



# CROWNE NEWS

December 2023

Volume 18 Issue 12



*The*  
BUCKINGHAM



*ASPYRE*  
Your lifestyle experience

A Publication of The Buckingham

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## Information & Technology Sources

**Saturdays—10:30 AM — 3:30 PM**

Call Suzy in Dining to schedule appointment  
@ 713-979-3094

The dining team will contact you and set up an appointment based on your needs.



Tune to in-house **channel 897** on your Comcast cable TV for announcements, menus and more.

**Digital Signs** are available in the main lobby and tower mail room with up-to-date informational signage, weather, time, date and scrolling local and national news.

If your comcast TV channel 897 is not working please contact our maintenance department for assistance.

Visit BUCWEB for online “news and views” for residents. Council bylaws, meeting minutes,

committee members and more

[www.bucweb.org](http://www.bucweb.org)

For help or to be added to the mailing list, call

Bob Longmire @ 713-882-4913



## Stay Connected with our Community App!

Updates to the Community App happen daily.  
Be sure to visit and explore new content.

Click the Resources & More tab for a content that includes, Live Cam, to wildlife and NASA earth view, Free Audio Books, for links to two easy to use resources for online access, also click the Brain Games tap for added cognitive stimulating games such as Sudoku and daily crossword challenges.

For assistance with accessing the Community App, call or stop by the Lifestyle office.



## The Wall Street Room

No computer? No problem! Visit the Wall Street Room, where you will have access to desktop computers to use at your leisure. Play computer games, check email, social media, zoom and even access the community app easily. Instructions are posted at each computer.





As the holiday season approaches, it brings with it a sense of joy, togetherness, and reflection. For many, it's a time to gather with loved ones, share stories, and create lasting memories. The holidays hold a special place in the hearts of individuals, regardless of age. For our seniors, these occasions often carry a deeper significance as they provide an opportunity to reminisce about past celebrations, connect with family and friends, and instill a sense of belonging. Many seniors find comfort and joy in traditions that have been passed down through generations, making holidays a cherished time of the year.

There is so much for us to appreciate during the holiday season. As the years pass, I find myself admiring aspects of the holidays that are different from my younger years. Here are a few suggestions that I may offer to you.

**Prioritizing presence over presents:** In a world often consumed by the hustle and bustle of holiday preparations, it's easy to lose sight of what truly matters — the people we care about. Making memories is less about the gifts exchanged and more about the quality time spent together. Be present in the moment, engage in meaningful conversations, and savor the simple joys of togetherness.

**Create and embrace traditions:** Traditions add a sense of continuity and nostalgia to the holiday season. Whether it's a special family recipe, a unique ornament that gets added to the tree each year, or a favorite holiday movie marathon, traditions create a thread that weaves through the years, connecting generations. Establishing and maintaining these rituals fosters a sense of belonging and provides a backdrop for creating enduring memories.

**Capture the moments:** In the age of smartphones and digital cameras, capturing candid moments has never been easier. However, it's not just about taking photos; it's about capturing the essence of the moment. Put down the devices occasionally to fully immerse yourself in the experience, but don't forget to document the highlights. These photographs will become the visual diary of your holiday memories.

**Give the gift of experiences:** Instead of focusing solely on material gifts, consider giving the gift of experiences. Plan a family outing, a weekend getaway, or a special activity that everyone can enjoy together. Shared experiences create lasting bonds and memories that go beyond physical possessions.

**Reflect and express gratitude:** Take moments throughout the holiday season to reflect on the blessings and express gratitude. Whether it's during a family dinner or a quiet moment by the tree, acknowledging the positive aspects of the season reinforces a sense of appreciation and gratitude, turning ordinary moments into extraordinary memories.

As you navigate the festivities, remember that the true magic of the holidays lies in the moments we create and share with those we hold dear.

May your holiday season be adorned with joy, laughter, and a tapestry of beautiful memories.

Philip Jacob

Executive Director

We are excited to introduce the following updates for dining options that will be made available to all our Independent Living / Life Care Residents.

#### All Day Café at The Buckingham

Starting January 8th, 2024, the Buckingham will now open an All-Day Café at the St. James. The ½ credit menu will be served in the all-day menu for all residents to enjoy. In addition, we will be re-opening the Windsor Dining Room for lunch on a trial basis, 2 days a week.

#### St James Hours

7:00am – 9:00am Breakfast

Continental for Independent/Life Care Residents

Hot Breakfast – a-la-carte pricing

9:00am – 3:00pm All-Day Café

St. James ½ Credit Menu

Available for Independent/Life Care Residents

11:00am – 2:00pm Lunch

St James Full Lunch Menu

Full credit lunch & specials in addition to ½ Credit Menu

#### Windsor Dining Room New Hours

11:00am – 2:00pm Tuesday & Thursday Lunch

Windsor Lunch Menu – full credit option

The Windsor will continue to be open for service based on the needs for residents.

