



President's Message

From Jim McMullen

This time the column is dedicated to all the new members who have come aboard since the pandemic. Welcome to what we believe is the best place for active seniors. There is an article elsewhere in this issue that gives you an excellent idea of the fun things we can do together once our freedom is restored.

Here are some things you can do on your own to help chase away the lockdown blahs. Take a walk around the property. In addition to the roadway circling the property, there are scenic sidewalks around the little lake and behind the cottages. The weather is cooler now and the landscaping is just starting to change color.

Pick up your phone and call a friend, a neighbor, or just open the Directory and call a member at random. Most of us would enjoy getting to know you and sharing our experiences and knowledge of the place. And if truth be known, most of us aren't that busy right now anyway.

Take in some of the video presentations in the Auditorium. This is a chance to chat with other members – at the social distance, of course. Or take

advantage of the exercise facilities to keep yourself in tip-top shape.

If you'd prefer something a little less strenuous, visit our Library on the second floor of the Community building. There are thousands of titles in all genres to choose from. The Library is open 24 hours a day and operates on the honor system. Choose your book and return it when finished.

I encourage you to attend and participate in the membership meetings conducted over the internet via Zoom. Send me, Jim McMullen, an email at jimmc605@gmail.com to get the Zoom invitations. If you do not have email you can attend by cellphone or take in video of the meeting in the Auditorium.

Finally, you may want to consider joining one of the TMALRA committees or activities as another way to join in and get acclimated.

So again, welcome and

Stay well,

Jim

A little nature at the Moorings

By David Bleil

Many Moorings residents and Moorings resident cats are avid bird watchers. But there are other interesting critters to observe here on and around the campus. Most are small and elusive but we do have White Tailed Deer and at least one fox in local residence. They can be seen early some mornings crossing the campus. The deer are a study of adaptation. They can taste the increased nutritional value of fertilized flowers and shrubs compared with unfertilized weeds. Guess which they prefer. The absence of a closed canopy of large trees means that the only squirrels to be seen are visitors rather than residents.

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Nominating	Gil Kaufman
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Wood Shop	Ron Trupp
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TMALRA Free Press

Printed Quarterly

Editor	Sharon Hoover
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Layout	Tom Reed
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Distribution	Joanne Nichols
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Board Mtgs	2nd Monday
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General Mtgs	3rd Monday
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The large central pond is a suitable habitat for many smaller wildlife. There are at least three different species of Dragonflies, also Damselflies and Darners are found here. Darners and Damselflies look similar to Dragonflies but are thinner and have an iridescent glossy coloration. The most common one here is the Eastern Blue Darner. The Civil Bluets and the Violet Dancer can also occasionally be seen on the plants around the pond. When at rest they are easy to distinguish. Dragonflies hold their wings horizontal and the Damselflies hold their wings together above their body. All these insects depend on the water of the pond to reproduce. They lay their eggs in the water and their larva develop on the bottom of the pond. The Marbled Salamander can also be found in the damp vegetation around the edge of the pond. The butterfly garden is a source of several brightly colored species including the Monarch, Viceroy, Swallow-tail and Cabbage White.



More visible are the turtles living in the pond. They often come out on sunny days to warm up in the sunshine. The most common is the red eared slider. These turtles have been introduced widely in Sussex County and other sites in Delaware by the release of

turtles bought in pet stores. The other turtle most often seen in groups basking in the sun on logs is the Eastern Painted Turtle. The coloring of these turtles is similar to the red eared slider and they can be difficult to distinguish at a distance. They lay their eggs on land, usually not far from water. The turtle seen here laying eggs is in the Breakwater Sub-development next to the Moorings and the event was witnessed by a couple of Moorings residents. Hatching apparently occurs in late August to September but the hatchlings often over winter in the nest and emerge the following spring.

In the spring there are frogs at the pond which can be heard as well as seen. There are small toads in the plantings around the cottages who will bury in the soil for the winter. They can be seen in the evenings around the patios. Considering how managed the landscape is at the Moorings, there are plenty of living things to observe and appreciate.

Help Wanted

Shuffleboard Commissioner: maintain schedules, team rosters and team standings, maintain equipment. Contact Bill Dunn 302-703-6473 for more information.

