida's
chilly seasonal weather and
shorter days remain. For some, a
time of sadness, for others
feelings of anxiety. The 'Winter
Blues' actually have a medical
name: SAD. Translated: Seasonal
Affective Order. The good news
is that there are simple things
you can do to lessen stress,
brighten your days and avoid
illness.

- To avoid catching a cold or
flu, keep yourself healthy in
body, mind and spirit, here
are a few suggestions
- On sunny days, take a walk
around The Cloisters'
campus or sit outside on
one of the many benches
provided for your
enjoyment
- Drink plenty of water and
wash your hands more
often than usual
- Maintain a healthy diet.
Lots of veggies. Too much
sugar and carbs tend to
slow down the body
- Avoid loneliness. The best
cure for feeling lonely is
being around people. Even
if you only sit in the lobby
as an observer or join one
of the many activities
available, set yourself up
each day with some activity
to be accomplished. Make a
conscious effort to set
yourself up for success.
Rebecca Sandvall, BSW.
386-871-1953

Bundle Up!

❄️ Winter is Here ❄️



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

7	8	4	3	9	5	6	2	1
9	5	3	2	1	6	7	8	4
1	6	2	8	7	4	5	3	9
4	9	8	6	2	1	3	7	5
8	2	5	4	3	7	1	9	6
3	1	7	9	5	8	2	4	6
2	7	6	1	4	9	8	5	3
5	4	1	7	8	3	9	6	2
8	3	9	6	5	2	4	1	7

		9				4	1	
	4		7				6	
2	7			4			5	
			9		8	2		
6								8
		8	6		1			
	6			7			3	9
	5				6		8	
	8	4						