## The Buckingham Associates Directory

**Philip Jacob**  
Executive Director 713-979-3780

**Elizabeth Lopez**  
Executive Administrative Assistant 713-660-6343

**Cory Thompson**  
Administrator 713-979-3059

**Archie Clinton**  
Business Office Director 281-661-5395

**Shannon Schmidt**  
Director of Life Enrichment 713-979-3758

**Sherri Lindsey**  
Life Enrichment Coordinator 713-979-3066

**Maria Toscano**  
Life Enrichment Coordinator 713-979-3097

**Jena Hoofnagle**  
Fitness Specialist 713-979-3788

**Lori Mahana**  
Plant Operations Director 713-979-3076

**Monica Romero**  
Resident Services Director 713-979-3068

**Vincent Burlaos**  
Dining Services Director 713-979-3092

**Susy Rodriguez**  
Dining Room Manager 713-979-3094

**Windsor Dining Room** 713-979-3095

**Rosewood Dining Room** 713-979-3104

**Liz George**  
Resident Care Manager 713-979-3789

**Philip Taylor**  
Director of Sales 713-660-6552

**Michaela Simmons**  
Marketing Coordinator 713-660-6552

**Lauren Corcoran**  
Rehab Director 713-979-3058

#### Other Important Numbers

**On Duty Security Patrol** 832-649-1056  
**Concierge/Transportation** 713-979-3100  
**Kindred at Home** 281-620-6088  
**Waverly Evans Massage** 832-818-4300  
**PS Beauty Salon** 713-979-3583  
**Plaza Concierge** 713-979-3777  
**Fax** 713-979-3099



## Early Voting at Tracy G. Community Center

**Friday, Dec 1**

**10:00 AM**

### Departing Classic Lobby

The Houston Runoff election for early voting Friday, runs through Dec 5.

Register on the Community App or call Sherri in Lifestyles 713-979-3066 to join us to vote on Dec 1st at Tracy G. Community Center.



## Houston Symphony Chamber Ensemble Fischer Quartet

**Monday, Dec 4**

**11:00 AM**

### Stratford Theatre

Please join us as the Fischer Quartet from the Houston Symphony . Features the Oboe, Violin, Viola & Cello

## Photos with Santa!

**Saturday, Dec 2**

**10AM-12PM — Windsor**

Family and friends of The Buckingham with children are invited to meet Santa . You will have the opportunity to do crafts, watch a Christmas movie, eat gingerbread cookies, have snacks and of course have your photo taken with Santa.



Register at the Concierge Desk.

## Lunch at Brookwood and Poinsettia Shopping

**Tuesday, Dec 5**

### Departing Classic Lobby at 11:00 AM

In addition to its educational and enterprise programs, Brookwood provides a safe and nurturing home environment with proper nutrition, plenty of activity, and productive challenges for adults with disabilities.

Join us for lunch in the café and shopping.

Purchase some beautiful poinsettias, while supporting a great community!



## A Texas Carol

**Sunday, Dec 3**

**Departing Classic Lobby at 1:30 PM**

**Price: 36.00**

The Dinkel family is back by popular demand!

This laugh-out-loud funny and heart-warming story was a huge success for A.D. Players last season and returns for another year! The Dinkel family is headed to Mee-Maw Jane's East Texas ranch for what might be her last Christmas. The only problem, when the first grandchild arrives, Mee-Maw is already gone! Now how to keep that fact (and her body) from the rest of the family and save Christmas?

Space is limited. RSVP in the Community App or contact Sherri in Lifestyles at 713-979-3066

## Memory Enhancement Training with Amazing Place

**Wednesday, Dec 6**

**1:30 PM — 3:30 PM**

### Newcastle



Join us to learn tips, tricks and best practices to enhance your memory. This is for everyone: young, old, memory decline and normal aging.

Sign-up today to join us for this incredibly useful workshop. Use the Community App or call Shannon in Lifestyles for assistance or questions at 713-979-3758

This is a free two hour interactive class.

## Toshiko Japanese Choir

**Thursday, Dec 7**

**11:00 AM**

### Stratford Theatre



The adult Japanese choir is set to return for their winter holiday concert here at The Buckingham. Come early for best seats. You are sure to enjoy familiar holiday tunes and a few less heard beautiful pieces.

We look forward to seeing you there.

## The Song Of Mary Magnificat at MDPC

**Sunday, Dec 3**

**Departing Classic Lobby  
at 5:30 PM**



The Magnificat by Texas composer, Taylor Scott Davis, is a new work that captures the feelings of Mary as she becomes the handmaiden of the Lord.

With their 32 piece orchestra, the Sanctuary Choir will perform this work as well as popular carols. The MDPC Children's Choir will join the Sanctuary Choir. This is a free, open seating event. Please RSVP for transportation on the Community App or by calling Lifestyle Office.

