



DECEMBER 2018

Becketwood Times

Becketwood Cooperative • 4300 West River Parkway South • Minneapolis, MN 55406
Tel: 612-722-4077 • Fax: 612-722-1878 • www.becketwood.com

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Board Column

By Judith Maddux



Last Friday, there was a bit of a lull at the Cookie Cart. Maria Antonietta (my partner for the afternoon), was chatting with a Member who had just paid for a cookie served on a bright orange napkin. I was tidying up the cookie trays when an image of my Mother in her favorite "Uff Da!" apron came to mind. She was holding a tray of ginger cookies right out of the oven and the image was so real, I could almost smell the cinnamon, ginger and cloves.

For me, it has always been about the cookies. Some would say that a cookie is just a cookie, but I've always felt a cookie is greater than the sum of its ingredients, and I'll tell you why. My mom delighted in putting a smile on the faces of those around her ... her tools were a big yellow mixing bowl, a wooden spoon, butter, white sugar, brown sugar, eggs, vanilla, salt and baking soda. Her cookies made people happy!

Rarely did my mom leave the house without a purse in one

hand and a Tupperware container in the other. If it was Wednesday afternoon, Mom was on her way to the Minnehaha Bowling Lanes in St. Paul, where she shared a container of oatmeal cookies with "the girls" on her bowling team. If it was Friday, she was on her way to church with a Tupperware tub filled to the brim with saltine crackers, held together with chocolate frosting leftover from someone's birthday cake. They were, after all, the favorite of the quilting ladies who made quilts for the Church Bazaar. I could go on, but you get the idea. My mother had discovered that something sweet, when shared, could make all the difference in a person's day. Especially if the treats were offered unexpectedly.

Just ask anyone who has ever sold a cookie at Friday's Cookie Cart. They'll tell you that once eaten, most people smile after downing a cookie and, after a final sip of coffee, are relaxed and ready for whatever the afternoon might hold. Sometimes we see people in line who look a bit tired or sad, maybe distracted, clearly something on their

(Continued on page 2)

Board Actions in November

M/S/C to accept the proposal for the creation of a Becketwood Think Tank as amended. One abstention.

M/S/C to approve the Affiliation Policy as presented.

M/S/C to approve the Non-member Long-Term Occupancy Agreement for Susan Gantriis in Unit #404. One abstention.

M/C to approve the installation of an awning at the north door commons entrance along with necessary repair of the interior entry walls for an amount not to exceed \$3,000 using reserve funds.

M/C to approve the transfer of funds from the Workshop Committee to Becketwood Maintenance to upgrade the Windsor Room AV equipment. The total amount will be about \$1,000.

**The next Board meeting will be on
Friday, December 28 ~ 1:30 p.m.
Windsor Room**



(Continued from page 1)

minds. But as they make their way to the Cookie Cart, catching the scent of fresh cookies, the scowl on their faces lifts and their attention is drawn to the trays in front of them. "I'll take a couple," they might say. "Would you like a sugar cookie, chocolate chip with orange zest or a snickerdoodle?" asks the friendly person wearing rubber gloves. "Oh, ah, how about one of each?" answers the Member. "OK, here you go!" says rubber gloves, noting the smile on the face of a Member who only moments ago looked kind of down. Often the line is made up of happy looking Members, full of anticipation ... they're some of our best customers. Sometimes they'll say, "I'll take a dozen of the coconut cookies in one of those white bags, please." "My freezer is empty!" they add with a chuckle. I have to say, we do love our freezer customers!

Have you ever wondered how the Cookie Cart came to be? I discovered the original idea came from our very own Deb Rodmyre back in 2008. They were looking for a way to bring Members together in a fun social setting. They decided to use the Wellington Room, as it was the largest of the available public spaces and centrally located. The Food Service Committee members seemed a good choice to staff it, each Member taking turns. I imagine there was some debate over what to serve. No one would want a mess of dirty dishes afterward, which ruled out bars, cakes and pies, leaving cookies served on a napkin as the best choice. Luckily for us a pastry chef named Donna Brenny was already on staff in our kitchen. She would make the cookies! And the coffee would be steaming hot and free of charge.

Today the Cookie Cart remains just as popular. The cookies continue to be some of Donna's finest, and we still offer bottomless cups of coffee. The Wellington Room continues to provide a place to gather with friends both old and new, introduce yourself to new Members and solve many problems of the day. The Cookie Cart is available every Friday afternoon from 2 to 3 pm. (Hint, hint!).

With the holidays just around the corner, I asked Donna if she would share the recipe for her delicious ginger cookies with me. This is the recipe she uses for our Cookie Cart at holiday time. It originally came from our Dining Room Coordinator's (Cindy Roesner's) Grandma . . . Grandma Gladys. Enjoy and Bon Appétit!

Ginger Cookies	
<p><u>Ingredients</u> 2 cups sugar 1 ½ cups shortening 2 eggs ½ cup molasses 4 tsp. ground ginger 1 ½ tsp. ground cinnamon 1 teaspoon ground cloves ¼ tsp. salt 2 tsp. baking soda 4 ½ cups all-purpose flour</p>	<p><u>Directions</u> <u>Preheat oven to 350 degrees.</u> In a medium bowl, cream sugar and shortening. Stir in eggs and molasses. Sift spices, salt and baking soda and add to creamed mixture. Stir in flour 1 cup at a time. (Use all flour). Roll into small balls and press down with a glass dipped in sugar. Place on lightly greased cookie sheets. Bake for 10 to 12 minutes in the preheated oven. Remove from the baking sheet to cool on wire racks. Makes 4 to 4 ½ dozen cookies.</p>



The **Becketwood Times** is published monthly by the Becketwood Cooperative's Communications Committee.

Newsletter Coordinator: Deb Rodmyre

Editors: Tracy Gulliver, Phyllis Kromer, Carol Masters

Graphic Designer: Susan Greene

Contributing Writers: Members and Staff of the Becketwood Cooperative.

Submissions to Deb Rodmyre and Susan Greene must be received by the 20th of the month preceding publication.

The cupboards in the Convenience Center get crowded this time of year!



Mail and other deliveries arrive at different times of the day, so remember to check often for packages.

Notes from Debbie

By Debbie Richman,
Executive Manager



It's The Most Wonderful Time of the Year.....

Sometimes I wonder if I would enjoy the holiday season more if it didn't start until the actual date was closer. I am amazed every year at how soon the stores have holiday decorations, etc. out for purchase and we have not even done the "trick or treat" stuff yet. To me, it feels like I am behind when the season has not even really started. One silly thing I do (other than rehearsals of course) is to not play holiday music in my car or at home until the day after Thanksgiving. I want to enjoy the music, and if I start listening to it in October that won't be possible.

