

# HW | Senior Living

SENIOR APARTMENT HOMES

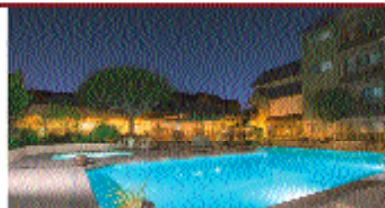


## *Here's a Secret You Don't Have to Keep!*

It's our 25th Anniversary! Don't keep it a secret. Join the celebration. Tell your friends that everybody's invited. HW may have been the **"Best Kept Secret in Orange County,"** but let's share the news. Stop by the front desk and get details about our new referral program. Help grow your community and benefit from having your friends and family close by.

## *Enhanced Safety System Installed at The HW Senior Apartments*

You may have noticed recently that The HW has installed many new video cameras throughout the property. This is part of our new and enhanced **safety system**. The HW Senior Community is situated on a five-acre property with strolling garden paths, activities areas, a pool and spa, and many other amenities for the benefit of our residents. To help keep everyone safe and sound, this new system will monitor activities in the buildings and common area 24 hours a day to ensure the safety of all our residents. If you would like to learn more about this new system, visit the office and you can see the new monitor that has been installed.



HW Senior Apartment Homes

13920 Hoover Street, Westminster, CA 92683 | (714) 897-0772 | [HWSeniorLiving.com](http://HWSeniorLiving.com)

# Resident Corner

## HAPPY BIRTHDAY TO YOU!

On Oct. 7, the residents and staff turned out for the October Birthday Potluck. In attendance to celebrate their birthdays were Anat, Bob, Carol, Don and \_\_\_\_\_. For those of you that did not attend, let's just say that



you really missed out! You missed out on fried chicken, pasta, chips and salsa, salads, fresh fruit, Jell-O, cheese and cold cuts, and so much more! Thanks to all who attended to help make this such a special event.

## ANGELS BASEBALL GAME

Ole "Dead-Eye" here, wearing my sports reporter hat, to give you the 4-1-1 on our July 26 trip to the Angels baseball game. In charge was Catharine, wearing an Angels knit cap. Joining us for the first time was our newest member of management, Lori. Lori was so slow getting to the bus that a tortoise passed her, followed by a snail. Lori, if you want to hang with the "Big Dogs," kick it into high gear. (Just teasing, Lori. We're glad to have you with us!) At the game, we were joined by our fearless leader Joanne and her posse. (By

the way, Joanne, how many beers did you have?) The way that the Angels were playing, drinking lots of beer was probably the best way to watch them. I sat next to Virginia and Howard, who were chomping through food like a couple of sharks. When they got up to stretch their legs, there were so many peanut shells on the ground, I thought I was sitting next to the Rally Monkey! Speaking of the Rally Monkey, by the time he showed up, most of the sold-out crowd had left, and we soon followed them. Chicago Cubs fans have a saying that sums up our night: "Wait until next year!"



-Dead-Eye Henry "C"



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## Huntington Westminster Staff

Joanne Vogelsang	Executive Director
Lori Ruiz	Director of Leasing/Resident Manager
Susan Freeman	Reception/Accounting Clerk
Beverly Rogers	Reception
Catharine Kondo	Social Director
Ruth Noriega	Transportation
Frank Chavez	Maintenance Manager
J.D. Pham	Maintenance Engineer
Ivan Favela	Maintenance Engineer
Marco Ozuna	Maintenance Engineer
Maria Martinez	Housecleaning
Mary Dragovich	Beautician
Hope Vancini	Beautician

# Resident Corner

## SIZZLER

On Sept. 30, several of us thrill-seekers set out to find a Sizzler that was still open. We found one on Harbor Blvd. in Garden Grove, and we had the best time! There were some old friends there and it was good to see them. There was so much food, I was tempted to take a bite of everything! Some



of us went to the salad bar and that was a lot of food on its own! (My mother and I each ordered a meal that came with the salad bar.) The service was very good and we all agreed that since we all had such a great time, we would like to come back again. For anyone who is interested, the Sizzler we visited is at 13265 Harbor Blvd. in Garden Grove. They will definitely treat you right, and I'm looking forward to the next time we go!