## Chef Monica Pope's Pop-up Shop

**Friday Dec 1, 8 and 15**

**11:00 AM—2:00 PM in the Promenade Knuckle**

Come by and browse/purchase farm to table snacks.

## Holiday Hits Cocktail Hour

**Friday, Dec 8**

**4:00 PM**

**Mezzanine**

Come meet a brand-new entertainer for a fun afternoon of singing your favorite holiday tunes around the piano with Michael Lindsey.

Enjoy some cocktails and sing along!



## Buckingham Singers Winter Concert

**Saturday, Dec 9**

**2:00 PM — Windsor**



You are invited along with your family to join us for the Buckingham Singers Winter Concert. This event has proven to be a wonderfully joyous occasion and time to cherish the men and ladies who make our choir so special.

Seating begins at 1:30 PM. Concert will be followed by a reception in the Stratford Theater.

We hope to see you there.

## Angel Watch Academy Christmas Performance

**Jingle Bell Rock**

**Wednesday, December 13**

**10:30 AM**

**Stratford Theater**

Please help us welcome in some of our youngest guests, The Angel Watch Academy, 3 & 4 year olds guest stars.

They will be performing a short and very sweet Christmas show with song and dance.



## Shady Acres School Choir

**Date: Thursday, Dec. 14th**

**Time: 10:30 AM**

**Location: Newcastle**

The students from Shady Acres Christian School have graciously agreed to come sing to residents of The Buckingham this season. They are a small private school with a big heart for others, and even bigger voices.

Please come listen and be blessed!



## Cocktail Hour with Rob Landes

**Thursday, Dec 14**

**4:00 PM — Mezzanine**

Dress in your holiday best and join us for a chipper music party. Special guest and local favorite, Rob Landes will delight us with piano tunes of the season as you enjoy a signature cocktail before the dinner event.

## Christmas Dinner Party

**Thursday, Dec 14**

**5:00 PM — Windsor**

You may now reserve a table for this dinner event. RESERVATIONS ARE REQUIRED.

\*Please call The Windsor at 713-979-3095.

\*Pick up your confirmation ticket with the hostess (one per table). Resident ONLY event. No Guests. Jackets are required for Gentlemen.

Rosewood Grill will be closed for dinner, but you will have the option to order and pick up your meal by calling 713-979-3104. Place your orders before 4:00 PM and pick up between 4:30 PM-6:00 PM.

## A 1950's Christmas Presented to you by The Buckingham STIX

**Friday, Dec 15**

**2:00 PM — Stratford Theatre**

Along with special guests, Country Crew Line Dancers, Philip Baker and Lee Hunnell, we invite you join us as we take you back to the 1950's.

STIX is an elite group of resident cardio drummers that are under the direction of Fitness Specialist Jena Hoofnagle and led by club representative,



## Rise Ballet Children's Performance

**Saturday, Dec 16**

**11:00 AM**

**Stratford Theatre**



Please join us as we welcome the adorable Rise Ballet Company performers to The Buckingham. Come early to get the best seats! This will be an approx. 15-20 minute program.

## Wellness Center Orientation

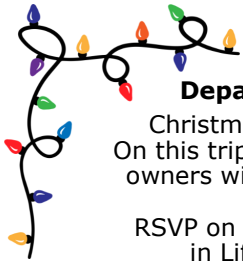
**Monday, Dec 18**

**12:30 PM—Wellness Center First Floor**

Meet up with Fitness Specialist Jena Hoofnagle for gym and pool safety policies, equipment use instructions and class information.

Orientation is necessary prior to wellness center use.





## Christmas Lights Tour Monday, Dec 18

**Departing Classic Lobby at 6:15 PM**

Christmas light tour thru River Oaks area. On this trip we will be giving pies to the home owners with the most beautiful decorations.

No cost for this event.

RSVP on the Community App or call Sherri in Lifestyles to reserve your seat.



## Silver Linings Support Group Wednesday, December 27

**2:00 PM — 4th Floor Classroom**

This peer support group is designed for those that live with or care for someone with dementia or cognitive decline.

If you haven't already attended a meeting or if you'd like more information, contact Shannon Schmidt, Lifestyle Director, at 713-979-3758

## Cards for Hospitalized Kids Charity Project

**Tuesday December 19  
1:00 PM — Rosewood Grill**



Join The Storytellers Club in spreading the hope, joy, and magic of the holiday season to hospitalized kids across America by participating in this charity project.

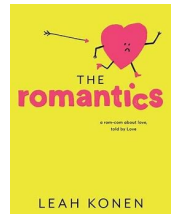
Simply make a Christmas card, decorate, and write a holiday message inside. No crafting experience necessary. Just come ready to have fun and share the Christmas spirit with those who need it most! Card making supplies will be provided.

## Book Club: The Romantics Friday, Dec 29

**2:00 PM — Churchill Theatre**

This clever yet hopelessly romantic story follows Gael Brennan who is about to have his heart broken when his first big relationship crumbles on the heels of his parents' painful separation.

