

# livfun

McDowell Village

MAY 2012 • ENJOY THE JOURNEY

## Meet George

As soon as I realized that our theme was “Enjoy the Journey,” I thought of George. George is like the poster person for enjoying the journey – and what a journey it has been! In 1935, he tried out for the New York Giants (and still is a big baseball fan); the next year he tried out for the Olympic basketball team. He played handball until the age of 87 and still, at 95, plays golf regularly. He served his country with the 10th Mountain Division Ski Patrol. He enjoyed every minute of his 64-year marriage and looks forward to lots more fun with his two children, three grandchildren and five great-grandchildren. A retired CPA, he has been our Saturday pizza party “money man” since our very first day!



He has clearly mastered the art of enjoying his journey. If you are struggling with how to do that, perhaps he will share a bit of his wisdom. He’s easy to find – he’s the one in exercise class and working out in the gym and going on the field trips and enjoying the entertainment and having a beer with friends at happy hour and ... well, just enjoying it all!

## Happy Birthday

Gwen Watson, May 2

Jeanette Kennedy, May 5

Martha Hamdorf, May 7

Margaret Cobos, May 8

Mary Jean Harris, May 10

Jerry Lewis, May 11

Janet Malka, May 11

Whitie Reed, May 11

Gene Putnam, May 13

Shirley Spiegelman, May 14

Charles Nally, May 15

Connie Reitman, May 19

Frank Fabian, May 20

Betty Shaffer, May 20

Bob White, May 20

Rosemary Fritcke, May 21

Bill Willensky, May 22

Lois Polkow, May 24

Doris Theisen, May 26

Adele Wiederman, May 28

Jim Lambert, May 29



## Coming Soon!

Here are a few of the things you can look forward to on your journey at McDowell Village. We believe you will find them extremely silly – I mean enjoyable!