So - rather than talk about policy reminders, etc. this month, I thought I might offer some holiday "de-stressing" suggestions from an article I read on pinchofyum.com.

1. Say no
2. It's okay to leave early
3. Have an escape plan
4. You're allowed to change your mind
5. You're allowed to do weird things
6. Only be with the people you actually want to be with
7. It's okay to leave town
8. Do something special
9. Do something un-special
10. Light a candle
11. Remember: It's okay to be sad
12. Remember: It's okay to be happy
13. You're not alone

Simple things, yet good reminders that the holiday season can be whatever you want/need it to be and there are no societal rules that need to be followed.

May you each enjoy this holiday season to the fullest.

Debbie

Marketing News

Maura, Kari, and Lynette

Waiting List: 366



Sales

Nothing new to report! Stay tuned!

Notecards for Sale

The Marketing Committee will be selling Becketwood notecards again this year. This year's cards will have six different images showcasing various aspects of Becketwood including flowers, nature images and quilt details. We will be selling packs of twelve cards for \$8.00 per pack. Look for the sign-up sheet on the ledge!

Holiday Cookie Cart

Once again, we will be inviting the Waiting List to join us for Cookie Cart on **Friday, December 21**. Becketwood will be all festive and decorated for the holidays and we hope you'll be able to join us in welcoming and mingling with your soon-to-be neighbors!

Tours

It is a very busy time with those wanting tours of Becketwood! We'd like to thank Dorothy Johnson for her unending coordination of the tours, the dozen or more volunteer tour guides that spend at least an hour with each prospect by showing them all around the building, and each of you who

open your unit to show these visitors what life at Becketwood is like. It is because of all of you that we have such a large Waiting List! Thank you!!

Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



TOYS FOR TOTS

We will be collecting toys for children from **December 1-14**. Gifts for teens are especially needed. Please, no used or second hand items. Place gifts at the tree near the library. (The tree was made by Don Dahl and beautifully repainted this year by Roger and Peggy Ryden.) Thanks for your spirit of giving! You brighten the holiday for many.

MAC Bake Sale

The Member Activities Council (MAC) is sponsoring their annual bake sale on **Tuesday, December 11** from 10-11:30 a.m. It will be held in East Dining Room and West Dining Room so there is more room to spread out the delicious goodies for all to see! We are looking for Members who like to bake to donate to the cause. All proceeds will be given to the Program Committee to assist in the high cost of hiring top notch entertainers. Please sign up on the ledge if you would like to donate baked goods. You will receive an instruction sheet and a recommended price list to label your goodies. Donut holes and coffee will be available for purchase so you can visit with friends when you are finished shopping. If you have questions, please contact Deb Rodmyre in the office or MAC Chair, Bob Kirk.

OLLI is back! Osher Lifelong Learning Institute will be offering a course entitled *Muslims in the United States* on **Fridays, February 1-March 8** from 10-11:30 a.m. in Kensington Square. If you are a member of OLLI please call their office to register. If you are not a member, six of you are invited to attend the class at Becketwood. Sign-up on the ledge beginning on January 1. This course is taught by Thomas Seweid-DeAngelis, Ph.D. student at the U of M. The course has a special focus on African American Muslims' history, politics, and culture.

Did you know?

You can get occasional visits from Interim for help around the home or help with things that are hard for you to do. Simply call Interim at 651-259-4216 and set up a nursing assessment. Once the nurse has done the paperwork, you can call Alecia the day before you want help or even the day you need help and she can assist you.

7:00 movie, 7:30 program

To keep the schedule straight, please schedule movies for 7:00 and programs for 7:30 or people get confused. Thanks.

Have a merry and bright holiday season!

*Tomorrow is the first blank
page of a 365 page book.
Write a good one.
Brad Paisley*

What's Cookin'

By Chef Brandon
Lenzmeier



Happy holidays from the
Kitchen!

Some of you are already aware that we have a Tray Delivery Service here in the Becketwood Kitchen. Meaning, if you are under the weather, not feeling well, if you are tired from a long day, if you have a television program you want to watch, or if you just want to eat in your unit, we will gladly bring dinner or lunch to you. Simply decide what you would like from the menu, call the kitchen to place your order, and we will deliver your meal to your unit once the kitchen has your order ready. Feel free to call the kitchen with any questions.

A reminder: the kitchen will be closed on Christmas Day. We will be providing box lunches for those who would like a meal option that day. The box will be sold at a lunch meal price of \$9.75 for Members. You will be able to pick up your box lunch at the front Security desk starting at 11:30 am. Look for the menu and sign-up sheet for the box lunches on the ledge in the upcoming weeks.

A few exciting dates to mark on the calendar for December:

Annual Holiday Dinner: **Thursday, December 6** at 5:30 pm
(Members Only)

Birthday Dinner on **Friday, December 14** at 5:30 pm

New Year's Eve Dinner **Monday, December 31** at 5:30 pm

New Year's Day Buffet **Tuesday, January 1** at 12 pm

News from Environmental Services



Becketwood has now contracted with Handi Commercial Cleaning for a custodian. We are now working with Latrise Woodson Wednesdays through Saturdays doing our general common area cleaning and polishing.



Latrise Woodson

Latrise comes to us with five years of previous cleaning experience. She is a very friendly and cordial person who is eager to learn her duties and to develop a routine in order to get her assigned tasks done in a suitable and timely manner. I will be working with her as she gets acclimated to Becketwood and learns her new job. We welcome her onboard as our custodian.

Robin Lillesve
Security and Environmental Services



Maintenance Corner



It is the time of year to think humidity.

Maintenance has ordered four new console humidifiers that are available. Cost per humidifier is \$160 plus shipping. These use the same wick that maintenance stocks every year. Two will be the original brown and two are the new black color.

Humidity up to 35% has great benefits. Above that amount of humidity inside, in the climate we live in, can have negative consequences.

Occasionally, someone puts cardboard in the garbage chutes instead of the recycling bins. These individuals might be helping a Member move in or out, or they could be a family member or friend who may not know about the available recycling carts in the garage. If you see this happening, please let them know where they can find the appropriate container to properly dispose of their unwanted cardboard or other recyclable items. Thank you for your assistance.

Maintenance
Brandt, Ziggy, Larry, Rick, David, and Andy



Holiday Office Hours

The office will be closed
at 12 noon on
Monday, December 24
and

Monday, December 31
Staff will have the opportunity to use accrued vacation time to leave early on these days if they wish.

The office will be closed on
Tuesday, December 25.
Merry Christmas!

The office will be closed on
Tuesday, January 1.
Happy New Year!

Reindeer Feed Chex™ Party Mix

3 cups Honey Nut Chex™ Cereal
3 cups Chocolate Chex™ Cereal
1-1/2 cups peanut butter filled pretzels
1 cup salted roasted peanuts
1 cup holiday-colored candy-coated chocolate candies

In large serving bowl, mix all ingredients.