WELLNESS ACTIVITIES at THE MOORINGS

by Sarah Cook

Positive health behaviors aimed at greater wellness are important to older adults. Wellness behaviors account for 30% of modifiable factors impacting length and quality of life and management of chronic conditions. Social support and community resources increase health literacy, helping seniors become active participants in their health and wellness and providing an effective vehicle for delivery of wellness programs. For best health, check to make certain you are getting a balance of activities. Wellness activities at The Moorings follow:

PHYSICAL

- Balance and Coordination classes
- Pool based cardio fitness
- Informal water polo games
- Shuffleboard – inside/winter and outside/spring-summer
- Wellness Center [in Assisted Living, 1st floor] Dr. Sehgal is here on Thursdays, and a staff nurse is always available in Safe Harbor.
- Blood drawing and services available when necessary.
- Flu vaccinations in season
- Nutritionist available to help develop menus and to provide monthly programs – watch for announcements at main desk and in Bistro.
- Tai Chi

EMOTIONAL

- Group discussions, like ‘Change Café’ to discuss issues of mutual interest
- Weekly religious services
- Social affairs, as planned
- Arts and cultural programs-weekly groups such as coloring, music appreciation, trips to specific events.

VOCATIONAL

- Woodshop available with training

SPIRITUAL

- Weekly religious services, Episcopalian, Quaker, Ecumenical, Catholic

ENVIRONMENTAL

- Nature hikes, occasionally
- Horseshoe crab census in spring

SOCIAL

- Friday ‘happy hour’ and birthday celebrations
- Special holiday celebrations (July 4th, Labor Day, Thanksgiving, Christmas, New Years, etc)
- ‘Eating out’ for lunch and/or dinner at area restaurants several times a month
- Games of all kinds, group activities
- TMALRA residents’ meeting

INTELLECTUAL

- Monthly in-house program of interest, historical sagas, nature, etc.
- Local college programs, either on –site or near by

HOW TO FIND OUT DETAILS RE:

SPECIFIC ACTIVITIES

- See TMALRA web site & TV (channel 970)
- Watch for notices near the Bistro coat closet
- Watch for notices at main desk where there is also a sign up book for trips
- Consult Director of Resident Services

WHAT IF???

I wake up and feel poorly/sick/weak, etc?

- Call Front Desk, pull emergency cord in bathroom or call your own primary care provider.

Library Lines

By Judy Burgess

“I, Bailey Ruth Raeburn, was once again ticketed for the Rescue Express. Watch y dust! . . . I should have been sent sooner . . . protect that dear little boy...”

Keith, a shabbily dressed four-year-old, has been found alone on the doorstep of a mansion, days before Christmas. Bailey Ruth is an angel, dispatched back to earth as a ghost, to help out newly orphaned Keith unite with a family he never knew he had.

Others, family and friends (?) have different ideas about Keith and the property he will now inherit. Read the entire story in Merry, Merry Ghost by Carolyn Hart.

Jimmy Carter, in Christmas in Plains, reminisces “... most of the year was devoted to routine and predictable work on the farm or at school, and the holidays were a time of surprise, relaxation, and

fun.” The year he was ten Jimmy was disappointed with his collection under the tree. He was told that Santa sometimes leaves things out in the yard. There, tied under a tree, was a Shetland pony. He and Lady became fast companions. Jimmy goes on to contrast other families where his friends were happy to receive an orange, apple or tangerine.

Carter includes memories from many Christmases, while he and his wife Rosalynn were on Navy bases, in the White House and back in Plains, after his retirement. A beautiful read.

What do these two books have in common? These are part of our Library’s Christmas collection. You will find dozens of books around the theme of Christmas on a shelf just beyond the circular table. The committee brings them out every year, just after Thanksgiving. Please, have a look and help yourselves to some of these delightful stories.

Holidays

By Sharon Hoover

Most of us know holidays as special days, often with special foods and activities. We celebrate them in our particular religions and our particular families. In the United States, we call the time between Thanksgiving and New Year’s Day “the holiday season.”

Generally, holidays are intended to allow individuals to celebrate or commemorate an event or tradition of cultural or religious significance. Governments, religious institutions, or other groups or organizations may designate particular holidays. The degree to which normal activities are reduced by a holiday will depend on local laws, customs, the type of job held or personal choices.