**Sumo Wrestling in the Arena – June**

**A Day on the High Seas Cruise Party – November**

**Kentucky Derby Party, Race and Hat Show – May**

**Carnival Day – July**

**Art Show – August**

**More Crafts! – Monthly**  
**Desert Botanical Gardens and Butterfly Exhibit – May**

Watch your calendar and Channel 22 for details and dates! And don't forget the Suggestion Box in the Village Room if you have a great idea for us!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b> Assisted Living Office, AL Bar, BR Cafe Bistro, CB Chapel, C Four Peaks Dining Room, FPD Foyer, F IT Lounge, IT Piano, Piano</p> <p>Pool, Pool PrimeFit Gym, G Private Dining Room, PDR Scottsdale Senior Center, SC Theater, TH Third Floor Library, Lib Village Room, VR West Lobby, WL</p>		<p>10:00 Strength and Stretch, VR <b>1</b></p> <p><b>10:00 Boutique at Your Place: Items for Sale, Piano</b></p> <p>11:15 Yoga, VR</p> <p>1:00 Hand &amp; Foot Card Game, BR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>2:00 Bible Study, C</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>	<p>9:00 Strength and Stretch, VR <b>2</b></p> <p>9:30 Catholic Mass, C</p> <p><b>9:30 Don Scott's Fashions, WL</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>1:00 Canasta, BR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>8:15 Headlines &amp; Waistlines, G</b> <b>3</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Ballroom Dancing (Room 2), SC</p> <p>1:00 Line Dancing With Jean Ann, VR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p><b>2:00 Make Hats for the Kentucky Derby, VR</b></p> <p>3:00 Happy Hour, BR</p> <p>7:00 Musical Night at the Cinema, TH <b>PF</b></p>	<p>9:00 Strength and Stretch, VR <b>4</b></p> <p>10:00 Strength and Stretch, VR</p> <p><b>10:15 Phoenix Symphony for Ticket Holders, WL</b></p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p><b>1:00 Celebrating the Kentucky Derby With Stick Horse Racing, VR</b></p> <p>3:00 Brewtini at 3 p.m., BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>CINCO DE MAYO</b> <b>5</b></p> <p>10:00 Exercise to Music With Deb Downs, VR</p> <p>12:30 Pizza &amp; Beer for \$1, BR</p> <p>1:30 Cinema Matinee, TH</p> <p>2:00 Mexican Train Domino Game, BR</p> <p><b>2:00 Anna Chepikova, Russian Pianist, Piano</b></p> <p>7:00 Night at the Cinema, TH <b>PF</b></p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>
<p><b>6</b></p> <p>9:00 Catholic Mass, TH</p> <p>11:15 Worship Service, C</p> <p>1:30 Cinema Matinee, TH</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH</p>	<p><b>7</b></p> <p>9:00 Strength and Stretch, VR</p> <p><b>9:30 Tour Butterfly Exhibit at Desert Botanical Garden, WL</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>8</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Hand &amp; Foot Card Game, BR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>2:00 Bible Study, C</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>	<p><b>9</b></p> <p>9:00 Strength and Stretch, VR</p> <p>9:30 Catholic Communion, C</p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>1:00 Movies With Arelene, TH</p> <p>1:00 Canasta, BR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>8:15 Headlines &amp; Waistlines, G</b> <b>10</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Ballroom Dancing (Room 2), SC</p> <p>1:00 Line Dancing With Jean Ann, VR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Musical Night at the Cinema, TH <b>PF</b></p>	<p><b>11</b></p> <p>9:00 Strength and Stretch, VR</p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p><b>11:30 Mother's Day Brunch With a Twist, FPD</b></p> <p>1:00 Cornhole Toss Game, BR</p> <p><b>2:00 Stan Leavitt Plays Your Favorites, Piano</b></p> <p>3:00 Brewtini at 3 p.m., BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>12</b></p> <p>10:00 Exercise to Music With Deb Downs, VR</p> <p>12:30 Pizza &amp; Beer for \$1, BR</p> <p>1:30 Cinema Matinee, TH</p> <p>2:00 Mexican Train Domino Game, BR</p> <p><b>2:00 Les Koel Sings for You, Piano</b></p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>
<p><b>MOTHER'S DAY</b> <b>13</b></p> <p>9:00 Catholic Mass, TH</p> <p>11:15 Worship Service, C</p> <p>1:30 Cinema Matinee, TH</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH</p>	<p><b>14</b></p> <p>9:00 Strength and Stretch, VR</p> <p>10:00 Strength and Stretch, VR</p> <p><b>10:45 ASU Exhibit: "Will You Choose Good" and Lunch Out, WL</b></p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>15</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Hand &amp; Foot Card Game, BR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>2:00 Bible Study, C</p> <p><b>2:00 The Tremble Clefs to Entertain You, Piano</b></p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>	<p><b>16</b></p> <p>9:00 Strength and Stretch, VR</p> <p>9:30 Catholic Communion, C</p> <p>10:00 Strength and Stretch, VR</p> <p>10:30 Paul Johnson Jewelers, Piano</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>1:00 Canasta, BR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>8:15 Headlines &amp; Waistlines, G</b> <b>17</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Ballroom Dancing (Room 2), SC</p> <p>1:00 Line Dancing With Jean Ann, VR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Musical Night at the Cinema, TH <b>PF</b></p>	<p><b>18</b></p> <p>9:00 Strength and Stretch, VR</p> <p>10:00 Strength and Stretch, VR</p> <p><b>10:15 Phoenix Symphony for Ticket Holders, WL</b></p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>1:00 Cornhole Toss Game, BR</p> <p>3:00 Brewtini at 3 p.m., BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>ARMED FORCES DAY</b> <b>19</b></p> <p>10:00 Exercise to Music With Deb Downs, VR</p> <p>12:30 Pizza &amp; Beer for \$1, BR</p> <p>1:30 Cinema Matinee, TH</p> <p>2:00 Mexican Train Domino Game, BR</p> <p><b>2:00 Anna Chepikova, Russian Pianist, Piano</b></p> <p>7:00 Night at the Cinema, TH <b>PF</b></p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>
<p><b>20</b></p> <p>9:00 Catholic Mass, TH</p> <p>11:15 Worship Service, C</p> <p>1:30 Cinema Matinee, TH</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH</p>	<p><b>21</b></p> <p>9:00 Strength and Stretch, VR</p> <p>10:00 Strength and Stretch, VR</p> <p><b>10:45 Joy Ride With Bob the Driver, WL</b></p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>22</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Hand &amp; Foot Card Game, BR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p><b>1:00 May BD Bash w/ Carl Block, Piano</b></p> <p>2:00 Bible Study, C</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>	<p><b>23</b></p> <p>9:00 Strength and Stretch, VR</p> <p>9:30 Catholic Communion, C</p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>1:00 Movies With Arelene, TH</p> <p>1:00 Canasta, BR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>8:15 Headlines &amp; Waistlines, G</b> <b>24</b></p> <p>10:00 Strength and Stretch, VR</p> <p><b>11:00 Monthly Jewish Service With Hannah, C</b></p> <p>11:15 Yoga, VR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>1:00 Line Dancing With Jean Ann, VR</p> <p><b>1:00 Dr. Johnson Checks Your Hearing Aids, Lib</b></p> <p>1:00 Ballroom Dancing (Room 2), SC</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Musical Night at the Cinema, TH <b>PF</b></p>	<p><b>25</b></p> <p>9:00 Strength and Stretch, VR</p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>1:00 Cornhole Toss Game, BR</p> <p><b>2:00 The Hewes to Entertain You, Piano</b></p> <p>3:00 Brewtini at 3 p.m., BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>26</b></p> <p>12:30 Pizza &amp; Beer for \$1, BR</p> <p><b>1:30 Kitty's Cultural Chats: Charismatic Choreographers, TH</b></p> <p>2:00 Mexican Train Domino Game, BR</p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR</p>
<p><b>27</b></p> <p>9:00 Catholic Mass, TH</p> <p>11:15 Worship Service, C</p> <p>1:30 Cinema Matinee, TH</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH</p>	<p><b>MEMORIAL DAY</b> <b>28</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>29</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Hand &amp; Foot Card Game, BR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>2:00 Bible Study, C</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Night at the Cinema, TH</p> <p>7:00 Qualify Dice Game, BR <b>PF</b></p>	<p><b>30</b></p> <p>9:00 Strength and Stretch, VR</p> <p>10:00 Strength and Stretch, VR</p> <p>11:00 Wii Strike Zone Bowling, TH</p> <p>11:15 Tai Chi, VR</p> <p>1:00 Canasta, BR</p> <p>2:00 Balance Basics, VR</p> <p>3:00 Brain Fitness, VR</p> <p>3:00 Happy Hour, BR</p> <p>6:45 Quarter Card Bingo, VR</p> <p>7:00 Night at the Cinema, TH <b>PF</b></p>	<p><b>8:15 Headlines &amp; Waistlines, G</b> <b>31</b></p> <p>10:00 Strength and Stretch, VR</p> <p>11:15 Yoga, VR</p> <p>1:00 Ballroom Dancing (Room 2), SC</p> <p>1:00 Line Dancing With Jean Ann, VR</p> <p>1:00 Water Aerobics With Chris, Pool</p> <p>3:00 Happy Hour, BR</p> <p>7:00 Musical Night at the Cinema, TH <b>PF</b></p>	<p><b>Transportation</b></p> <p>Tues. &amp; Thurs. 2:30 p.m. Walgreens, CVS, Cigna Pharmacy, Fry's Pharmacy</p> <p>Tues. &amp; Thurs. Starting at 8 a.m. Transportation by Appointment, Doctors and Labs</p> <p>Wednesday 1 p.m. Riverview Mall, Tempe Market Place</p> <p>Wednesday 9 a.m. and 10:45 a.m. Fry's Food, Dollar Store, Post Office</p> <p>Friday 10:30 a.m. Arizona Federal, Bank of America, Chase Bank, Wells Fargo</p> <p>Saturday 9 a.m. Bashas or Other</p>	