18 servings
200 calories per serving

Deb Rodmyre

IN REMEMBRANCE

Stan and Jo Sorenson came a mile south from where they had lived on Glabe Lane for 28 years, moving to Becketwood in late October,



2011. Health issues made it imperative for Stan to move in 2016. He died on October 30, 2018, at age 85.

Stanley Sorenson was born and raised on a farm near Frost, Minnesota. He graduated from Mankato State University, and earned his Master's in Environmental Health from the University of Minnesota. For most of his professional life as an Industrial Hygiene Specialist for 3M Company, he traveled extensively around the world, visiting 3M manufacturing facilities.

Stan and Jo were married for 55 years. Two daughters, a son, and three grandchildren make up their family.

Stan loved the land and the out-of-doors. He cherished participating with their children in school and home activities. He liked to read to their grandchildren, volunteered at Minnehaha Academy Library, and was the author of his own book. Stan was a Vikings fan and missed only one basketball game of their son, Steve.

Longtime members of Mount Olive Lutheran Church, Stan and Jo served community meals twice a month. He was their dedicated, expert

dishwasher. In their home neighborhood he shoveled snow for widowed neighbors.

At Becketwood, Stan worked with the Composting Team, and also enjoyed spending time reading in the Becketwood Library. Stan's life was a devoted, caring pilgrimage. He enjoyed spending time in a boat talking to his children about his early life compared to their present lives. He loved walks along the river, with Jo, and sitting around the Becketwood grounds. Outside, on beautiful days, Stan would say, "Isn't it grand?"

Farewell to statuesque Stan, a humble, gracious man for all seasons.

Stephanie Gordon

DID YOU KNOW?

Did you know you should re-direct mis-addressed mail you find in your postal box? You have two options:

1). For mail addressed to a Becketwood Member, give it to the Administrative Assistant (Susan) or Security, OR go ahead and deliver it to the box by your Becketwood neighbor's (the addressee's) door.

2). For mail that doesn't belong in the building, put it back in the U.S. mail chute.

Some wrongly delivered mail may contain an important document. Please look carefully at the addresses on your mail and kindly deliver it appropriately.

Becketwood Committee News

Program Committee

December's Program Committee offerings will cap a full year of varied entertaining and informational programming with musical programs that promise to brighten the holiday season. The Tower Hill Brass Sextet is first up on **Wednesday, December 5** followed a week later on **Wednesday, December 12** with a performance by Tim Perry, principal cellist with the St. Paul Civic Symphony, and Sue Ruby, pianist and faculty member at the McPhail Center for Music. **Tuesday, December 18** will feature a repeat performance by the Central Chamber singers and on **Thursday, December 20**, Seventh Gallery musical group will perform. Jim Amundsen, Becketwood Member, is one of its members. All four programs begin at 7:30 pm in the Wellington Room.



Two special events supported by the Program Committee will round out the holiday season. The Becketwood Holiday Dinner is scheduled for **Thursday evening, December 6** with special entertainment provided by members of the Minnesota Chorale. Don't forget to sign up to attend when the sign-up sheets become available. Then on **Saturday, December 15** at 4:00 pm the Becketwood Choir will present what has become an annual event, *A Service of Lessons and Carols*, under the direction of Jean Geissler.

Two Members made donations last month to support programs through a legacy fund, which is a vehicle through which loved ones can be honored or memorialized.

The Program Committee is grateful for the many excellent program suggestions that we have received from Members and hope that will continue in the new year. Thank you for your support of our efforts to entertain and inform.

Randy Nelson, Co -chair

A Note From the Excursion Committee



Treat yourself. Look on the ledge for new ideas and adventures. Enjoy excursions during the holidays and winter months with Becketwood friends. There is no driving or parking hassle, so you can sit back and have a great time! The driver will take us from door to door and the bus will keep us warm. Sign up for a show or two...enjoy the season!

Warm wishes,
Mickey Monsen, Chair

Chapel Committee

This month Vespers services are moved to the Windsor Room and will be held there until the end of February. Leaders for December: 5 - Joel Mortensen; 12 - Hilvie Ostrow; 19 - David Liddle. There will be no service on the 26th.



On **Saturday, December 15** at 4:30 pm the Membership is invited to the Wellington Room for the festive service of Lessons and Carols which features music by the Becketwood Choir as well as carols sung by the listeners.

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The Committee continued discussion on alternate worship forms and services and will respond to suggestions from the task force. We will investigate possible altar hangings for occasional use to make the Chapel less specifically Judeo-Christian in appearance. We also discussed resubmitting our request for a Peace Pole at Becketwood.

Wayne Tellekson, Chair



Choir News

During November, the Becketwood Choir sang twice in the Chapel. This "double duty" began with Rita Juhl's welcome invitation to be part of her November 14th Vespers celebration of J. S. Bach. We enjoyed singing *Jesu, Joy of Man's Desiring* and hearing about the life and works of J. S. Bach. Again in the Chapel for the November 21st Evensong *Entrata* was our call to worship, and *We Give God Thanks for Those Who Knew* served as sending. Our anthem, *Sing to the Lord of Harvest*, by Healey Willan, has been a favorite of mine ever since high school church choir—a true "golden-oldie."



Looking to December, the choir and I have enjoyed some great rehearsals in preparation for our Advent Service of Lessons & Carols, to which you and

your families are cordially invited. Please join us on **Saturday, December 15th** at 4:30 pm in the Wellington Room for this annual gathering sponsored by the Chapel Committee. The readings and format will be the same as in past years, but the carols and anthems will be new. Already, Keitha Herron and Helen Grant are rehearsing their string prelude and descant for *Wonderful Peace*, the well-loved Scandinavian carol. Accompanist tasks will be shared by Ellen Luepker, our generous neighbor, and Siri Garnaas, granddaughter of Ruth Halvorson. Gracing us again with her flute expertise will be Annie Richardson, daughter of Katherine and Terry Richardson. Readers are rehearsing their scripture readings, and Lois Dahlquist will soon begin creating the carol sheets and bulletins. Truly, "It takes a village"... Many thanks to everyone!

Peace, Jean Geissler, Director

We will be caroling in the halls of Becketwood on Friday, December 21, between 6:30-8:30 pm. Caroling will be led by the Becketwood Comfort Singers.

If you wish to join us, meet in the Windsor Room at 6:30. Bring an hors d'oeuvre to share with the singers in the Windsor Room after caroling.

Ruth Gaylord

COMMUNICATIONS Q & A

Bulletin Board/Easel Quiz

Test your knowledge of Becketwood policy for posting notices on the bulletin boards and easels. Circle the correct answer in each of the following. Correct answers are at the end of the article (don't peek).

