

FRIENDSHIP MANOR NEWSLETTER

J. M. ALEXANDER, EDITOR

The Manor Theater Rocks

Movies and Live Entertainment Every Week!



Many Residents regularly head upstairs from the Lobby to enjoy the Manor's terrific theater. For those who are new or haven't yet discovered the many pleasures of Jamison Hall, now's the time to make the short trek.

Jamison Hall is home to a high-resolution projector and large screen roll-down screen where movies are shown several nights a week. In addition, when the screen is up, Jamison Hall has a great small raised stage that's perfect for concerts and recitals. The Manor is fortunate to have some of the best musicians in town come to perform, as well as many international artists who come through town periodically – from the nostalgic music of Papa Heinz on accordion to incredible local talent and even world-class classical musicians. Pictured above is the Dennis Berger Trio performing on stage in March (Dennis is also a resident).

In recent months, the movie opportunities have increased with the use of the large rear-projection television in the back of the Hall, where Wayne and Janice regularly show both classic and new movies during the day for those who just can't get enough of a good thing.

So take a look at the weekly schedule of events and the monthly calendar to find out what's happening in your very own theater right here at the Manor! It's free to attend and you'll have a rewarding experience.

April Highlights

April 1

Ice Cream Social

April 3

Dixie Daddies – Jamison Hall

April 10

Clothing Exchange – A/B Patio

April 8

Hot Dog BBQ

April 10

Papa Heinz – Jamison Hall

April 12

Steve Hoegerman Slide Show – Jamison Hall

April 13

Renee Hamaty – Jamison Hall

April 14

Pizza Party – B Lounge

April 18

Alice Gerety – Dining Room

April 20

Greg Harrison – Jamison Hall

April 31

Gem Fiedtkou – Jamison Hall

And don't forget ...

Local Walks and Joy Rides with Chris – Check your monthly and weekly calendars, and sign up on the slant boards in the Lobby!

RESIDENT PROFILE: BILL BARRISON

Bill was born in Elizabeth, New Jersey and has also lived in Tucson, Arizona, as well as in several California locales: San Francisco, West Hollywood, Sierra Madre and now in Santa Barbara. He's also quite an experienced traveler, having visited all fifty states plus Canada and Mexico.

A lifelong bachelor, Bill was educated in graphic and product design at the prestigious Art Center College of Design and went on to work very successfully in his field. When not working as a graphic designer and artist, he carried on a second career as a musician singer-songwriter, playing the guitar. For 20 years he was the leader of the Hollywood rock band, "The Bristols."



His hobbies and interests extend to internet surfing, watching TV (he likes NFL football) and creating graphic (abstract) art. In the video game realm, he's a PS X-Wing Tie Fighter, and he's drawn to rock music from the 1960s through the 1980s. He's also an avid reader of non-fiction books. For relaxation he exercises daily and practices Transcendental Meditation. Food favorites are pizza, meatloaf, mashed potatoes and pasta.

Bill says he's "thankful to be a part of such a friendly, lively community of mature people with their good spirit and caring ways."

Get to know Bill (he's in D-140) and make him feel welcome!

REFLEXOLOGY WITH MARY

Mary Reece-Upton is offering foot Reflexology on Mondays and Thursdays from 10 am to 12 noon and Wednesdays from 3:30-4:30, in the Beauty Parlor. Residents interested in a treatment can sign up for an appointment on the slant board in the lobby.

Mary first got interested in reflexology in the 1970's and started as a certified practitioner in 1987, practicing full time for 22 years, and thus has extensive experience.

"Reflexology is very relaxing," Mary reports, "it aids circulation and stimulates energy to what the body is trying to do to keep you healthy."

Contact Mary at 805/685-2343 to set up an appointment. Half-hour sessions are just \$20, and hour session only \$30.

Mary's back after a brief hiatus, so take advantage of having a Reflexology treatment right here at the Manor, and treat yourself to a relaxing session!



B LOUNGE RESOURCES FOR RESIDENTS

Residents in the know visit the B Lounge for a number of reasons, not the least of which is the **exercise equipment**, as well as the communal **television** and tables on which to play cards or put together a jigsaw puzzle.

The B Lounge also has **wi-fi** for those with **wireless devices** who want to browse the internet or check their emails. This is provided free of charge by the Resident Service Council (RSC) and is intended for use in the B Lounge only. The equipment and bandwidth have been upgraded to accommodate multiple users, so if you don't want to pay for Cox internet in your room, the B Lounge is an alternative. (The **Library** also has a hot spot provided by Friendship Manor, and you can also access the internet there.)

In addition, the B Lounge has a high-quality **shredder** for those who need to dispose of sensitive documents, and a **laser copier** which the RSC provides, including toner, and all Residents have to do is bring their own paper.



DOROTHY'S CORNER STORE: COME VOLUNTEER!

You can make a difference! The Corner Store welcomes volunteers who want to help other Residents take advantage of the Corner Store's wide range of treats and necessities. From ice cream to toilet paper, the Corner Store has it all, and you can be part of the action.

See Eileen Hlinka for more information.

All profits from every purchase go to fund movies in Jamison Hall, live entertainment, the B Lounge TV and wi-fi, and much more. Support your Corner Store and make use of this valuable resource.



MANOR UPDATE

Unity Shoppe – Free Presents!

Reminder for all Residents: Local non-profit **Unity Shoppe** offers each Manor Resident the opportunity to get a free present for their birthday and for Christmas.



When your birthday month is approaching, look for the form in your mailbox, fill out the Unity Shoppe form completely, and return it to the Front Desk **before the deadline**. It's that simple to participate in this great program.

Manor Library – Update

Many thanks to our new generation, as it were, of people helping to maintain the Library (on the second floor opposite Jamison Hall). We get a lot of books donated and on a regular basis some duplicate books will be regularly culled to make room for the new, so listen for the Dining Room announcements regarding this “book exit” and take whatever you want for your own personal library. If anyone has questions, please see Betty Chackel – the Resident Resource Committee she chairs is overseeing the Library.

April Birthdays

- 4/2** Lois Blackwell
- 4/9** Irene Bowles
- 4/10** Philip Lesslie
- 4/11** John Squires
- 4/14** Mary Reese-Upton
- 4/16** Ed Weddle
- 4/18** William Reelfs
- 4/22** Jim Campbell
- 4/23** John Glowicki
- 4/24** Karen Hess
- 4/25** Catherine Cline
- 4/26** Cheri Hollywood
- 4/28** Mary Dugan
- 4/29** Dave Thurber
- 4/29** Geri Lobdell
- 4/30** Ann Croyle