Come discuss at this month's meetup!



## Christmas Sweater Fashion Show Thursday, Dec. 21 1:00 PM - Newcastle

Please join us in your most festive Christmas sweater for a fun fashion show. Refreshments will be served.

You can expect a casual party atmosphere.

## Cookie Decorating Friday, Dec 22

**1:00 PM — Creative Arts Room**

Join us for cookies and cocktails as we let the Kahlua and creativity flow. We'll have sugar cookies and all the tools you need to make sweet treats for your family and friends!

Come and go as you wish. No need to RSVP.



## New Year's Eve 2023 at The Buckingham Sunday, Dec 31



### Aperitif Cocktails

**4:00 PM—Classic Lobby**

Toast to a years end as we close and celebrate 2023!

### New Year's Eve Dinner

**4:30 PM—Windsor**

RSVP with Windsor Dining Podium at 713-979-3095 beginning Dec 18. Reservations are Required. Resident Only Event.

Jackets Required for Gentlemen.

\*Pick up your confirmation ticket with the hostess (one per table). \*There will be Breakfast as usual. Lunch in the St. James. \*Rosewood closed for dinner, To-Go's will be available. \*NO SUNDAY BRUNCH



### Casino Party

**6:00 PM—8:00 PM**

**Rosewood/Promenade Area**



Join us for a grand casino experience right here at The Buckingham. Roulette, Blackjack, Craps and Caribbean Poker tables will highlight the party.

No gambling experience required. Dealers make playing fun and easy. No money will be exchanged. Chips are provided. At end of game play, chips can be exchanged for tickets/chances to win raffle prizes.

Game play is 6PM-8PM, Resident only event.

## Christmas Day Brunch

**Seatings at  
11:00 AM & 12:45 PM**

**Monday, Dec 25**

**Windsor**



Family and friends are welcome. \$35 guest charge. Jackets are required for Gentlemen.

Special guest Harpist, Laura Smith, will be present.



DONATE  
**BLOOD**  
SAVE LIFE

**Thurs. Jan 4 2024**

Wellness Center at The Buckingham

**REGISTRATION INFORMATION  
COMING SOON**



**Gulf Coast Regional  
Blood Center**

## ANNOUNCEMENT

### EXTENDED DINING HOURS

Beginning Jan 8th,  
St. James Cafe will have  
extended hours

**Breakfast 7:30AM - 9AM**

**Lunch 9AM - 3PM**



## MFA H

BAYOU BEND PRESENTS  
"IMA HOGG'S CLASSIC  
SOUTHERN GARDEN"

DATE: WED., JAN. 17TH

TIME: 10:30 AM

LOCATION: NEWCASTLE



## MEMORIAL HIGH SCHOOL THEATRE



SATURDAY, JAN 28TH 1:15PM  
TICKETS \$15 RSVP BEGINNING JAN 1

## December TED TALKS

### Dec 6 — The Future Will Be Shaped by Optimists

Every great and difficult thing has required a strong sense of optimism," says editor and author Kevin Kelly, who believes that we have a moral obligation to be optimistic. Tracing humanity's progress throughout history, he has observed that a positive outlook helps us solve problems and empowers us to forge a path forward. In this illuminating talk, he shares three reasons for optimism during challenging times.

### Dec 13 — Mind over Matter: Why You're Capable of More Than You Think

Paneez Oliai discusses the importance of reframing our thinking in overcoming obstacles. She discusses the value of changing our thinking in order to change our reality. Having worked with judges, defendants, and non-profit organizations in her quest to improve public access to justice, she is grateful to have witnessed firsthand the immense potential within each of us.

### Dec 20 — Human Healing Unlocked: Transforming Suffering Into Wellbeing

From germinating 30,000 year old seeds to the effects of Type II diabetes on the National Health Service, Dr David Reilly MD's fast paced talk on how to unlock the potential of human healing is both fascinating and touching. Using the example of one of his patients, and with a moving twist at the end, David interprets 40 years of academic research into an amazing story.

### Dec 27 — The Benefits of Learning a Foreign Language

Being bilingual has many benefits, but there's more to it than you might think. Daria Zaikovskaia looks into the relationship between language learning, mental health, and decision making. Daria holds a Bachelor's degree majoring in Linguistics. She's worked as a TV series translator and a language teacher.

**\*TED Talks can be viewed at 3:00PM on the prescriptive day on channel 897 and are also available to view all month at your convenience on the Community App.**

## December Documentaries

### Pearl Harbor Day December 7 Japan's Only Chance To Knock Out The US

On December 7, 1941, Japan gambled all and bombed the US Pacific Fleet at Pearl Harbor on Hawaii. In the following months, Japanese forces rampaged across Asia, humiliating America and her allies. It looked as though she was unbeatable, but then America fought back.