1. **What should be the size of notices of personal sales?**
 - A. A half sheet of typing paper
 - B. 5 X 7 inches
 - C. 8 X 11 inches
 - D. The bigger the better
2. **Who creates the final copies of notices of Becketwood Events?**
 - A. The committee chair
 - B. The staff artist
 - C. Any Member
 - D. Becketwood Administrative Assistant
3. **When should flyers be placed on the easels?**
 - A. Two to three days before the event
 - B. A week before the event
 - C. Well ahead of the event
 - D. Two weeks before the event
4. **Who places the flyers on the easels?**
 - A. Communications Committee member
 - B. Staff member or Bulletin Board Team
 - C. Family of Becketwood Member
 - D. Any Becketwood Member

What's new in Communications?

1. Q. Where can I find updated job descriptions for the administrative, supervisory, and support staff - along with contact information?
A. **On the Becketwood shelves in the reference section of the Library.**
2. Q. What is new in the *Becketwood Times*?
A. **A new column with Becketwood human interest stories will be added in January.**
3. Q. Why is the Bulletin Board Team so happy?
A. **Two substitutes, Chris Curtiss and Bev Jensen, will join the team, each doing six week stints during the winter months.**
4. Q. What is a New Year's resolution for you?
A. **Follow the policies regarding posting of notices.**

Quiz answers: 1. B; 2. D; 3. A; 4. B

Phyllis Kromer, Communications Committee

**LET THERE BE
LIGHT...**
but let it be the right
kind.



Lighting can account for up to 20 to 25 per cent of a home's energy costs. Switching to a better light bulb can result in savings on your monthly energy bill. Of course, saving money is not the only value when it comes to making a choice. We are aware that our planet is in peril. For that reason, we should be mindful that each large or small thing we do can have an impact for good or for ill. John Muir, one of the founders of the Sierra Club, gave these words of caution: "When we try to pick out anything by itself, we find it hitched to everything else in the universe."

So what are our choices in lighting? Over the years, we have grown accustomed to the warm, yellowish white light of standard incandescent bulbs. They are highly inefficient, however, losing 90 percent of their energy to heat. These bulbs are still around but manufacturers are phasing them out. The unit of power in this type of bulb is the watt and we have a good grasp of the size needed for our homes.

With the transition to more energy efficient lighting, we no longer speak of watts. We speak of lumens. Keep that in mind as you go off to the store. There are three basic types of bulbs, the first being the halogen incandescent, introduced a little over ten years ago when manufacturers started adding halogen gas to the standard incandescent to make it burn more efficiently. These bulbs give off the same light as the traditional incandescent but they use 28 percent

less energy. Both types last about a year and can be safely tossed in the trash when you are done with them.

Our next choice is the compact florescent or CFL. These bulbs use 75 percent less energy than the incandescents and have an estimated life of 9 years. The quality of light has improved since the early days and the price has dropped. CFLs contain small amounts of mercury and should be disposed of properly. We do this at Becketwood.

The newest innovation in lighting that I know of is the LED bulb. While incandescents and CFLs generate most of their energy in heat, LEDs are cool to the touch. The light quality seems a bit stark as it faces in only one direction. LEDs use about 80 percent less energy than incandescents and have a life span of 20 years so that should be compensation for the higher price you pay. The "dark side" of the LED is that it can contain small amounts of lead, arsenic and a dozen other potentially dangerous substances. This is especially true of the colored ones. Better regulation could improve or fix this problem. For the time being, there is no good way to recycle them. We throw them in the waste basket and hope they don't break.

All things considered, LEDs seem to be the best choice in terms of the degree of light provided, the energy used, and the environmental footprint. Hopefully researchers will find newer lighting technologies that will make today's green choices obsolete. I say "best" with reservations. As people across the globe are switching to LEDs in an effort to save energy and money,

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they may be making another problem worse. Light Pollution has been a concern for decades but the introduction of LED bulbs has increased the amount of light coming from cities at a rate of 2% every year for the past four years. This will only increase unless a better technology emerges soon. Too much light pollution has consequences: it washes out starlight in the night sky, interferes with astronomical research, disrupts ecosystems, and has adverse health effects.

This brings me back to John Muir: "When we try to pick out anything by itself, we find it hitched to everything else in the universe."

Bev Iverson Bedford

Drawing Class In January



The class is for beginners or more experienced drawers who wish to renew their interest. The emphasis will be on the use of graphite (pencils, etc.) to create the illusion of depth. A variety of subject matter will be used. The cost for the class of approximately \$28 will be for supplies and every class member will receive their own supplies.

In four weeks, your head will be packed with information such as how to consider the compositional possibilities of your drawing or how the Renaissance artists developed principles to create an illusion of the third dimension on a flat surface. The class is being offered by Jean Loy-Swanson, a Beckwood Member, who has taught drawing in college as well as for community education for fifty-plus years.

It will be an enjoyable respite from midwinter. Class will be on **Tuesdays for four weeks from 7-9 pm, January 8-29** in the West Dining Room. Sign-up on the ledge. The class will be offered again in the spring.

Jean Swanson

I've Got a Secret

And I bet you do too! Back by popular demand, the New Year's Eve celebration will include a reprise of the TV game show, *I've Got A Secret*. Can't remember the show? Just google, i've got a secret. The success of our program will depend on participation by Beckwood Members. Here's what we need:

- ◆ Four to six people who have something interesting in their history that most Members don't know.
- ◆ Four panelists: Each panelist will have a limited time to ask Yes or No questions of the contestant. After that, we will ask for questions from the audience. Each contestant will have five or so minutes to stump the group. Secrets, and probably a story, will then be revealed.

If you want to be a panelist — or have a secret you are willing to share (or know someone with an interesting or surprising secret), please send me a note or email. Remember - these are 'secrets' so keep mum until 2019!

Bonnie Sample, #514,
basample@visi.com

NEW YEAR'S EVE PARTY

The New Year's Eve Party on **Monday, December 31**

involves more than 25 volunteers, making it more fun for all of us. Members are needed to practice the new dances at 3 pm Thursday, December 13 in the Windsor Room; blow up balloons in the Wellington Room on Friday at 10:15 am; decorate at 10 am on Monday; push tables and chairs around at 7:30 pm; lead games, monitor the refreshment table; distribute party paraphernalia; lead an ice breaker program; and help with clean up at 11:05 pm or 12:05 am.

Let party host Doug Herron (#235) know if you are willing to help with the party in some way. A sign-up sheet is on the ledge. A special crossword puzzle will be available on the ledge December 15.

