

## “Welcome New Beginnings”

As we look forward to the exciting changes at Juniper Village at Bucks County, we invite you to partake in this calendar of events. Our Alive In All Seasons theme for January is “music combined with technology”. We honor that theme with activities such as “How to use YouTube”, “Favorite Musician on the Lap Top”, via social media and learn “WORD” to make your own music play list.

Educational speakers, active musical participation programs such as Drum Circle are on the calendar as well. January is also a perfect month to commit to our exercise program. How about improving postural results through mindful awareness? We’re offering so much fun and many opportunities to connect with residents living in our community, and make new friends! Don’t forget to join in on the Salsa dance lessons and keep moving as you continue to step forward with our “Route 66” program.

These are just a few highlights for Juniper, so come out and join the fun!



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Check out our Blogspot at: <http://www.junipercommunities.com/voices-on-aging/>

## JANUARY 2018 THE VILLAGE VIEW



### Branching Out

A monthly contribution from our founder Lynne Katzmann

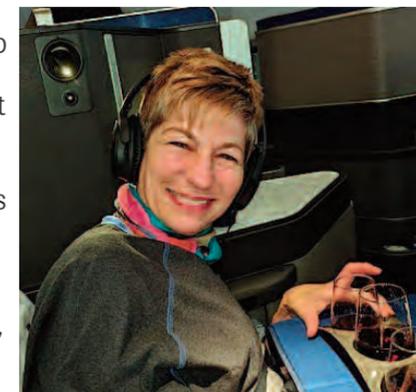
#### Rekindling a joy of childhood

In the 1970’s my father ran the global engineering division of Monsanto. He regularly traveled the world coming home with cool things like a certificate for crossing the International Date Line! In those days, wives were often encouraged to accompany their husbands on trips and when it was possible for my grandparents to stay with us, my mother went with my father to places like China, Japan, Israel and of course, Europe.

As the oldest child, as soon as they deemed me able to take things in, I came along. My first trip (while still in grade school) was to Europe, specifically Paris, Eindhoven Holland and the Rhine area of Germany. And for my first trip abroad, I had another first, a ride on a brand new Boeing 747!

Now, the airlines were really proud of the new aircraft and spent a lot of money on advertising even a kid like me could relate to...just think: real milkshakes above the Atlantic? And, a spiral staircase to a second floor. Could it be more awesome?

Today I write from 34,000 feet above the Arctic Ocean en route to Vietnam via Japan! And I find myself as giddy with joy as I was almost 50 years ago when I made that first trip to Paris. Those of you who know me, know that I travel constantly. In fact, this is my fourth flight in less than a week! But this flight is special as I used my many frequent flyer miles to upgrade and enjoy another new plane, this time with a seat that becomes a bed, gadgets galore and all the little amenities I remember from that first flight to Paris many years ago. This time instead of a milkshake I had a wine tasting of really good California wines and I am now snuggled in my United PJs and comforter!



What a life! How lovely to rekindle that unadulterated joy of childhood! How nice to know we are only as old as we feel!

*Lynne Katzmann*

### Welcome New Beginnings

Welcome 2018, a year filled with new beginnings and ample opportunities! Celebrating our 30th year, we begin this new chapter at Juniper with a new logo, new tagline and revamped Alive in All Seasons program. Delivered via our Connections program, it provides a wide range of opportunities to keep mind, body and spirit vibrant and vital. While our beloved quarterly themes remain, they are now enhanced with additional innovative programming that speaks to our changing resident demographic. We believe that understanding the unique spirit in each individual is the key to fostering quality of life. It is in understanding, coupled with our unique data collection, that we recognized the need to continue to innovate to meet the needs of our existing, as well as new, residents. Innovating for good is more than just our new tagline – it’s what we do. Having gained national recognition for our innovation and programming, we will continue to innovate and provide the best for our residents and their families.

This month, join in our familiar favorites, out trips to musical performances and participatory music programs, and our soon-to-become favorites, a music therapist visit, an educational series on various musical genres, and the opportunity to make your own music software. We have also added a monthly Connect4Life health presentation with January’s offering: Glaucoma. And, as always our celebratory New Year parties as well as Martin Luther King Day Celebration.

#### This Month at Bucks County

JANUARY 8TH AT 11:30 AM (CCL)  
RED HAT LUNCHEON, WITH LARRY LANGHANS,  
LANGHORNE NOW AND THEN PROGRAM

JANUARY 11TH AT 7:00 PM (CCL)  
ENTERTAINMENT, DRUM CIRCLE W/ BOB  
PECHARO

JANUARY 14TH AT 3:00 PM (FR)  
LEARN HOW TO FIND YOUR FAVORITE  
MUSICIAN ON THE LAPTOP (CARD)

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