### Violin Day December 12 The Return of the Violin

This documentary tells the story of a 1731 Stradivarius once owned by Israeli Philharmonic founder Bronislaw Huberman. Stolen in 1936 it was rediscovered in 1985; Learn the fascinating history of this famous violin now owned by American virtuoso Joshua Bell.

### Roots Day December 23 The Business of Ancestry: Exploring the World of Data Mining

"Data Mining the Deceased" prods the industry behind the exponential intensity in genealogy. What are the motivations of the key players and how are their ambitions affecting the millions of North Americans who are searching for answers?

### Christmas Day December 25 Legends of Santa Around the World

Santa's image is almost universally recognizable as one of Christianity's most enduring and popular legends, yet the seemingly timeless jolly old man with his bag of toys, steering his reindeer and sliding down chimneys, is a relatively modern image. The Legends of Santa shows how today's image of Father Christmas is a culmination of centuries of history and legend.

**\*This month's documentaries can be viewed at 3:00PM on the prescriptive day on channel 897 and are also available to view all month at your convenience on the Community App.**



## **P.E.R.F.E.C.T 'GEM' s**

**Professional  
Enthusiastic - Respectful  
Friendly - Extra-Mile - Caring  
Trustworthy**

Join us in congratulating the following team members for being P.E.R.F.E.C.T. GEMS

We sincerely appreciate your continued hard work & dedication.



**Liz George  
Resident Care  
Manager**



**Michael Adesida  
Scheduler**



05 Virginia McMaster

08 Sylvia Feters

12 Joan Grieco

12 Gayle Longmire

18 Nancy Smith

18 Art Storey

19 Marjorie Dunn

21 John Margo

24 Faerie Marston

25 Larry Catuzzi

26 Joan Phipps

27 Stephen Banks

27 Joe Liles

28 Tom Jones

29 Patti-Jay Allender

29 Sonya Carpenter

31 Mary Siegle

## *Welcome to The Buckingham*

Katie McNally in 1414

&

Kathryn Stream in 1425



**Jo & Ralph Bryant  
2310**



**Joan Vaseliades  
1201**

### **Resident Council Meeting**

**Monday, Dec 11**

**4:00 PM**

**Stratford Theatre**



Buckingham residents showed an overwhelming response to the Generosity & Gratitude voyage of the **Good Ship EAF**.

On Wednesday, December 13th,

Christmas checks to the employees will be distributed from 9am-4pm in the Rotunda.

Many thanks to the 97% who "got onboard" this year!

Capt Bob, First Mate Gayle, and crew Julia and Mamie

December is the twelfth and final month of the year in the Julian and Gregorian calendars and is also the last of seven months to have a length of 31 days.

December got its name from the Latin word *decem* (meaning ten) because it was originally the tenth month of the year in the calendar of Romulus c. 750 BC which began in March. The winter days following December were not included as part of any month. Later, the months of January and February were created out of the monthless period and added to the beginning of the calendar, but December retained its name.

**December Birthday Bash  
Tuesday, Dec 19 @ 3:30 PM**

**Mezzanine**

**Entertainment w/Rodney**

Come help us celebrate our December born friends.

Please Wear your Name Badges

Follow us on Facebook  
@The Buckingham Senior Living Community



## Musicology LIVE!

Friday, Dec 8

11:00 AM - Newcastle

Join us this month for Musicology LIVE!

Join us for an unforgettable musical presentation that transcends eras, as the delicate strings of the violin intertwine with the essence of history and literature. Experience the resonance of the past and the present, harmonizing together in an impressive performance by Zachary Montasser. No need to RSVP.



## Join Houston top historian and TV's Mister McKinney for

Historic Houston

Tuesday, Dec 12

11:00 AM - Newcastle

Mister McKinney is back with a new presentation on the history of Houston.

Come by to learn some in depth knowledge about our city from its iconic streets to the unique architecture and culture that makes Houston home! Invite your friends and neighbors to this exploration of Houston's captivating past.



## ARTiculating: Conversations About Art w/Wendy Adler

Tuesday, Dec 19

11:00 AM — Newcastle

Topic This Month:

Ho Ho Holiday Art

Join us each month as we have a fun, interactive discussion about artists, art periods, and how to look at art. No previous art knowledge needed.

How art depicts the holiday season.



## Rice University Midweek Medley: From Aristotle to Artificial Intelligence

Register now for Spring Classes

March 20–April 24, 2024 | 1:30 PM–3:00 PM

Covering a wide array of topics, this lecture series examines a different subject for each lecture. Outstanding Rice University faculty and other experts from the arts, humanities, and sciences share insights on topics such as Aristotle on a thriving life, Matisse and the Fauves, viewing a total solar eclipse, a brief history of computing and artificial intelligence, iconic Broadway roles and more. This series offers a unique opportunity to sample the diverse course content and instructors featured at the Glasscock School of Continuing Studies.