The New Year's Eve program officially starts at 9 pm with singing around the piano led by Ruth Gaylord, but if you want to sing more than 15 minutes, join us at 8:45. The program flows from singing to "I've Got A Secret" at 9:20. John Fenn can take your picture by the New Year's banner. Patsy Okaya will tell fortunes in the Solarium again.

Bonnie Sample's "I've Got A Secret" panel show was introduced to us at last year's party in an unrelenting effort to better know our neighbors. A panel of "experts" will have just 20 questions to uncover deep secrets from our brave contestants.

Carnival games start at 9:45. New this year will be Peggy and Roger Ryden's corn hole bean bag toss and Jean



Swanson's big washer toss; coming back from last year's celebration will be the snow ball fight with Iric Nathanson, bocce ball with Bob Flink, and bingo with Ruth and Fred Bartling.

Dancing starts at 10:15 with The Stroll, Barbara Ann, The Macarena demonstrated by Lorene Liddle, then the Chicken Dance and ending with Harry Bellefonte's Day O from the Beetlejuice movie. Everyone, including those with walkers and canes, is urged to join in the dancing.

We will take a short break to catch our breaths before Hilvie Ostrow plays Auld Lang Syne on the piano and Jacqueline Teisberg leads us all from her spot on the balcony. We celebrate New York Times Square midnight at 11 as Steve Schuller lowers the countdown ball and balloons fall from the ceiling.

By 11:15 many may feel they have had enough celebrating and will help clean up and head home. But Night Owls will stay longer to celebrate Minnesota Midnight in the Windsor Room with a short Road Runner video and some calm singing with Joel Wiberg. Then we jump into Bob Flink's 2019 bubble wrap square, singing Happy New Year again; clean up and slink home.

This is a Members-only party. There is no fee. Some Members will bring homemade treats. If you bring an open bottle of wine to the refreshment table, please take it home when you leave.

More volunteers are currently needed to run an ice breaker, to make snack food, to help with the dances and to help lead the games.

Doug Herron

COMING ATTRACTIONS

Healthy Sleep Habits
January 9, 7:30 pm,
Wellington Room

MN ERA
January 16, 7:30 pm,
Wellington Room

Lady Date
January 17, 7:30 pm,
Wellington Room

Excursion to TPT
January 18, 6 pm



Notes from the Tech Hub

Not Naughty, Pretty Nice

So okay, we got past Thanksgiving and hopefully you all asked your families for flashlights, batteries and small stickers (see our November article to refresh your memory on that one). We in the Tech Hub, being fully stocked with flashlights and the like, were able to take the time not spent deflecting gift suggestions to actually be thankful.

What are we thankful for? We are thankful so many of you are taking the time to try to solve your tech problems yourselves. How do we know you are doing so? You are telling us! Sometimes, when we are not able to give you some face time right away, you call us back and tell us you got it to work. That recalcitrant printer? Turned it off, waited ten seconds and turned it back on. And it worked! That pesky email problem? Turned off the computer, turned it back on and it worked.

You sat down and tried to figure out what went wrong—and maybe you figured it out and maybe you didn't. What counts is that you tried. When you call us, we ask you tons of questions, all in the effort to diagnose what went wrong. These types of questions you can ask yourself:

- ◆ What was I *trying* to do?
- ◆ What was I actually *doing* when things went wrong?
- ◆ Did I get some sort of message (like "Reboot now") and ignored it?

The answers help you (and us) diagnose the problem. Sometimes we have to whip out our tablets and smart phones and search for an answer. You can do

Grill Use

If you use the Primo charcoal grill during the freezing months, please remember that in addition to closing the chimney and the air intake, it is important to revisit the grill after the fire is completely out (usually 2 to 4 hours) and insert two wood shims. You have to wait until the coals are extinguished but not so long it freezes. The felt edging, which fills with moisture during grilling, will otherwise freeze together and make it truly impossible to open. If you have any questions, or the shims are not there, please contact Joel Mortensen.



this too, but it really helps if you are able to put into words what exactly is the problem. Answering those three questions is really important.

Now, on to a related topic. You all know how turning off something electronic and turning it back on can clear up your gizmo's toddler brain. But do you know how to turn stuff back on? Yes, you unplugged. Yes, you hit the on/off switch on the power strip. But did you actually turn your gizmo back on? As in hitting the power switch on the gizmo itself?

When dealing with one item of many plugged into a power strip, it is easy to forget that you turned *all of them* off by hitting the kill switch. So your desktop computer gets turned on, the monitor gets turned on. But did you turn on the modem? The printer? It is easy to forget all the things plugged into that power strip back there in the land of the dust bunnies. But thankfully, you have us to remind you.

And now for a gratuitous image (from the New Yorker) Katherine just had to insert into this article to jazz it up.



Carol Delak and Katherine Richardson
Tech Hub Volunteers

Becketwood Art News



For our December/
January exhibit, we are
welcoming Studio 707.

This is a group of about nine watercolor artists who meet weekly to get feedback on their latest artwork. They all benefit from the constructive critique of other artists; it is a component of their artistic growth.

The artists are at various stages of expertise and have distinctly different styles. A single session might include a sweeping landscape, a shadowy alley, a cozy interior, playful abstracts or weird worlds. There will be about 30 paintings and most will be for sale.

You may have noticed I mentioned that this exhibit will last for all of December and all of January. The art committee has decided that twice a year we will do a two-month show. Putting up 30 pictures is a big job and during the holiday season and the mid-summer season, we are a lot fewer in number. Many of our committee members take time off during those months and we need quite a number of people to handle the installation. Trying this route will give us all some breathing room.

Bonnie Porte
Art Committee Co-chair



Wellness Committee

Leanest Cuts of Beef

The U.S. Department of Agriculture defines an extra lean cut of beef as a 3.5 ounce serving (about 100 grams) that contains less than two grams of saturated fat and five grams of total fat. Cuts of meat that are considered extra lean include eye of round roast and steak, top round roast and steak, sirloin tip and side steak, bottom round roast and steak and top sirloin steak.

~ From *Mayo Clinic Housecall* 5/21/18

Helen Mikkelson, Committee Member

Fitness Center

Stop by the Fitness Center to try out the new Nustep T4r Recumbent Cross Trainer machine. It was purchased with funds from the Craft Center because many people asked for one. It is the same machine that gets used at Episcopal Homes and it is very popular. Come and try it out!



Thank you to the Craft Center volunteers and all who make cards and craft items to sell — and for all of you who purchase them!

Join us for ***Healthy Sleep Habits*** by Dr. Erin Golden on **Wednesday, January 9**, at 7:30 pm in the Wellington Room. There will also be a program on *Aging in Place* by Interim Home Care. Watch for further details.

We hope you have a happy and healthy holiday season.