The Haudensosaunee, better known to most of us as the Iroquois, use what is called the Haudensosaunee Thanksgiving Address to begin and end all formal meetings. It begins:

“Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people. Now our minds are one.”

The chant recalls, one by one, our gratitude for the *Earth, Waters, Fish, Plants, Food Plants, Medicine Herbs, Animals, Trees, Birds, Four Winds, Thunderers, Sun, Moon, Stars, Enlightened Teachers throughout the Ages, the Creator.*

It ends with what are called the “closing words”: *“We have now arrived at the place where we end our words. Of all the things we have named, it was not our intention to leave anything out. If something was forgotten, we leave it to each individual to send such greetings and thanks in their own way. Now our minds are one.”*

However you celebrate the holidays this winter, we hope that gratitude and peace may fill your heart and mind.

ARE YOU USING CANNABIDIOLS?

By Gil Kaufman

Cannabidiols, better known as CBDs, and products made with them are one of today's hottest subjects related to health and feelings of anxiety.

CBDs come in several product forms, including tasty gummies, bottles of oil, lotions, and balms. They are touted as providing relief from pain, sleeplessness, unhealthy worries, and even seizures of various types. They are not promoted to cure any significant medical issues such as cancer.

CBDs are produced from hemp, one of the two classifications of cannabis. The other classification is marijuana from which tetrahydrocannabinol (THC) is produced. CBDs are not psychoactive; they will not make you "high" as will those containing significant THC.

The critical question is: are CBDs really helpful? That answer is not simple. It depends upon whom you ask. Some individuals feel that CBD products do provide relief from headaches, sleep disorders, fibromyalgia discomfort, and anxiety. Others say they experience little or no improvement. As a result, if issues like anxieties, aches, and pains concern you, doctors may recommend you do your own research by trying CBDs in some form.

Possible side effects from CBDs, like those from many other meds, range from drowsiness, dry mouth, and nausea to other relatively modest effects. Most users I have talked with experience no significant negative effects. Most doctors recommend doing your own trials.

Many companies are now in the business of producing and/or selling CBDs. As always some are more reliable than others; some companies sell corrupt and unhealthy compositions of their CBD oils, pills, or creams.

I strongly recommend that anyone seriously considering the purchase of CBDs should research the company or companies they are considering. I have discussed CBDs with several pharmacies; some do not sell CBDs in any form, while others have specific sources they consider reliable and sell one or more forms of CBDs.

A useful way to research specific companies is via the Better Business Bureau (www.bbb.org). You will find some CBD producing companies like Ananda have an A rating. Other companies have long lists of complaints about prices, failures to refund, and/or poor response to customer complaints. Another useful website is the Food and Drug Administration (www.fda.gov).

In summary, CBDs may be useful in helping people deal with minor but bothersome issues like headache pain, anxiety producing worries, and sleeplessness. We do not know yet that they will medically cure anything.

If you are considering using them, I strongly recommend doing your own research on the subject, among the most useful sources being the Food and Drug Administration (FDA) and Better Business Bureau (BBB) websites. Dr. Seghal recommends that you ask your physician about them.

If you believe the weather persons: Winter temperatures in Delaware will be above normal, on average, with the coldest periods in mid-December and early and mid-January. Precipitation will be near normal, with mostly below-normal snowfall. The snowiest periods will occur in mid-December and early March.

Rathskeller Ramblings

By Jim McMullen

Well, this batch of Whiskey Barrel Stout is now history. We enjoyed the last few bottles about six weeks ago. But never fear, a new batch will be coming in the spring. I had to redo this one because everyone enjoyed it so much.

The Red Ale I mentioned last time is now aging in the bottle. Red Ale has a hint of autumn spices and this comes, not from cinnamon and nutmeg, but from the way the specialty grains are roasted. You chefs may remember that the same flavor can come from different sources: lemon and lemon grass; chocolate and carob. Anyway, this batch tasted great at each stage of the brewing process.

I sampled the finished product a few days ago after it had been in the bottle for two weeks. It tastes

very good with all the flavors a Red Ale should have. However, it needs more time. It's sharp on the tongue and the flavors haven't yet melded together. It should be near peak by Thanksgiving and just about perfect by Christmas.

One of the differences between home brew and commercial beer is that most commercial beer is pasteurized while home brew is not. This means that home brew still has live yeast and other good critters in it. This permits home brew to continue improving for quite some time after bottling.

