



Bethel Estates

4647 Southwestern Blvd.
Hamburg, NY 14075
(716) 648-6444

December 2018

IMPORTANT NUMBERS

- Maintenance Emerg. 648-6444
- Leasing Office 648-6444
- Hair Salon (Vicky) 941-5574
- Hamburg Police 648-5111
- Post Office 649-1631
- MAC-GRAY/CSC ... 1-800 622-4729

OFFICE HOURS

Mon.-Fri. 11 a.m.-4:30 p.m.

Welcome, New Residents

- #102 Elaine
- #103 Daniel
- #106 Evelyn
- #207 Earnest & Audrey
- #239 Thomas
- #260 Rebeca



CHANGES, UPDATES OR ADDITIONAL NEWS ITEMS ARE POSTED ON THE COMMUNITY ROOM BULLETIN BOARD.

PACKAGE DELIVERY

Due to space limitations in the office, kindly pick up your packages promptly when you receive a pink notice in your mailbox. We will hold packages for 3 days only.

The office cannot accept deliveries from FedEx or UPS. These items must be delivered directly to your apartment door. Be sure your apartment # is part of your address on all orders to avoid delays and lost or misdirected packages.

SNOW REMOVAL

During winter months, all vehicles must be moved to a clear spot when plowing will take place. In the event of heavy snowfall, all vehicles must be removed from the North parking lot on Tuesdays before 9 a.m. and the South parking lot on Wednesdays before 9 a.m.

CHECK THE CALENDAR AND THE INSERTS FOR ALL YOUR HOLIDAY-CHEER DETAILS



OUR WISHES FOR YOU

Merry Christmas and a very Happy New Year to you and your loved ones! May you enjoy all the blessings of a joyous holiday season. We thank you for making Bethel Estates your home!

Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

Positive Thought

“Each day comes bearing a gift. Untie the ribbon.” —Ann Ruth Schabader

Welcome, Winter

Winter begins Dec. 21.

Snow Joke

Did you hear about the ski trip? It started off great, but things went downhill fast.

Honor the Fallen

Dec. 7 is National Pearl Harbor Remembrance Day.

One and Done

If you're nursing a cold that has you blowing your nose, avoid reusing a tissue in an effort to be thrifty. Promptly throw away used tissues to reduce the risk of spreading germs.



BE A GOOD NEIGHBOR

House Rules and Regulations state the hours between 11 p.m. to 8 a.m. are quiet hours.

Avoid plumbing issues and don't pour grease down your sink or flush anything other than toilet paper or human waste down your toilet.



Trivia Whiz

Nothin' but Net

Invented in December 1891, the game of basketball has bounced its way through history to become one of the world's most popular sports.

The first basketball hoops were peach baskets, and balls had to be retrieved after every "basket."

Dribbling was not part of the game's original rules. Players could only throw the ball to each other.

Basketball became an Olympic event at the 1936 Summer Games in Berlin.

The National Basketball Association was created in 1946.

The bumps on a basketball are called pebbles.

A warm basketball bounces higher than a cold basketball.

During a pro game, a player may run as much as 3 miles.

The free-throw line on a court is also called the "charity stripe."

Traditional Holiday Treats

All across the world, traditional desserts are a tasty way to celebrate the season. Sample these holiday treats:

Linzer cookies. Austria's classic cake, the linzer torte, is made miniature by sandwiching jam between two almond-flavored cookies. A festive shape cut out from the top cookie shows off the filling.

Bibingka. Traditionally baked in a clay pot lined with a banana leaf, this Filipino sponge cake is made with rice flour and coconut milk.

Lebkuchen. Germany's gingerbread cookies are typically glazed with sugar or covered in chocolate. Heart-shaped versions with iced-on messages are particularly popular.

Pavlova. December brings summer to Australia and New Zealand, where meringue, whipped cream and fresh fruit combine to form a light, elegant dessert.

Bunuelos. These crispy fritters are sold on street corners at holiday time in Mexico. Dough is shaped like a tortilla, fried, then topped with sugar, cinnamon and syrup.

Panettone. This Italian sweet bread resembles a giant muffin and tastes like a fluffy fruitcake studded with raisins and candied citrus peel.



Bingo Has a Jackpot of Benefits

Prized for its fun, ease and excitement, bingo is a go-to game. And every player comes out a winner, since this amusement has several health benefits:

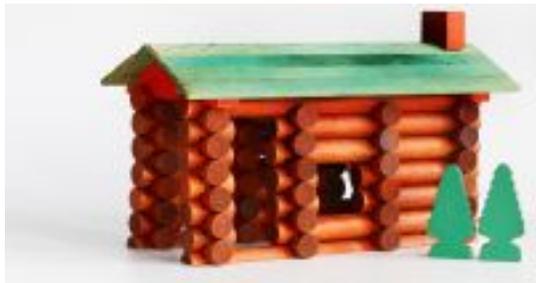
It can enhance coordination. Bingo can be a fast-paced game, requiring players to search for a number, mark their card and keep up with the caller. This repetitive action exercises hand-eye coordination and quick reflexes. Keeping track of several cards at once

intensifies the action.

It engages the brain. Staying alert, listening for information, remembering it and identifying a match on a card are skills that engage cognitive functions and short-term memory. A study found that bingo players performed better on tests of mental speed and accuracy.

It's social. Games are usually played with a group of people. The setting provides opportunities to talk with others and meet new friends. Such social interactions have been shown to be essential in maintaining a happy, healthy life and increasing longevity.

It's fun! It's been said that laughter is the best medicine, and laughing is often part of the game's fun and easygoing nature. There's also the anticipation of shouting out "Bingo!"



