



THE MANOR VILLAGE

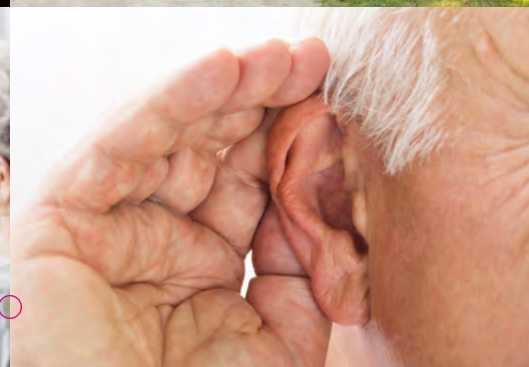
MOSAIC



THE MANOR VILLAGE
LIFE
CENTERS™

2018 CALENDAR

Our Miraculous Body



Sometimes a single moment is content to stand alone, like a precious, solitary jewel.
An isolated experience that is beautiful unto itself.

Sometimes moments gather meaning through occasions, casual and comfortable in the company of others: a celebratory dinner, a slow dance to that special song, an afternoon shopping spree with friends.

And sometimes, those individual, would-be-fleeting moments in our lives join together with great gusto, inspiring a special sense of value, of belonging to the whole, for all time. This is where we make the move from participation to performance. It's where we sparkle.

When the many components of the **Lifestyle Experience**[®] we offer our Residents at **The Manor Village** come together just so, the result is something striking – something beyond what we might ever have imagined. And that is our Mosaic.



THE MANOR VILLAGE
MOSAIC



THE MANOR VILLAGE
LIFE CENTERS[™]



Our bodies are a genuine masterpiece. They have so many moving parts and hidden mechanisms that come together seemingly effortlessly to support life, thought and activity. Our physical form allows us to interact with and influence the outside world. We develop strength and coordination to do so effectively as individuals. When we get together and combine our strengths we can move mountains.

Each of our bodies has its own quirks and dimples, but our basic physical needs are the same everywhere: good, nutritious food, regular exercise, scheduled rest periods and meaningful contact with others. Let's spend some time this year focused on our miraculous bodies and some things we can all do to keep ourselves feeling energized and engaged.



THE MANOR VILLAGE
MOSAIC



THE MANOR VILLAGE
LIFE CENTERS™





January

Meditation and yoga

The good life is about finding balance. It's about knowing what to focus on, which stressors to let go of, and making the time to do something good for our bodies as well as our minds.

Ease into a gentle stretch. Meet resistance with just a little attitude. Close your eyes. Quiet your mind. Shift all those invasive thoughts to the side for now. Listen only to your breathing. Inhale slowly, deeply. Exhale fully, and repeat.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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New Year's Day

Epiphany

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Martin Luther King Jr.
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December 2017

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February 2018

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January 2018



February

Heart

The heart is at the center of everything. It signals life and perpetuates living with its primal rhythm that keeps us all marching to our own drum. So integral to our being, it's easy to take the heart for granted. Until, that is, it skips a beat, or races, or breaks.

The heart is synonymous with love for good reason. It is strong. It is fragile. It is essential. Keep it tucked in close, or wear it on your sleeve, but whatever you do, mind your heart.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Groundhog Day

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Mardi Gras

Valentine's Day
Ash Wednesday

Chinese New Year
(Year of the Dog)

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Presidents' Day

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January 2018

March 2018

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February 2018





March

Nutrition

Our taste buds alone cannot be trusted to decide what's good for us. They favor flavor over substance. Our bodies hunger for nutritious foods rich in vitamins, minerals and proteins. This is the stuff that promotes strong bones, intestinal fortitude and head-to-toe health. Good food – really good food, will benefit you long after you swallow it.

So be a picky eater. Think about fueling your body instead of just feeding your appetite. Expand your flavor profile with fresh herbs and exotic spices, and for goodness sake, eat your vegetables.

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THURSDAY

FRIDAY

SATURDAY

February 2018

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Daylight Savings Time begins. Move your clocks one hour ahead.

Saint Patrick's Day

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Spring Equinox

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Palm Sunday

Good Friday

☆ First day of Passover

March 2018



April

Sleep

Ah, the sweet sweet lull of a gentle sleep. Scheduled downtime to let our body and mind unconsciously unwind and replenish. Dreams transport us in place to other worldly realms where anything goes and nothing really matters. Whether embraced in the darkness of night or a bright mid-afternoon, a good sleep can feel like a decadent indulgence.

Make yourself comfortable. Close your eyes, still your thoughts, and gently trigger your reset button. Hush now. Let sleep blanket you in warmth. Softly, surely, surrender to it. You'll be glad you did when you wake up.

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WEDNESDAY

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FRIDAY

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Easter Sunday
April Fools' Day

✧ Last day of
Passover

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Thomas Jefferson's
Birthday

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March 2018

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April 2018



May

The brain

Everything you think and know in your heart is stored in your brain. Your memories, the sum total of your life's experience, reside in that wonderland. Your aspirations are there as well: a cryptic treasure map to an ideal future. The imagination is seeded in the brain. Creative genius springs from that grey matter.