There is a case of the large 22 oz. bottles in anticipation of our reopening and resuming Happy Hour. Let's not lose hope.

BY THE SEA, BY THE SEA, BY THE BEAUTIFUL SEA GIFT SHOP

By Diane Bair

[Note-The Gift shop is closed as of the deadline for the newsletter but hopes to be open soon.]

Sun.-Mon. Closed

Tue.-Fri. 11-3

Sat. 11-1

You will never know what treasures are hidden, unless you visit and browse, and hopefully buy!! There might be a memento that will bring back memories or just something fun, bizarre or retro. Visiting the shop could be just like going on a treasure hunt. Just think, no big crowds to contend with AND you will be helping our environment by recycling!! The inventory continually changes, and watch for "December Holiday" offerings, i.e. possible gifts, holiday cards, holiday home decors, and maybe a holiday piece of jewelry!! Who knows what will show up! All purchase profits go to our Moorings Resident Association. So, stop by, browse and buy!! Inventory, aside from recycled donations, includes various types of chocolate candy, gum, some toiletries, ice cream bars, batteries, and even handmade wooden items created by a resident and GREETING CARDS!!!!

Special thanks go to Bill Dunn for the cash that has come to the gift shop from his painted rocks. The total so far is \$83. You can view Bill's creations on a table outside his apartment: 128, first floor, east wing. One resident has picked up a rock for each of her grandchildren, from flowers to snow scenes to cartoon characters. Drop by to view the rocks. Bill replaces sold ones so there are often new ones to admire. Thanks, Bill!

REMEMBER: Donations are always welcome!! Please bring them to the shop during operating hours. Much appreciation to all who have supported the shop, either by donating items or buying or volunteering help!!!!

The Visitor

By Alida Marie Sahwell

Many residents have seen numerous small animals around the area. Deer and fox have probably been forced from the building sites going in all around us. One of the members of Springpoint Choice (formerly Cadbury at Home) wrote the piece below.

Early September on a Sunday afternoon
my husband opened our front door, and after a
moment of amazement endeavored to gain my
attention
by restricted sounds in order not to scare off
what was sitting on the lower step of our
entrance
with his right paw on the step above—not in
an escape mode—
but rather in an I-can-wait stance, a fox.

Here was a wild animal poised, fearless,
purposeful
viewing us with intensity seeming to have an
agenda
while we had nothing but wonder.

Why were we chosen—Could we perceive his
role—
We were God's creatures too—
Was he an emissary for his species—

The poet Rilke in some of his poems
tried to console God for what has happened to
His Creation.
Should we become consolers for what has
taken place in our common community?
Recall the sights of uprooted trees in
abundance from many small forests,
homes to birds, turtles, rabbits, squirrels, foxes,
and numerous others of their brethren—
fields plowed under where snow geese sought
food and rest.

These facts flowed through our minds
While the eyes of the fox never left us.
His stay—perhaps ten minutes.
His departure poised and unhurried.
He turned and trotted off from whence he
came.

Peace be with you, Mr. Fox.
Come again.

Services, Transportation, Questions...

By Frances Mason

It's good that we have new residents. It's bad that we cannot meet and greet newbies and answer questions they may have about how we manage here at The Moorings. The management and staff do a great job keeping us safe and informed with the monthly calendar of activities, e-mail and notes in our "cubbies." Still, it's hard for folks to keep up with everything going on. Here's a list that may help you.

Bank, grocery store, pharmacy: For instance, are people aware that on Wednesdays at 9:00 am the bus takes residents to whatever bank they use in the area? At 10:30 it takes folks to one of the grocery stores nearby, and at 1:00 to the pharmacy of choice? This is a great service for those who don't drive or don't like to drive when the traffic is heavy (summer! holiday weeks!).

Transportation to and from exercise and rehabilitation is also available. Call Shirley at Rehab at 302-644-6390, or the front desk at 302-644-6370.

Transportation to Medical appointments outside The Moorings is also available on Wednesday, Thursday and Friday. Fill out a "Medical Transportation Request (available on the counter at mailboxes) and submit to the concierge front desk with at least 48 hours notice. This service is free within 7.5 miles and costs \$.75 per mile over 7.5 miles.