Transportation provided by The Buckingham

Registration forms are located in the Lifestyle Office



3:45 PM & 4:15 PM  
Stratford Theatre

In **Experiencing Medieval Europe**, award-winning Professor Kenneth R. Bartlett of the University of Toronto invites you to travel through time to the golden ages of 12 of Europe's most beautiful medieval cities. In 24 lectures that use extensive location footage, you'll discover the sights, sounds, and smells of teeming markets, royal feasts and ritual, dramatic military engagements, magnificent religious pageantry, and the many colorful layers of daily medieval life.

Our journey together will both instruct and delight. This course is a time machine to transport us through the ages and across vast distances. All you need is your imagination and attention, and the medieval city will open its gates to you.

Dec 4 at 3:45 PM

### Palermo—A Mosaic of Cultures

The sumptuous interiors of the Norman Palace are your entry point to Palermo and its rich multicultural history. Grasp Norman Sicily's historical role as the richest and best-governed state in the West. Explore the complex architecture of the city's churches, cathedral, and Palazzo Abatellis, and the cosmopolitan past of the seaport.

Dec 4 at 4:15 PM

### Palermo—Celebrating Throne and Altar

Visit the most magnificent of the city's medieval palaces, the Palazzo Chiaramonte. Learn about the eras of German, French, and Spanish rule, and explore the Zisa Castle, richly decorated churches, and the Norman summer palace. Finally, ascend Monreale, overlooking Palermo, to enjoy the finest Norman ecclesiastical architecture in the world.

Dec 18 at 3:45 PM

### York—Wool and Prayer

In the living museum of York, stop first at the romantic ruins of the abbey of St. Mary's, the Abbot's palace, and York Minster cathedral with its stunning stained glass and splendid interiors. Savor the atmosphere of York's old historical center, the streets of the butchers and printers, and the still-inhabited 14th-century houses.

Dec 18 at 4:15 PM

### York—Vikings and Merchants

Taste medieval life in York's "ginnels," narrow passageways offering shortcuts through the town, and in the Barley Hall mansion and Merchant Adventurers' Hall, with their views into the lives of wealthy citizens. Delve into the Viking and Norman history of York, and the latter era's dark side in its treatment of Jews.

## Buckingham Singers Club News & Reminders

If you are already a member of The Buckingham Singers, here is the December/January schedule of rehearsal and concert.

If you are not yet a member of the Singers, please consider joining. A great time to start is January 6 at 1PM, Stratford Theatre

December 2—Rehearsal at 1:00

December 9—Rehearsal at 1PM, Concert at 2PM, Reception at 2:45PM.

December 16—Choir Party and reviewing the Concert at 1PM.

December 23—No Rehearsal

December 30—No Rehearsal

January 6—Resume regular Rehearsals at 1PM with new music.

## Out on the Town: Union Kitchen

Thursday, December 21

### Departing Classic Lobby at 4:15 PM

The perfect Union of good friends and great food.

Established by Paul Miller of *Gr8 Plate Hospitality* in 2010, The Union Kitchen is a neighborhood restaurant that blends Global Cuisine with Southern Hospitality.



If you would like to join us, please RSVP on the Community App beginning Dec 1st or call the Lifestyle office. Seating is limited to 15. Transportation via Buckingham bus.

## "Secret" Beer Society: Christmas Beer Tasting



Friday Dec 29

Time: 4:00 PM

St. James

Tis' the season for Christmas beers!

Come taste test some of the finest brews around paired with delicious lite bites.

Vote for your favorite and stay for the big reveal of Buckingham's favorite Christmas beer.

No RSVP required, just stop by the St. James Café to join in.

## Food for Thought: Healthier Holiday Drinks

Wednesday December 13

St. James Café at 3:00 PM



It's the happiest time of the year but not always the healthiest! Many of us are cozying up to holiday drinks without much thought to their nutritional value.

Food for Thought leader, Dr. Manzar Shamsi, along with Executive Director Philip Jacob is here to talk about the drinks we consume during the holidays and share some new healthier holiday drink options you can make at home!

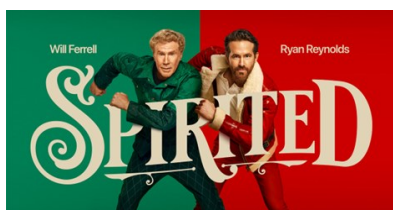
## Movie Lovers Club December Showings

Saturday Dec 16th: Spirited

12:30 PM & 3:00 PM

Churchill Theatre

This musical version of Charles Dickens's story features Ryan Reynolds as a miserly misanthrope who is taken on a magical journey. This time, the tale is told from the perspective of the ghosts in this hilarious musical twist on the classic Dickens tale.



PG | 1hr 33m | 2023

Saturday Dec 23rd: Genie

12:30 PM

Churchill Theatre

: Genie is a fairy-tale comedy about a workaholic man whose life is beginning to unravel around him. When he discovers a jewelry box and unintentionally releases a magical genie, they team up to win his family back before Christmas.