Margaret Gilland and Joy Nelson,
Co-chairs

Library Committee News



The Environmental Committee has donated a DVD, *The Botany of Plants*, based on the book by Michael Pollan. The video is shelved next to the book in the non-fiction section, number 306 P. It can be signed out, using the same procedure as for books.

Since this is the season for gift-giving, it is a good time to talk about donations to the Library. A shelf for donations is found in the section below new and favorite books. Fill out a blue donation slip, found on the circulation desk, and put it in the book, along with any information you want to give to the Committee members who handle these books. We cannot take every donation. We check to see if the book is already in the library and if not, may it be of interest to others. Many times the book is not added to our collection immediately but will be saved for later use. Some may go into the Little Free Library. Or, they may be returned to you.

Please don't leave donations on other shelves or tables. If they are and if they are found, confusion results.

Mary Heltsley



NEW IN THE LIBRARY



FICTION

THE LIFE WE BURY by Allen Eskens. Joe is a college student with a deadline for writing an assignment for his English class. He needs to interview a stranger and write a brief biography. With deadlines looming, he heads for a nearby nursing home and finds Carl Iverson, a dying Vietnam veteran and a convicted murderer. Joe soon finds himself trying to unravel Carl's conviction. The characters are real and the story compelling.

THE IDIOT by Elif Batuman details the freshman year at Harvard and succeeding summer of Selin, an American student whose parents are Turkish immigrants. At the end of the school year, she has taken several linguistics classes, made a friend, and begun a complicated relationship with Ivan, a Hungarian. She then volunteers to teach English to children in Hungary, so she can be close to Ivan, but Ivan has other plans.

MEET ME AT THE MUSEUM by Anne Youngson. The curator of the Danish museum where ancient bog people are exhibited answers an English farmwife's letter expressing long-held interest in visiting to see Tollund Man. They continue writing, and a deep friendship develops over the years. She leaves the farm, free to travel. Her letters stop. The book ends without closure, but the title's offer is clearly open.

THE SHAKESPEARE REQUIREMENT by Julie Schumacher. Who better to write an academic satire than a professor of English! This comic tale features a woebegone professor's fight against an ambitious, voracious villain who threatens to take over the building

shared by Economics and English. The author teaches at the University of Minnesota and won the James Thurber Prize for American Humor.

MYSTERY

THE CROSSING by Michael Connelly. Detective Harry Bosch, forcibly retired from the LAPD, joins his half-brother Mickey Haller, a defense attorney, to investigate the case of a former gang member accused of rape and assault. A sense of menace builds as the plot races to a tense and exciting conclusion.

DESOLATION MOUNTAIN by William Kent Krueger. An exciting crime novel set on a mountain viewed by the Ojibwe people as a cursed place. A plane carrying a senator crashes, the FBI becomes involved, first responders disappear, and Cork O'Connor is forced to confront evil. A great read.

NONFICTION

BECOMING by Michelle Obama. Narrated with grace, good humor and candor, this much-anticipated book is a vivid behind-the-scenes account of her family's history-making time in the White House and how she marshaled her strength and voice in service of higher ideals.

LEADERSHIP IN TURBULENT TIMES by Doris Kearns Goodwin. Abraham Lincoln, Theodore and Franklin Roosevelt, and Lyndon B. Johnson each served as President of the United States during particularly challenging and perilous times in the history of this country. How each built on overcoming earlier setbacks and struggles to rise to the occasion and provide necessary and effective

(Continued on page 20)

(Continued from page 19)

leadership when the situation demanded it is the subject of this riveting, thoroughly researched, and absorbing book.

WESLEY THE OWL by Stacey O'Brien. Wesley the barn owl was found as a newborn with an injured wing that would have kept him from surviving in the wild. Stacey O'Brien, who studied owls professionally, took him home to research and entered a 20-year relationship that ended up being a scientific love story. A lovely book.

CAN'T WE TALK ABOUT SOMETHING MORE PLEASANT? by Roz Chast. In this graphic memoir, New Yorker cartoonist Roz Chast chronicles the course of her parents' aging and death and her attempts to help them. Unfailingly honest, it is both poignant and hilarious.

POETRY

SOMETIMES by Jill Breckenridge

Reviewers: Pat Cummings, Gloria Delano, Gretchen Flynn, Linda Kusserow, Carol McCabe, Randy Nelson, Cathie Nicholl, Meg Sorensen, Ingrid Stocking, Sue Zuriff.

BOOKS BY MAIL

Did you know you can get books from the Hennepin County Library through the mail at no charge? Friends of the Library can also help you access books online.

For more information call
At Home Services
612-543-8850.

POETRY PARTY!

by Linda Back McKay

I want to be able to do anything with words: handle slashing, flaming descriptions like Wells, and use the paradox with the clarity of Samuel Butler, the breadth of Bernard Shaw, and the wit of Oscar Wilde, I want to do the wide sultry heavens of Conrad, the rolled gold sun-downs and crazy-quilt skies of Hitchens and Kipling as well as the pastelle [sic] dawns and twilights of Chesterton. All that by way of example. As a matter of fact I am a professional literary thief, hot after the best methods of every writer of my generation. — F. Scott Fitzgerald

Welcome to the winter wonderland of Becketwood poetry. It's good to "stretch" our writing by trying new techniques. It may be experimental, but you might happen upon a happy accident. In this poem, Member Kate Tucker explores a new take on ownership.

Solstice Ode

No one owns the solstice—
Not the Christians, not the Jews,
Not Morgan Chase, not Zuckerberg,
And (thank you) not Fox News,
Republicans don't own it.
Democrats don't own it either,
The solstice doesn't want our vote
And so we get a breather.
It will not be deported
Because of where it's from.
It won't be sold, like Christmas was,
To Amazon.com.
We can't regulate the sun
We cannot raise its taxes.
It's just a big ol' ball of flame
To which we all have access.
Let's hear it for the loyal star
That keeps us all alive
And doesn't give a rat's butt

If the NASDAQ takes a dive.
 It's been in power for ages
 Without scandals, lies, or doping
 Or icky allegations
 Or history of groping.
 It works by day, it works by night
 and doesn't mind repeating.
 It stays on task—no hype, no tweets—
 Just lighting...and heating.
 What's more, it's not a militant
 for any cause or state.
 It just does what it can to make
 our solar system great.
 The solstice. What a faithful friend!
 And we are here to praise it.
 So dear ones, if you have a glass,
 Now's the time to raise it.
 By Kate Tucker



Your humble editor will be taking a
 break from this column for at least
 part of the winter. Send your poems to
 me at lbmckay@yahoo.com or drop it
 in my #501 mailbox. Until next time,
 embrace the winter sunshine, embrace
 each other and don't forget to write.

Have you read the latest blog
 on the Becketwood website?

 It changes often! Go to
becketwood.com.