Moorings Market From 10-1 on Mondays, use the "Moorings Market" list (available from food service) to call in your grocery order (302-644-6384). Leave your name, residence number, phone number and order). Grocery delivery is to your door on Wednesday.

Other Put notes to food service and evaluations of the food and service into the box outside Annette Moore's office (Executive Director).

Other notes to the Executive Director can be placed in the P.M.I. (Please Mention It) box in the mailbox room.

If residents are ever in doubt about how to solve problems, ask the cottage or floor representative, or the concierge at the front desk. People are very willing to help!

Hints for Happy Hibernation

By Elsie Gould

What a year we've had! Winter, Covid-19, Sheltering in Place, Social Distancing. November ushered in early nightfall and long evenings at home. December: Hibernation and more Social Distance.

Question: How can we survive so much isolation without becoming TV junkies or blubbing morons?

Suggestion: Take ourselves for a quick walk to luxuriate in the soothing atmosphere of our Moorings library while we enjoy the afternoon sunshine and investigate the resources on offer to lift our spirits or sharpen our wits.

No longer are we limited to the rich variety of printed matter we are so fortunate to have at our disposal. During the last few years wonderful donations of audio and visual treasures have expanded our horizons. Residents, long-time as well as newcomers, please drop in to reacquire yourselves with the wealth of our improved resources!!

Whether music or movies are your passion, you will be sure to find something in our collection to please your taste. The Audio-Visual area is found opposite the west entrance to the library: shelves framing the last window (under the watchful eye of the owl). An

additional free-standing case of music CD's is located near the Biography section...about mid-library.

Whatever your taste in music, you will find interesting choices in our collection unless you favor hard rock or hip-hop-----those haven't appeared as yet in our donation box. But we can offer you show music, country/western, jazz, choral and symphonic choices as well as full operas on DVD or CD. What better opportunity to sample genres you've not previously opted for? It appears that this winter we will have ample hours to savor old familiar favorites or delve into the less familiar goodies that are available.

If, instead of music, you are an aficionado of drama, mystery, TV series, check us out. We can offer you classic holiday fare such as Miracle on 34th Street or other Jimmy Stewart classics or westerns or the popular Jan Karon Mitford series. Devotees of the former Thursday night DVD programs have been enthralled by A Place to Call Home, full of plot twists and turns (OK: an Australian soap---but fun). That series is on our shelves as well as the adventures of Poldark, Poirot, the First Churchills and other heroes. If you prefer the Victorian

propriety of Jane Austen's heroines you'll find Pride and Prejudice and Sense and Sensibility available.

Ballet is your passion, you say? We have it! Swan Lake is always a beautiful, dreamy way to spend an afternoon. Want something giddy and lighthearted? We have several Gilbert and Sullivan operettas. Or do the times dictate that you need comedy? We have the series featuring Hyacinth and her floral sisters Daisy, Rose and Violet. If Brit coms aren't up your alley we have Seinfeld to entertain you. Or Colombo or Gene Kelly in Singin' in the Rain or House of Cards. Come! Investigate! Appreciate!

Travels with Fran and Hank (Part I)

By Fran Tobin and Henry Hunt

From the time he could walk, Henry dreamed of flying. He learned to fly young and flew whenever and wherever he could. Not every trip was successful. Early on, he went out with a friend on a day "Hank" thought a bit foggy. He also thought the landing strip was a bit short. He wandered off course a bit, hit a barn, and the plane caught fire. That was only one of many close calls during his 40 years of flying.

Hank spent 13 years as an agricultural dusting pilot but after learning the average life of dusters was three years, his friends and family convinced him to look elsewhere for employment. He spent the next 20 years, before emigrating to St. Croix, as a flying salesman for aeronautical navigational equipment.

Over the years, he also spent many hours repairing and rebuilding pipe organs both on St. Croix and stateside. In between his many flights, he farmed 140 acres in Mississippi raising black angus cattle and tomatoes, the latter in a greenhouse he built.

After vacationing on St. Croix, Hank and his wife fell in love with the island, so he built their waterfront dream house in Estate Green Cay.

Fran and her husband also vacationed on St. Croix. He, Jerry, became involved in building a storage facility and condo. Unfazed by the destruction of Hurricane Hugo in 1989, he built another hotel. They became more and more involved in the island life and bought a lovely home high on a hill

OR: Is lack of equipment your excuse for not exploring our resources? Solution: Holidays are approaching and your kids and grandkids always want to make you happy with a special gift. Make it easy for them this year---tell them how you are yearning for a spiffy new CD Player or the latest in DVD-Blu-ray equipment, assembly, installation and tutorial.