Dote on your masterpiece to keep it healthy. Pay it the attention it deserves. Feed it food for thought. Puzzle it for exercise. Sharpen it like a sword. Flex its might.

SUNDAY

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THURSDAY

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SATURDAY

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Cinco de Mayo

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Mother's Day

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Memorial Day

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May 2018



June

Vision

Perspective is everything. Seeing is believing, but let's not kid ourselves — what we see isn't always what we get. Sometimes our eyes can deceive us, or actually blur the truth. Twenty-twenty hindsight represents the clearest vision, but it often comes too late to benefit the visionary. The mind's eye knows things intrinsically somehow. It's funny how that works.

See for yourself, or go ahead and seek an extra set of eyes when things get complicated. If things get blurry, blink. Trust in all your senses. Don't just stare. Smell the roses too.

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FRIDAY

SATURDAY

May 2018

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July 2018

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D-Day

Flag Day

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Father's Day

Summer Solstice

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June 2018



July

Foot care

In terms of priority, our feet are generally at the bottom of the totem pole. We walk all over them on a daily basis with very little thought. In truth, they're the furthest thing from our head, most of the time. Yet a stubbed toe can make a grown man cry, and a random pebble in our shoe or an unexpected blister on our heel will stop us in our tracks. Unhappy feet can be crippling.

Pay regular attention to your feet. Put them up to rest. Pamper them with pedicures. They are precious.

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Independence Day

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Parents' Day

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August 2018

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July 2018



August

Massage and muscles

Sore, stiff muscles are our body's way of demanding a little hands-on attention. The healing touch of a gentle massage can do wonders to release tension beneath the surface. Skilled hands know just how much pressure to apply where. Not so much as to cause any serious discomfort during the massage, but enough to render positive after effects.

Relax into it. Enjoy the sensation of healing human contact. Trust in your muscle memory. Let go and before you know it you'll forget about lingering pains.

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July 2018

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Senior Citizens Day

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August 2018

A photograph of two women exercising outdoors. The woman in the foreground is a Black woman with grey hair, wearing a blue hoodie and a purple headband, smiling broadly while holding a pink dumbbell. The woman in the background is a white woman with short white hair, wearing a light purple turtleneck, also smiling and holding a pink dumbbell. They are in a grassy area with a blurred background.

September

Diabetes

People with diabetes probably have to look somewhere other than the pantry or the candy store for their sweet indulgences, but there's no shortage of stimulants out there to satiate a craving. You just have to know where to look, and be willing to receive when it shows up.

Manage your tastes along with your diet. Take a stroll through a fairy garden, or a children's playground. Accept a kind gesture from a friend or a stranger. Play with a kitten. Cuddle a puppy. Life is sweet.

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August 2018

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October 2018

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Labor Day

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Grandparents' Day

★ Rosh Hashana

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★ Yom Kippur

Autumnal Equinox

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★ Last day of Sukkot

September 2018



October

Bones

The skeleton is a complex arrangement of many moving parts. It is the foundation of our physical form – our stature. Normally cloaked in multiple layers of tendons, muscles, skin and clothing, most of us know our bones only through pictures taken in times of physical crisis. Healthy, bare bones are not supposed to show.

Work at being healthy inside and out. Eat a balanced diet rich in calcium and Vitamin D. Engage in regular physical activity. Be strong and you'll feel it in your bones.

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Columbus Day

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Halloween

September 2018

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November 2018

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October 2018





November

Hearing

Silence is only golden in an otherwise noisy environment. In abundance it is actually a void. The heart-warming effects of a quiet conversation, music, laughter, a babbling brook or the whistle of the wind are entirely lost if they fall on deaf ears. Verbal advice or direction can be confounding. Total silence can feel like an abyss.

Listen up. Take the time to have your hearing checked, cleared and, if need be, augmented with hearing aids. Participate in the conversations around you. Enjoy the symphony, or the radio. Laugh out loud.

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SATURDAY

October 2018

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Daylight Savings Time ends. Move your clocks one hour back.

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Veterans Day

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Thanksgiving Day

Black Friday

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November 2018



December

Togetherness

There's nothing quite like a sense of belonging. It's a genuinely happy place, our place, where we feel included, accepted and complete, like we're part of something bigger than ourselves. Sometimes it's what we have in common that matters the most. Other times it's how we stand out in the crowd. In any event, when it comes to our overall health, time spent in the company of others is time well spent.

Make a point to get out there and socialize. Spend quality time with the tried and true, but don't be afraid to make new friends too.

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November 2018

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January 2019

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★ First day of Hanukkah

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★ Last day of Hanukkah

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Winter Solstice

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Christmas Eve

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New Year's Eve

Christmas Day

December 2018



THE MANOR VILLAGE

LIFE
CENTERS™

The Community with Heart™



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