## Enjoy the Journey



A comfy chair, a friend and some sunshine makes a fine afternoon

Our May theme is “Enjoy the Journey.” If you are not enjoying your journey, then perhaps you are on the wrong trip. Your trip (your life) must, of necessity, be different than the one you had 20 years ago – even five years ago. You will not be able to enjoy what your life has to offer NOW until you let go of the disappointment of not being able to do the same things you did then.

Some of us transition beautifully. If we can no longer do one thing, that

just leaves more time to explore other things. It’s all good! Others get stuck feeling bitter about what “was.” Despite age, health, fitness and financial security, two octogenarians with similar circumstances may very well have a totally different take on their lives. Do you look forward to each day, or do you dread those first rays of sunshine that signal you’re starting it all over again? And if you are one of the latter, is it too late to change that?

No, it is not too late. You won’t be an overnight sensation. You’ll have to work on it all the time. But the work is not grueling. It’s subtle. And it starts with that noggin of yours. That amazing brain. You are the director of that brain. You can tell it things are going to change! You can tell it life is going to be sweeter. The brain is used to your old grumpy or complacent or negative ways, so you’ll have to show it who’s boss.

Here are some goofy ideas to make the journey more fun: wear a great hat; pay a stranger a compliment; ask someone you don’t know very well to go have a cup of tea with you; take a book or magazine to one of the sitting areas and smile at people as they go by; put a picture of a “happy you” on your bathroom mirror to remind yourself every day that you have it in you to be happy; remember a situation that always makes you laugh – think of it often!; have a cocktail by the fireplace; try meditation – just focus for a few minutes on a positive statement.

Start small. Pick something – whether it’s breakfast or a class or a walk around the block or just introducing yourself to a new neighbor – and determine that you are going to enjoy it, then go out and do it.

It’s your journey. You have the tools to make it the trip of a lifetime. It’s up to you.

## Welcome New Residents

Please stop by the New Resident Board in the Village Room so you can welcome our new residents!

## Brain Fitness

This may be the best kept secret at McDowell Village. On Monday and Wednesday afternoons, at 3 p.m. in the Village Room, a group gathers – no reservation required – for an hour of head-scratching fun.

Chris presents a variety of challenging brain teasers and the group invariably has a few laughs as they try to be the first one to figure it out. In this picture, the group is trying to prove that they are, indeed, smarter than a fifth grader! I was eavesdropping as I often am, and when they came up with a collective grade of B-plus, I heard Chris say “that wasn’t good enough” and off they went to try to better their score. I always hear lots of laughs along with some wacky trial answers, but in the end, they always amaze me. I have to say that yes, I do believe they are way smarter than fifth graders!

You are always welcome to join in. Stop by and see how much fun it can be to get that brain working!



Are we smarter than a fifth grader?

**McDowell Village** 8300 East McDowell Road  
Scottsdale, AZ 85257  
480.970.6400



## Village TV – Channel 22

As many of you know, we have our own TV channel here at McDowell Village. Tune in to Channel 22 any time of the day or night and see what’s on tap for the day. Before you even get out of your pajamas, you can plan your day and not miss any of the exciting events we have planned for you! We don’t want you to miss a thing.