 See Carol Masters to submit
 your own blog or idea:
cmasters@bitstream.net
 or drop in #474 mailbox.



phillipmartin.info

*Thanks to Bingo friends and
 players who joined Fred and
 me on Saturdays. We will no
 longer get together, but my
 favorite cheer is BINGO!*

Ruth Bartling

B~WOOD DOIN'S

by John Fenn

This month's column is shorter than usual because **Yours Truly** and **Jill Breckenridge** enjoyed an ecstatic 14 day cruise. "We opened in Venice, we then played Verona..." (*Kiss Me Kate* Lyric)



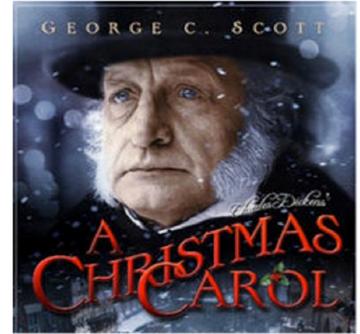
After leaving Venice, our beloved **Nautica** then plowed the Mediterranean to Drobovnik, Split, Montenegro, some Greek islands, including Rhodes, then finishing with three delicious days in Athens. Perfect weather for the whole trip.

MASTERTERPIECE THEATRE

As is our annual custom, we will celebrate the glorious Yuletide season with the film presentation of *A Christmas Carol* starring **George C. Scott**. You will never see a better Scrooge.

The reformed Scrooge said, "We will discuss your affairs this very afternoon over a bowl of Christmas smoking bishop, Bob!" And so shall we, every one, enjoy an authentic Dickensian bowl of Christmas smoking bishop, provided by **Brandon or Angela**. For the less adventurous, wine will also be forthcoming.

Be sure to join us on **Friday, December 14th** in the **Wellington Cineplex**, 7:30 pm.



This column appears monthly in the Becketwood Times. Drop a word or two about your delights, accomplishments, or just a gentle event from your chronologically enriched lives. My unit is #441, telephone 612-306-4727, or e-me at john@johnfenn.net with any ideas or corrections.

Thought for the Month

Each year's regrets are envelopes in which messages of hope are found for the New Year.

John R. Dallas Jr.

Get a full body workout while sitting in a chair.

Chair exercise is a 30-minute workout held in the Windsor Room at 9 a.m. on Thursdays and Saturdays. (It covers all major muscles with no floor work.)

Join us to find out whether this excellent full body routine meets your exercise needs.



Exercise Corner

Mark your calendars!

Arthritis Exercise Class:

No longer meets due to lack of interest.

Chair Exercise: Th, Sat at 9 am in the Windsor Room unless noted.

Episcopal Homes Therapy Pool and Fitness Center: Wed. Bus leaves at 10 am. Sign up on the ledge.

Exercise: M, Th, Sat at 8 am in the Windsor Room unless noted.

T'ai Chi Chih with Carol, Vanjie, Mary and Terry:

M at 11 am, Beginners; T at 8:30 am; W at 1 pm, all in Windsor Room.

Pilates with Terry and Lois:

T, Th at 9:30 am, Windsor Room.

Qigong: F at 11 am, Windsor Room

Yoga: M, W, F at 9:30 am in the Windsor Room unless noted.

Silver Sneakers: M, Th at 4 pm in the Windsor Room.

Please check the weekly calendar or the easel by the mailboxes for any last-minute room changes.

Comment and Suggestion Box Convenience Center

Please use the form and remember to sign your name.

December Member Birthdays

- 1 Dorothy Stuhlfeier
- 2 Ken Johnson
- 6 Vanjie Bratt
- 6 Susan DeVries
- 6 Ingrid Stocking
- 7 Elaine Churchill
- 12 John Arneson
- 12 Fred Morrison
- 17 Neal Luebke
- 17 Carl Lindell
- 17 Marlene Marble
- 18 Bill Cavanaugh
- 20 Jim Amundsen
- 20 Iric Nathanson
- 21 Jean Geissler
- 25 Clarice Nygaard
- 26 Mary Weddle
- 27 Jane Johnson
- 29 Chuck Maddux
- 30 Orville Ruud
- 30 Mary Hilgert

Please contact Susan in the office if you do not want your name to appear on the Birthday List or if there are corrections.



December Birthday Dinner:
Friday, December 14
5:30 pm ~ Wellington Room
Redeem your birthday coupon!



**Look for
"Becketwood Cooperative"**

Movie Schedule

Masterpiece Theater
Friday, December 14
7 pm, Wellington Room
A Christmas Carol
Starring George C. Scott.
Presented by John Fenn

Alternative Cinema
Saturday, December 15
7 pm, Wellington Room
The Bishop's Wife
The Bishop's Wife is the story of Henry Brougham (David Niven), an Episcopalian bishop, who is all caught up with building a new cathedral for his church and has neglected his wife, Julia (Loretta Young). Henry wishes that he could have some help with the financing of his project and prays to God for assistance. In comes Dudley (Cary Grant), an angel, who has been sent to honor his prayer. As Dudley's earthly interactions begin to change lives he becomes attached to people and may not want to leave. The story is set during the Christmas season: an inspirational movie sure to warm the heart. **(1947, Rated NR: Comedy, Romance, Drama)**
Presented by The Rydens

Foreign Film
Sunday, December 16
7 pm, Wellington Room
The 33
A Chilean film that chronicles the true life drama of rescuing 33 Chilean miners trapped 2,000 feet underground in a collapsed mine tunnel. It took 69 days to do so.
Presented by Keitha Herron

Sponsored by the Program Committee

Question of the Month



How do I dispose of my live Christmas tree or wreath?

Wreaths and trees should be bagged to prevent needles from shedding while going through the halls. The tree should be moved to the garage exit door dumpster. Staff assistance is available through the work order system if you desire help.

Wreaths must not obstruct the unit number on your door. ALSO, door mats should not extend into the hallway or obstruct the entrance to your unit. Personal items outside your door must fit into the alcove.



NOTICE

When you sign up for a room on the master calendar in the office, please **write your name and the name of your event.**

Thank you!

Comcast Help Desk

You, as the account holder, must be present (on the phone) to address any billing issues, service changes, or technical issues. Although the Help Desk number is the same, **(855) 307-4896**, their new team has been bolstered with additional technical resources to serve you. You should now identify yourself as a **Becketwood Platinum Support Customer**. *Help Desk support is free of charge.*

If your problem cannot be resolved over the phone there are additional options. Comcast will send out a technician to help resolve your problem. **However, if they determine the fault IS NOT with their equipment (i.e. their Modem, Cable Box, or HDMI cable) then the call will be billable to you.** If you would like to avoid the billing uncertainty, submit a Service Request to Maintenance and they will advise you on alternatives before having Comcast come on site.