—Janice Hansen

## PAMPERED POOCHES

Ole "Dead-Eye" here with what appears to be my last

Pampered Pooches column. Because, after Sandy, there's Bogey, but like his famous namesake, he is seldom seen and a mystery. Then there's Sandy's new amiga, who is also unknown to this "dog whisperer." I call Sandy our "Juliet" because one mostly sees her from Don and Mary's balcony. So, my first question (as usual) was how she liked living here at the HW. Her answer was, "Yip-yap-yip-yap!" Which meant, "Living here is muy beuno!" Next, I asked Sandy about her new BFF Trixie. Her answer was, "Bark, bark! Arf! Yip-yap!" Which meant, "Pixie and I see eye-to-eye, which is muy importante to me." Finally, I asked Sandy if there was anything else she liked about Pixie. Her answer was, "Yip-yip-yap! Bark, bark! Arf, arf!" Which



meant, Yo mucho gusto her beautiful coat! I don't have one, so I think I will be very cold this winter, unless Don and Mary get me some sweaters. (Hint, hint)" So, is this my last column? Let Joanne and Catharine know what you think.

—Dead-Eye Henry "C"

**SHOWTIME MOVIES**  
 ★ ★ ★ ★ ★ ★ ★ ★  
 All The Pretty Horses  
 Starring:  
 Matt Damon & Penelope Cruz  
 ★ ★ ★ ★ ★ ★ ★ ★  
 Tuesday, Nov. 29th at 5:00 p.m.

Clubhouse Office: (714) 934-8325  
 Beauty Salon: (714) 893-9692  
 www.hwseniorliving.com

# TRANSPORTATION SCHEDULE

## MONDAY

**Morning** .....**Bus departs at 9:00 a.m.**  
 Kaiser Medical Center, Fountain Valley Hospital, Huntington Medical Center and Dr. Bondade's Office, Talbert Medical Group

## TUESDAY

**Morning** .....**Bus departs at 9:30 a.m.**  
 Stater Brothers

## WEDNESDAY

**Afternoon** .....**Bus departs at 2:30 p.m.**  
 Albertson's, Post Office, Bank of America, Dollar Tree Store, Big Lots, Walmart, Vietnamese Market, Jon's Market, Trader Joe's

## THURSDAY

*Bus scheduled according to events*

## FRIDAY

**Morning** .....**Bus departs at 9:00 a.m.**  
 Kaiser Medical Center, Fountain Valley Hospital, Huntington Medical Center and Dr. Bondade's Office

## SATURDAY

**Morning** .....**Bus departs at 10:00 a.m.**  
 Albertson's, Trader Joe's, Stater Brothers, Vietnamese Market, Walmart, Target, 99 Cent Store

*\*Afternoon bus schedule according to events  
 \*All schedules subject to change*

# NOV

SUNDAY

MONDAY

	<b>6</b>		<b>7</b>
8:00 Coffee SR 9:00 Bible Study/ Discussion Group GR 6:00 Cards & Games		11:30 Lunch Program SR/S 4:00 Texas Hold-em Poker	
	<b>13</b>		<b>14</b>
8:00 Coffee SR 9:00 Bible Study/ Discussion Group GR 6:00 Cards & Games		11:30 Lunch Program SR/S 4:00 Texas Hold-em Poker	
	<b>20</b>		<b>21</b>
8:00 Coffee SR 9:00 Bible Study/ Discussion Group GR 6:00 Cards & Games		11:30 Lunch Program SU <b>3:00 Menu Planning</b> 7:00 Texas Hold-em Poker	
	<b>27</b>		<b>28</b>
8:00 Coffee SR 9:00 Bible Study/ Discussion Group GR 6:00 Cards & Games		11:30 Lunch Program SR/S 4:00 Texas Hold-em Poker	

# ember

**LEGEND:**

BS=Beauty Salon  
 SR=Sun Room Café  
 SC=Senior Center  
 \*=Note Time Change

GR=Garden Room  
 TBA=To Be Announced  
 SU=Sign Up  
 Schedule Subject To Change

