

FEBRUARY: A SHORT MONTH WITH A FULL SCHEDULE AT TREEMONT

February may be a short month, but Treemont's schedule this month is packed. Even though this year's late Easter pulls Mardi Gras into March, the staff has been busily preparing for two big February celebrations: our annual Valentine's Dance with live music, party fare, and festive attire, and Go Texan Days beginning February 24, when staff and residents don rodeo garb, the dining room serves real Texas-style barbecue, and the lobby, auditorium and dining room are appropriately decorated for these special occasions.

In addition, as is true every year, there are more things going on than any one person can take in, so that residents have many choices. For example, there are professional entertainers every Friday and Saturday, special interest groups such as crafters, writers, genealogists, game players, and any others that residents want on a regular basis, all under the capable direction of specialists and scheduled on request by full-time Activities Director Alice Pillsbury. Alice also directs the Troubadours, residents who put on a variety show the second Thursday of each month.

On a more serious scale are separate and unrelated Bible studies on Tuesday mornings and Thursday afternoons, plus worship services at 6:15 every Wednesday evening and Sundays at 3 P.M. Exercise classes like chair aerobics and chair dancing geared to seniors take place daily, and on Wednesday a Tai-Chi master comes in to help keep bodies and emotions as fit as our spiritual selves.

A monthly newspaper called "The Tattler" and a packed monthly calendar keep residents abreast of special events available, field trips scheduled, swap meets and showings by resident artists or local vendors. The Tattler also usually features a profile of at least one interesting fellow resident, plus a list of birthdays for the month. A birthday dinner with special menu, gifts and recognition is accorded the honorees for that particular month. An all-season tree that started life as a Christmas tree remains active year round, with crafters providing appropriate decorations for all the seasons and holidays.

Gerontologists tell us that good mental health in later years depends largely on staying active and interacting with others, having some fun, and being a living part of something bigger than ourselves. At Treemont every resident can be a vibrant part of the thriving community, pulling each one out of himself and into a caring, loving, dynamic whole. Visitors are always welcome to come see for themselves how this all works out so that Treemont is not just a place to stay but very quickly becomes home.

Lois McCall