WELCOME

We welcome our new in-house accredited and Licensed Massage Therapist Sharon S. Fenn. She is a resident non-member living with her parents, Jill Breckenridge and John Fenn. Sharon is available to give chair or full body massages in your unit. For pricing and scheduling, call Sharon at 612-998-7911 — be sure to leave a message!

Take the Becketwood bus to the **Episcopal Homes therapy pool and fitness center**. No cost.

**Wednesdays
10 am to 12:30 pm
Sign up on the ledge.**

If it is your first time, pre-register by calling Julie at 651-272-4953.



Socrates Café

3:30—4:45 pm ~ West Dining Room

Tuesday, December 11

Why is positive change harder than negative change?

Tuesday, December 25

No meeting.

Everyone welcome!

Contact Randy Nelson with questions.



Need 15 minutes of assistance?

Call Interim — Alicia is here to help! Alicia can be reached at 651-734-8809 or call the Homestyles Manager at 651-259-4216. You can also contact Deb in the office for more information.

ASK THE NURSE

A nurse from Episcopal Home Care and Services will be here on the second Thursday to discuss any of your concerns or check your blood pressure.

Thursday, December 13
10 am — 12 noon
 Solarium

Schwan's Delivery

Schwan's will be here every other Monday.

December 3, 17, 31

at 3 pm in the Coffee Shop.

It is best to pre-order online or by calling 1-888-724-9267.

December Shopping Trips

Monday, December 10—Mall of America and St. Louis Park Costco

Thursday, December 13 — No shopping
Friday December 14 instead

Monday, December 17 — Southdale/
 Galleria

Tuesday, December 18 — Trader Joe's

Thursday, December 27 — Friendship
 Co-op

Tuesday, December 25 — No shopping

Check the grocery schedule on the ledge and be sure to sign up!

UPCOMING COMMITTEE MEETINGS

Library	Monday, Dec. 3	9 am	WDR
Chapel	Monday, Dec. 3	3 pm	WDR
Wellness	Wednesday, Dec. 5	1:30 pm	WDR
Environment	Thursday, Dec. 6	1:30 pm	WDR
Program	Friday, Dec. 7	9 am	EDR
Interior Design	Monday, Dec. 10	9:30 am	CR
Marketing	Tuesday, Dec. 11	12:30 pm	WDR
Art	Wednesday, Dec. 12	9 am	CR
Excursion	Wednesday, Dec. 12	1 pm	CC
Buildings & Grounds	Thursday, Dec. 13	2 pm	WDR
Food Service	Tuesday, Dec. 18	10:30 am	WDR
Finance	Thursday, Dec. 20	2:30 pm	WDR
Board of Directors	Friday, Dec. 28	1:30 pm	WR
Communications	Wednesday, Jan. 2	2:30 pm	CR
MAC	Monday, Jan. 14	1:30 pm	WDR
Landscape & Gardens	No Meeting		

Location Key

Chapel - CHP
 Coffee Shop - CS
 Conf. Room - CR
 Craft Center - CC
 E. Dining Rm-EDR
 Fitness Center - FC
 Game Room - GR
 Kensington Sq - KS
 Solarium - SOL
 Wellington Rm - DR
 W. Dining Rm-WDR
 Windsor Room-WR

Excursions for December

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Central Lutheran Church	Saturday, December 1 Depart at 1 pm Return at 4 pm	<i>Augsburg Advent Vespers</i>
Bell Museum and Planetarium	Monday, December 3 Depart at 12:45 pm Return at 4:30 pm	<i>Minnesota Journeys</i> exhibit and <i>No Limits Astronomy</i>
Danebo	Monday, December 3 Depart at 6:30 pm Return at 9 pm	Sing along with Dan Chouinard
Ordway	Friday, December 7 Depart at 9:30 am Return at 1:30 pm	Patricia Kopatchinskaja and Polina Leshenko. Ticket holders only.
Hennepin Church	Thursday, December 13 Depart at 10:15 am Return at 2:30 pm	<i>Christmas on Copper Street</i> and lunch
Rosedale AMC Theater	Saturday, December 15 Depart at 10:45 am Return at 4 pm	<i>LaTraviata</i>
Open Eye Figure Theater	Sunday, December 16 Depart at 6:30 pm Return at 10 pm	<i>The Longest Night</i> . Sign up on the ledge.
Holiday Lights	Thursday, December 27 Depart at 6:30 pm Return at 8 pm	Tour Summit Avenue, Rice Park, and our neighborhood in the comfort of the bus.

Caregivers Support Group

The Caregivers Support Group will meet **every Monday afternoon from 1-2 pm in the 4th floor conference room**. This is a confidential group for support, resources and ideas to aid in caregiving. It is open to Members and families of Members.

Susan McKinley

BLOOD PRESSURE

With a Nurse



Tuesday, December 4

1:30 pm

SOLARIUM

Sponsored by

Longfellow/Seward Healthy Seniors

December Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

Tower Hill Brass Sextet	Wed., Dec. 5 7:30 pm	Wellington Room	Guaranteed to please.
Minnesota Chorale	Thurs., Dec. 6 4:30 pm	Solarium	Followed by Holiday Dinner at 5:30 pm
MAC Bake Sale	Tuesday December 11 10-11:30 am	East and West Dining Rooms	Proceeds benefit the Program Committee. Sponsor: MAC
Tim Perry and Sue Ruby	Wed., Dec. 12 7:30 pm	Wellington Room	Cello and piano
Masterpiece Theater	Friday, Dec. 14 7:30 pm	Wellington Room	<i>A Christmas Carol</i>
Advent Lessons and Carols	Sat., Dec. 15 4:30 pm	Wellington Room	Becketwood Choir Sponsor: Chapel Committee
Alternative Cinema	Sat., Dec. 15 7 pm	Wellington Room	<i>The Bishop's Wife</i>
Foreign Film	Sun., Dec. 16 7 pm	Wellington Room	<i>The 33</i>
Meet the Manager	Monday December 17 2-3 pm	Coffee Shop	Enjoy a conversation with Debbie Richman.
Central Chamber Singers	Tuesday December 18 7:30 pm	Wellington Room	20 students from Central High School. The Ali's grandson is a singer.
7th Gallery	Thursday December 20 7:30 pm	Wellington Room	Musical group. Includes Member Jim Amundsen
Caroling in the Halls	Fri., Dec. 21 6:30 pm	Meet in Windsor Room	Spread the joy of the season
Kitchen Closed	Tuesday December 25 11:30 am	Security Desk	Pre-ordered box lunches may be picked up at the Security Desk. Sign up on the ledge.
New Year's Eve Party	Monday December 31 9 pm	Wellington Room	Singing, games, dancing and more! Ending at 11:15 pm or 12:15 pm. Members only. See page 15 for more details.