The Legacy of Lincoln Logs

Invented over a century ago, Lincoln Logs are a classic symbol of childhood play and continue to delight youngsters today.

The toy construction set was created in 1916 by John Lloyd Wright, the son of celebrated architect Frank Lloyd Wright. The younger Wright, also an architect, was inspired by one of his father's building projects, a hotel in Japan that was constructed with interlocking timber beams.

To evoke the nostalgia of America's pioneer spirit, Wright is said to have named the toy after President Abraham Lincoln and his fabled boyhood log cabin. Lincoln Logs encouraged kids to create their own structures with miniature notched redwood logs.

Lincoln Logs were an instant success and continued to thrive during World War II, since the redwood used to make the original log pieces was not among the many materials that were rationed. In the 1950s, commercials for the toy aired during the frontier-themed TV shows "Davy Crockett" and "Pioneer Playhouse," further bolstering sales.

More than 100 million sets of Lincoln Logs have been sold since their invention.

Wrapping It Up

With designs for every occasion, wrapping paper adds a festive, personal touch to a present. Using decorative paper to wrap gifts is a custom that was created by accident.

Cloth, newspaper or brown packaging paper was most commonly used to wrap presents before colored tissue paper became popular in the early 1900s.

During a busy holiday season in 1917, brothers Joyce and Rollie Hall ran out of tissue paper at their Kansas City, Mo., greeting card store. They scrambled to find a substitute and offered their customers sheets of colorful, patterned paper that was used to line envelopes. Selling at 10 cents a sheet, the paper was a hit and sold out.

Based on this demand, the Halls—whose store grew to become the Hallmark Cards company—started printing and selling their own decorative paper and promoting its use as gift wrap. Ribbons, bows and other embellishments soon followed, and people began dressing up presents in creative ways.

Wrapping paper often reflects current trends. In the 1960s, whimsical designs and bright colors were fashionable. Gift wrap with cartoon characters, sports teams and other pop culture icons debuted in recent decades. Gift bags were introduced in 1987 and are now the top-selling product for packaging presents.



Wit & Wisdom

"Giving is not just about making a donation. It is about making a difference."
—Kathy Calvin

"You get more joy out of the giving to others, and should put a good deal of thought into the happiness you are able to give."
—Eleanor Roosevelt

"The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away."
—David Viscott

"At the end of the day it's not about what you have or even what you've accomplished. ... It's about who you've lifted up, who you've made better. It's about what you've given back."
—Denzel Washington

"Success is finding satisfaction in giving a little more than you take."
—Christopher Reeve

December 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December

							<p>Catholic Communion Service 4 p.m.</p> <p>Rent Is Due</p> <p>Happy Birthday #154 Maria #210 Karen #316 Camille</p>
2	3	4	5	6	7	8	
<p>HOPE Fellowship 11:00 a.m.</p>	<p>BIBLE STUDY 7 p.m.</p> <p>Happy Birthday #346 Alan</p>	<p>Senior YOGA 10:00 a.m.</p> <p>Book Mobile 1:45 To 3:15 p.m.</p> <p>Catered Dinner 5:30 p.m.</p> <p>Happy Birthday Dina Office</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Holiday Happiness 2 p.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m. Happy Birthday #326 Beverly #404 Diane #462 Agnes</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>Office Closing Today at 12 Noon</p> <p>SCRABBLE 12:45 P.M.</p> <p>National Pearl Harbor Remembrance Day</p>	<p>Catholic Communion Service 4 p.m.</p>	
9	10	11	12	13	14	15	
<p>HOPE Fellowship 11:00 a.m.</p>	<p>BIBLE STUDY 7 p.m.</p> <p>Happy Birthday #413 Susan</p>	<p>Senior YOGA 10:00 a.m.</p>	<p>Shopping Bus Wegmans 10:30 a.m.</p> <p>Coloring & Crafts 6 To 8 p.m. Happy Birthday #220 Jodi</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Happy Birthday #266 Lucille #359 Elizabeth Happy Birthday</p>	<p>SCRABBLE 12:45 P.M.</p> <p>Happy Birthday #348 Nancy John- Maintenance</p>	<p>Catholic Communion Service 4 p.m.</p>	
16	17	18	19	20	21	22	
<p>HOPE Fellowship 11:00 a.m.</p> <p>Hope Fellowship Resident Christmas Dinner 1 p.m.</p>	<p>BIBLE STUDY 7 p.m.</p>	<p>Senior YOGA 10:00 a.m.</p> <p>Red, White & Blue Band 7 p.m.</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Old Time Baptist School Children Music Program 1 P.m</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p> <p>Happy Birthday #352 Rose</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>Resident Holiday Luncheon 11:30 A.m to 1 p.m.</p> <p>Holiday Music Entertainment 2 p.m.</p> <p>Christmas Caroling & Refreshments 6 p.m.</p> <p>Happy Birthday #113 Christine</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #208 Patricia</p>	
23/30	24/31	25	26	27	28	29	
<p>INTERFAITH CHRISTMAS SERVICE 11 A.M.</p>	<p>Office Closing Early 24th & 31st</p> <p>NY Eve Dinner 6 p.m. After Party Starts 8:30p.m.</p> <p>Happy Birthday #217 Noreen (24) #318 Leroy (24) #432 Rose (31)</p>	<p>OFFICE CLOSED</p> <p>MERRY CHRISTMAS</p> <p>Happy Birthday #306 Darlene</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>SCRABBLE 12:45 P.M.</p> <p>Happy Birthday #437 Rosemarie</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #302 Maria</p>	