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>MARCO OZUNA'S BIRTHDAY!</b> <b>4</b>	<b>5</b>
11:30 Lunch Program SU 7:00 Texas Hold-em Poker	10:00 Knifty Knitters SU 11:30 Lunch Program SR/SU 6:00 Bunco	10:00 Bible Brunch GR 11:30 Lunch Program SR/SU 7:00 Texas Hold-em Poker	12:00 Birthday Potluck SU 6:00 Cards & Games SR 6:00 Pizza Social SU	10:00 Shopping Day SU
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
11:30 Lunch Program SU 4:00 Taco Tuesday SU 7:00 Texas Hold-em Poker	10:00 Knifty Knitters SU 11:30 Lunch Program SR/SU 6:00 Bunco	10:00 Bible Brunch GR 11:30 Lunch Program SR/SU 4:00 Ribbon Cutting (Private Event) 7:00 Texas Hold-em Poker	9:00 Morango Casino SU 6:00 Cards & Games SR 6:00 Pizza Social SU	10:00 Shopping Day SU
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
11:30 Lunch Program SU 2:00 Calligraphy Demo SU 7:00 Texas Hold-em Poker	10:00 Knifty Knitters SU 11:30 Lunch Program SR/SU 6:00 Bunco	10:00 Bible Brunch GR 10:30 Damon & Draper's SU 11:30 Lunch Program SR/SU 7:00 Texas Hold-em Poker	12:00 Birthday Potluck SU 6:00 Cards & Games SR 6:00 Pizza Social SU	10:00 Shopping Day SU
<b>22</b>	<b>23</b>	<b>HAPPY THANKSGIVING!</b> <b>(Office Closed)</b> <b>24</b>	<b>25</b>	<b>26</b>
11:30 Lunch Program SR/SU 4:00 Texas Hold-em Poker	10:00 Knifty Knitters SU 11:30 Lunch Program SR/SU 5:00 Thanksgiving Dinner SU 6:00 Bunco	10:00 Bible Brunch GR 11:30 Lunch Program SR/SU 7:00 Texas Hold-em Poker	6:00 Cards & Games SR 6:00 Pizza Social SU	10:00 Shopping Day SU
<b>29</b>	<b>30</b>	<b>Dec. 1</b>	<b>2</b>	<b>3</b>
11:30 Lunch Program SU 5:00 Showtime Movie/ All The Pretty Horses 6:30 Bible Discussion GR 7:00 Texas Hold-em Poker	10:00 Knifty Knitters SU 11:30 Lunch Program SR/SU 6:00 Bunco	10:00 Bible Brunch GR 11:30 Lunch Program SR/SU 7:00 Texas Hold-em Poker	6:00 Cards & Games SR 6:00 Pizza Social SU	10:00 Shopping Day SU

# Upcoming Events

## Knifty Knitters

**WHEN:** Wednesday, Nov. 2 at 10:00 a.m. SU

## Fashion Show

Neil from Fashions To You is back with the latest in fashions from designers Alfred Dunner, Graft and others. Join us in the Clubhouse where the ladies of the HW will be our models.

**WHEN:** Friday, Nov. 4 at 1:00 p.m.

## Shopping Day

**WHEN:** Saturday, Nov. 5 at 10:00 a.m. SU

## Taco Tuesday

Join us for Happy Hour at El Torito! It's a fun time with delicious food and good prices. Eat, drink and be merry!

**WHEN:** Tuesday, Nov, 8 at 4:00 p.m. SU

## Knifty Knitters

**WHEN:** Wednesday, Nov. 9 at 10:00 a.m. SU

## Ribbon Cutting Ceremony

Westminster Chamber of Commerce Ribbon Cutting Ceremony in the Clubhouse from 4:00-7:00 p.m. Clubhouse closed to residents.

## Morango Casino

Feeling Lucky? Come with us to Morango Casino, and maybe this will be your lucky day! Choose your game and play! If you get hungry, there are many choices of where to eat. You can also check out the gift shops where there is something for everyone.

**WHEN:** Friday, Nov. 11 at 9:00 a.m. SU

## Shopping Day

**WHEN:** Saturday, Nov. 12 at 10:00 a.m. SU

## Calligraphy Demonstration

Join us in the Garden Room and see how you can learn the beautiful art of calligraphy. The class is free.

**WHEN:** Tuesday, Nov. 15 at 2:00 p.m. SU

## Knifty Knitters

**WHEN:** Wednesday, Nov. 16 at 10:00 a.m. SU

## Damon and Draper's

The HW residents have been invited to Damon and Draper's

clothing store for a look at the new styles at discounted prices. With the holidays approaching, this might be a good time to shop.

**WHEN:** Thursday, Nov. 17 at 10:30 a.m. SU

## Birthday Potluck

Come celebrate your birthday! Meet your neighbors and make some new friends. Bring a dish to feed 6-8 people or pay \$4 at the door. (No desserts, please.) Chicken and cake will be provided.

**WHEN:** Friday, Nov. 18 at 12:00 p.m. SU

## Shopping Day

**WHEN:** Saturday, Nov. 19 at 10:00 a.m. SU

## Menu Planning

Offered to all residents. This is a get-together for the planning of next month's lunch menu. Also, if you would like to try your hand at cooking, it can be discussed at the meeting.

**WHEN:** Monday, Nov. 21 at 3:00 p.m.

## Knifty Knitters

**WHEN:** Wednesday, Nov. 23 at 10:00 a.m. SU

## Thanksgiving Dinner

Mmmm ... good! Lucci's will be catering the Thanksgiving feast of turkey with stuffing, mashed potatoes and gravy, cranberry sauce, rolls and dessert. This is open to residents only. (No guests and no take-outs.)

