

Music! Music! Music!



At Juniper Village at Lebanon, we love music all year long, but January is always the month that we really celebrate music, and this year we have several reasons to celebrate! First of all, our new digital piano finally arrived! It can play music all by itself, we can record our own piano music on it, and we can play it with a variety of different sounds! We look forward to our many special musicians who will be playing it this month, such as Bonnie Koons and Lee Moyer. We will also have musical programs by Sonny and Audrey, Judy Warner, several Mennonite choruses, and a Drum Circle on Jan. 22nd! We are also starting a Bell Choir. Residents from all areas are

invited to join us, and our first concert will be with our own Joyful Noise Singers in March. Please refer to the activity calendar for dates and times, and be sure to circle the events you don't want to miss!

Happy Birthday!

Donald Mann	January 2
Donald Kissinger	January 3
Cindy Small	January 8
Larry Leed	January 10
Harry Strauss	January 15
Joe Daubert	January 18
Ruth Hartman	January 23

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



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SENIOR LIVING AT LEBANON
GARDEN APARTMENTS



the village view
january 2019



Branching Out

A monthly contribution from our founder Lynne Katzmann

The word of the month is
...graciousness!

“The smallest good deed is better than the grandest intention.”

-Japanese proverb

I was recently in Japan with my family and while the trip was way too short—6 days — I came away with a very clear view of a culture that values respect, attentiveness and politeness — what I simply call graciousness.

I think I was struck by the difference in what I feel here. We are fiercely independent; some would say, self-oriented. In recent years, the common courtesies I knew as a child seem to be giving way to greater anger and frustration which people feel they are free to express.

Without passing judgement I can simply say, that it felt good to be in Japan. People went out of their way to help us find the right subways or to return lost items (really!!!). It showcased the stark change in our culture and made me wish for more graciousness in our daily lives here in America.

Graciousness starts with each of us. I am watching my words and actions now, more than I did before my trip. If we each did the same, perhaps common courtesy and respect would ease some of our country's painful issues. Will you try it with me?

Welcome New Beginnings

The month of January or 'Janus' month, is named after Janus, the Roman god of beginnings and endings. Janus is also the god of gateways, doors and doorways. Fittingly this first month of the year is the time of new beginnings as well as ending of the year before. One might even say that new gateways and doorways open to us during this month – if only we open our eyes to see them. During this month of new beginnings, we challenge you to see the open doors of possibility for the new year and the changes you wish to make to improve yourself and the world around you.

Join us this month as we open the door to musical exploration. Enjoy live musical performances on one of our out trips. Learn more about the positive benefits of music through music therapy. Experience music in one of our participatory music programs such as vocal choirs, bell choirs or drumming circles. Use musical software technology to create your very own music. And gain new insight into music with our guest speakers who will cover a variety of musical genres in a fun and educational way. Be our guest for one of our Connect4Life health discussions about Glaucoma this month. We also invite you to participate in one of our volunteer projects benefitting children. And, as we are never one to pass on throwing a magnificent party, celebrate the birthdays of Dr. Martin Luther King, Jr. and our favorite musicians as we **Welcome New Beginnings** this month.

This Month at Lebanon Apartments

JANUARY 16 AT 12:00PM
LUNCH & LEARN: GLAUCOMA

JANUARY 22 AT 6:00PM
DRUM CIRCLE INTERACTIVE EXPERIENCE

JANUARY 25 AT 12:30PM
COMPASSION FATIGUE WORKSHOP WITH RENI WEIXLER

JANUARY 29 AT 3:30PM
MUSICAL CELEBRATION WITH LEE MOYER

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