PG-13 | 1hr 33m | 2023

\* Registration is required. Use the Community App or call Maria at 713-979-3097 to save your spot!



## December Happenings Requiring Registration

**Dec 1—Harris County Runoff Election Transportation to Vote at Tracy G. Community Center**

**Dec 2—Photos with Santa Event**

**Dec 3— A Texas Carol Performance at AD Players**

**Dec 3—The Song of St. Mary (Magnificat) at Memorial Drive Presbyterian Church**

**Dec 5—Lunch and Shopping at Brookwood**

**Dec 6—Memory Enhancement Workshop**

**Dec 14—Buckingham Christmas Dinner Party**

**Dec 16—Movie Lovers Club Showing of Spirited**

**Dec 18—Christmas Light Tour**

**Dec 21—Out on the Town: Union Kitchen**

**Dec 23—Movie Lovers Club Showing of Genie**

**Dec 25—Christmas Day Brunch**

**Dec 31—New Year's Eve Dinner**

**\* Ticketed events requiring payment are non-refundable. In the unfortunate event you need to cancel, you have the option to transfer your ticket to the wait list should there be one. For assistance or questions, please reach out to a member of the Lifestyles department.**



Our on-site salon services provided by Paul Mitchell's PS Salon is accepting new clients. Stop by or call for information on booking services.

Visit the salon for complete price and services menu or see information on the Community App.

PS Salon can be reached at 713-979-3583.

As a reminder, not affiliated with PS Salon, we also are pleased to offer Massage services through independent contractor, Waverly Evans.

Waverly offers a variety of massage services to fit your needs and now offers in-room service. For more information or to make a massage appointment, contact Waverly Evans at 832-818-4300

**Origin Banking**  
Every Wednesday  
**10:00 AM**

**Churchill Theatre**

Did you know you can handle most of your banking needs right here at The Buckingham via our friends with Origin Bank?

Stop by and meet the Origin Bank staff and see how they can help you.

**The Buckingham  
Salon & Spa**

**PS Salon**

Hair and Nail Services

Operating hours vary by appointment. Walk-ins are welcome as available

713-979-3583

**Waverly Evans Massage**

Aroma and Traditional Massage services available by appointment.

832-818-4300

**Scheduled Shopping  
Trips**

**HEB**

Every other Thursday.  
departs at 9:30 AM via  
Buckingham Bus

**Kroger**

Every other Thursday  
departs at 9:30 AM via  
Buckingham Bus

**Walmart**

Second Monday, monthly,  
departs at 1:00 PM via  
Buckingham Bus

**St. Frances Episcopal**

Meets first Thursday,  
every month at 2:30 PM,  
Churchill Theatre.

**St. Michael's Catholic**

Rosary—Every Tuesday  
at 3:00 PM, Stratford

Communion—Every Tues.  
at 3:30 PM, Stratford

**Church Shuttle  
Services**

**Memorial Drive  
Presbyterian Church**

Shuttle service resumes,  
Sundays departing from  
main lobby at 10:45 AM for  
the 11:15 AM service.  
This is via Buckingham Bus  
transportation.

**St. Michael the  
Archangel Catholic  
Church**

Shuttle service departs on  
Sundays at 8:40AM for the  
9:00A M service.  
This is via Buckingham  
transportation.

**St. Martin's Episcopal  
Church**

Shuttle service departs on  
Sundays at 8:40 AM for the  
9:00 AM service via  
Buckingham transportation.

**Chapelwood United  
Methodist Church**

Shuttle service departs at  
10:45 AM for the  
11:15 AM service, via  
Buckingham transportation.

## Non Sequitur

Let's explore the phenomenon of growth. Growth represents one of the major forces and thrusts of our world, universe and even creation. One would be severely challenged to come up with an example of anything in our lives that is not a product of or subject to growth. Growth permeates every area of our lives since the beginning of time, whenever that was—dominated to the extent that we have probably become numb to its activity and constant presence and action. It is something that takes place in virtually everything in all areas of our existence. It's difficult to cite an exception. Obvious examples would be those tiny Redwood seedlings that become one of our national prides 2000 years later—the giant Redwoods. Or who can possibly fathom what those little babes crawling around on our floors will grow into sixty years later. How about the piano teacher who is blest with sufficient longevity to see one of her students win the Moscow Piano Competition? or singing the leading tenor role in an opera at the Met in New York? Or minds which envisioned and brought to fruition the Houston Medical Center?