Go for it! Bring joy and hibernate productively.

overlooking the Caribbean in Estate Green Cay. Fran's husband died in 2015.

Hank and Fran were neighbors for 30 years, so after Hank's wife died, Fran visited him to express her condolences. She gave him a big hug and they immediately felt there was chemistry between them.

It wasn't long until Hank sold his house and moved up the hill to live with Fran. They announced their engagement on a lovely sunset sail with 50 friends aboard the schooner "Roseway." CoVid-19 cancelled a May wedding but recently they were married in a small, lovely ceremony in their cottage at The Moorings.

Many people ask: "What can one do while living on St. Croix?" Let me count the ways! Hank and Fran played golf on St. Croix's two 18-hole courses and a 9-hole course. They visited Buck Island Reef National Monument, a small, uninhabited island about 1.5 miles north of the northeast coast of St. Croix. The monument, mostly an underwater park, includes 18,839 acres of submerged lands totaling 19,015 acres. The only other one in the United States is in the Everglades. They have spent many hours working at St. George Village Botanical Gardens, set on the site of an ancient Indian Village. The land has been inhabited for 2000 years. The gardens are set in and around restored buildings and ruins of a 19th-century Danish sugarcane plantation. (The Danes were one of many people who were on St. Croix over the years. Many of the street names and buildings are still Danish.) The 16-acre botanical gardens house over 1500 native and exotic species and varieties, including bromeliads, cactus and succulents, a

conservation garden, a dry palmetum, heritage gardens, orchids, ornamental ferns, a native arboretum (about 50 species), naturalized forest, rainforest (irrigated), and sansevieria (snake plants) collection. It also contains a herbarium

(5000 specimens) and a library of 500 volumes, housed in a post-emancipation workers' cottage restored in the early 1980s.

(Cont. with Part II in the next newsletter)

Navigating 19 in 2020

By Sherry Chapelle

Moored as we've been now for months at a time,
anchored in spaces – awaiting a break,
in this story without seeming reason or rhyme,
we knew not direction or measures to take.

How easy to give in to gloom, to despair.
No road trips, friends' faces, joint meals. So much
strife, and Blendsdays and Blursdays are our only
fare.

What could we do to feel we've got a life?

Watch 'pops. Make a call, walk out with a squeeze.
Send a sweet note. Add some goods to a tote.
Check out the eye smiles in fellow maskees.
Pat a pup. Bake a pie. Make a mask. Vote –

social distanced, of course. And just to be clear
remember how lucky we are to wake here.

In Memorium

Corinne Malsbury – 9-7-20

Ann Erdman – 9-12-20

Annette Myers – 9-20-20

Joy Mingle – 9-28-20

Mary Adler – 10-13-20

Robert Hastings – 10-28-20

Barbara Carl - 10-31-20

Welcome New Residents

David & Denise Berilla – cottage 1;
moved in 8/6/20

Michael & Margaret Ackerman – apt. 122;
moved in 10/12/20

More Reasons to Celebrate

Don't forget all the holidays in December and January! There are many more than you might recall! Here are a few you can celebrate. Watch the calendar for all the birthdays at The Moorings, too! Celebrate whenever and whatever you can.

Dec. 2 National Mutt Day

Dec. 4 National Cookie Day

Dec. 6 St. Nicholas Day

Dec. 7 National Letter Writing Day

Dec. 10 National Lager Day

Dec. 12 National Ding-A-Ling Day

Dec. 13 National Ice Cream Day

Dec. 16 National Chocolate Covered

Anything Day

Dec. 21 National Short Girl Apprec. Day

Dec. 28 National Call a Friend Day

Jan. 1 National Bloody Mary Day

Jan. 3 JRR Tolkien Day

Jan. 8 National Bubble Bath Day

Jan. 10 Nat'l Houseplant Apprec. Day

Jan. 13 National Clean Your Desk Day

Jan. 18 National Winnie the Pooh Day

Jan. 20 National Penguin Day

Jan. 23 National Pie Day

Jan. 24 National Compliment Day

Jan. 25 Opposite Day