**WHEN:** Wednesday, November 23 at 5:00 p.m.

**COST:** Free (*Paid for with proceeds from the Rummage Sale. Offered to the first 75 residents.*)

## Shopping Day

**WHEN:** Saturday, Nov. 26 at 10:00 a.m. SU

## Showtime Movie/All The Pretty Horses

In 1949, Young Texas cowboy John Grady Cole leaves home and goes down to Mexico in search of adventure. Starring Matt Damon and Penelope Cruz.

**WHEN:** Tuesday, Nov. 29 at 5:00 p.m.

## Knifty Knitters

**WHEN:** Wednesday, Nov. 30 at 10:00 a.m. SU

## Shopping Day

**WHEN:** Saturday, Dec. 3 at 10:00 a.m. SU

CLUBHOUSE OFFICE  
PHONE #: (714) 934-8325  
RUTH & CATHARINE

## Let's Chat

BEAUTY SHOP  
PHONE #: (714) 893-9692  
MARY DRAGOVICH

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Once again, I must remind all residents of the speed limit on the HW property. The speed limit is 5 mph. Please take note of this and obey the posted speed limit.

The dog waste bags that are provided on the dog walk trails are disappearing at a very high rate. With the few dogs that live on the HW property, the bags should last much longer. If anyone has been using these bags for other purposes, please stop.

Remember, there are games, DVDs and books available for checkout in the Clubhouse and Library. If you have any questions, please call Catharine at (714) 934-8325.

The Lost and Found is located in Catharine's Office in the Clubhouse. There are many items such as keys, glasses and jewelry that have not been claimed. If you lost or misplaced any of these items, please come by.

An area behind the D Building has been designated as a place to play Bocce. For those of you who are interested, start practicing, and maybe we can get a tournament going soon. Bocce is similar to lawn bowling. It's a lot of fun!

The kitchen is off limits to everyone, with the exception of the cooks and volunteers.

Pack more veggies into your day! Experts say to aim for five servings a day. According

to The Center for Disease Control and Prevention, less than one-third of Americans ages 65 and older get that much.

It's never too late to feel great! Join the 9:00 a.m. Exercise Class in the Garden Room. It's Free!

Beginning Nov. 1, the trip to Trader Joe's will be on Wednesday afternoons only. We will no longer be going on Fridays, which now be for doctor appointments only.

Sign-ups must be done no later than 24 hours before scheduled trips or events.

### Five Life-Saving Things You Can Do To Stay Well:

1. Avoid tobacco use.
2. Eat more vegetables, fruits and whole-grains, and less red and processed meats.
3. Get moving! Be physically active most days of the week.
4. Talk to a doctor about cancer screenings.
5. Understand your personal risks for cancer and what you can do to prevent it.

When you run out of toothpicks and need to check the doneness of a cake, use a piece of uncooked spaghetti. This works just as well as toothpicks. No batter on the spaghetti means that the cake is done.

Due to our very bust schedule in November and December, there will be no Coffee Talk for those months.



# Happy Birthday To You!

## NOVEMBER BIRTHDAYS

11/1	Diana Irizarry	B311
11/2	Virginia Garinger	C104
11/3	Lucie McKean	B108
11/3	Marvin Sager	D106
11/6	Maria (Connie) Fajardo	E103
11/7	Beth A. Kohagen	B213
11/8	Ann Huth	A222
11/8	Henry Copenhaver	A406
11/10	Walter Charter	B315
11/11	Minhtho T. Nguyen	C310
11/12	Cheri J. Fleming	D305
11/14	Shirley DeLuca	A106
11/15	Anthony Castello	B202
11/15	Paul Weiland	B410
11/17	Regina Scantlebury	C403
11/19	Rosemarie Santiago	E205
11/20	Kim T. Nguyen	D206
11/20	Binh T. Huynh	D302
11/21	Gerald W. Roll	D204
11/21	Liem Bui	B115
11/23	Janice Hansen	A312
11/23	Gordon Bell	C306
11/23	Jean McVay	B110
11/25	Con N. Dang	B217
11/26	Merrie Sager	D106
11/30	Priscilla Hein	D205

# New Residents

## Welcome to the HW!

Cang Ngo	B105
Paul Do	B106
Leo Abang, Jr.	B314
Linda Winslow	B404
Xuong Nguyen	C112
Hein Le	C212
David Ton	E309
Mary Clarkson	E406
Tam T. Tran	B119
Sandra M. Moran	C308
Donald Hopkins	D404

**We hope you enjoy your stay!**



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