Every book that we read, every person we meet, every occasion we attend contributes to growth, a new wrinkle in our brain, as it were. Even the distance between the stars in our universe is expanding farther and farther apart. The cymbal crash in the above is that it is all still growing. Each morning our sun comes up and bathes us with its new rays from a new day—one which has grown a bit in all aspects since yesterday. Our grace and understanding grows. How marvelous is that? The cumulative reality of this is monumental through these years we pass through in the twinkling of an eye. The hope is that these thoughts will boost your self-image to appreciate the constant growth that we enjoy, even in these latter years. The most exciting and rewarding growth is that which we accomplish together. What social creatures we are! It's truly a wonderful thing. This month is certainly the season to celebrate growth in a most profound, heart-warming manner.

Merry Christmas.

Philip Baker

## Meet the Fleet



We are excited to announce that we have added 2 new Cadillac SUVs to our Buckingham fleet of transportation.

Residents will be able to enjoy a ride in either our two Cadillac sedans or one of these two SUVs.

## Buckingham Foundation Year End Report



The Buckingham Foundation would like to thank everyone who donated this year. We received nearly \$75k and spent it on helping employees, providing five scholarships, beautifying the Memory Court, supplying plants to the butterfly garden, and adding trees.

Speaking of scholarships, please join us in celebrating and congratulating Rafeal Hernandez, who will Graduate on December 16, from Houston Christian University, with a degree in Kinesology Sports Management.



In honor of Jan van Sant, the backbone of the Foundation, a perpetual scholarship will be named in his memory.

Houston is the number one city in the US for human trafficking, and, because we can't help the prevention organization in person, we have decided to donate to the Houston Human Trafficking Prevention Center, The Landing, in honor of the Buckingham residents.

We hope you will remember us in your year-end giving and have a blessed season.

## Welcome Resident Services Director



We are pleased to introduce Monica Romero as new Resident Services Director at The Buckingham.

Monica will be overseeing the Housekeeping, Concierge and Transportation departments.

Monica will be officing in the area near the concierge desk at the classic lobby.

She can be reached at 713-979-3068 or email at [mromero@buckinghamhouston.com](mailto:mromero@buckinghamhouston.com)

## In Loving Memory

Mary Lou Vitanza

Edwin Timmons

Mark Lambert

Patsy Angel



## Powerful Aging: Stop Loading and Start Exploding!

One area you do not see a lot of discussions about is power training in the older population, some people may even gasp at the thought of it.

WHAT? WHY? HOW?

However, power is one of the major performance variables associated with independence, fall prevention and rehabilitation after injury among seniors. Power is also the neuromuscular factor that shows the greatest decline with aging.



To be clear we are not talking Olympic lifts and plyometrics. Here power training just means a simple modification- lifting the load as fast as possible.

Muscle strength is an important factor for aging well, but it might not be quite as important as you think. Muscle power—the ability to generate force quickly (force x speed)—may actually claim the top spot. Research studies that have compared the contribution of muscle strength and power to the performance of numerous functional activities consistently conclude that power is the more important of the two. . If muscle power really is the key to remaining functional as we age, traditional strength-training approaches that focus on “slow, controlled” resisted movements need to be adjusted so that there is less of a focus on load (force) and more of a focus on movement speed.

Mechanical power is most often associated with the performance of activities of daily living (ADL) and with fall prevention. Power is the product of force and velocity. Basic physics teaches that force equals mass times acceleration. A person must overcome force when lifting a free weight. No single workout or exercise device can address the diverse physical factors associated with successful aging.

Strength or Power?



What is important is physical function. It doesn't matter if you can bench a lot, can do 50 chair stands and have six pack abs, if you can't perform your daily functions.

Jena Hoofnagle  
Fitness Specialist  
Jhoofnagle@buckinghamhouston.com

### A look back at The 3rd Annual Buckingham Turkey Trot



### NEW CLASS ALERT

#### Power Training Group Fitness Class

Coming in January on Wednesdays at 2PM

This is your all-in-one class. If you want greater strength, speed, mobility, agility and balance we've got the perfect class for you!

This class is very similar to our traditional strength training format, but with less focus on slow controlled loaded movements and more on speed.

No experience needed. We will be using body weight and dumbbells + speed!

**BONUS:** There has been a clearly defined relationship between mechanical power and cognition.



## Exercise Classes Offered in December

### Mondays and Wednesdays

#### **9:00 AM Silver Sneakers Circuit**

Upper Body strength combined with low impact cardio.

#### **10:00 AM Pure Stretch (Mondays only)**

Designed to lengthen and strengthen the entire body. This class will take you through a sequence of stretches while focusing on the core muscles for stability.

#### **10:00 AM Core & More (Wednesday's Only)**

This class will build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles. The class will be combo of seated and standing exercises

#### **11:00 AM Silver Sneakers Classic**

Muscle strength, range of motion for daily life activities. Seated and Standing options\*

#### **11:30 AM Tai Chi w/Simone (Wednesday's Only)**

Slow, intentional movements as a form of gentle exercise and moving meditation. Benefits mental and physical health as well as balance. Open to fitness levels. Seated options.

#### **2:00 PM Floor Yoga (Monday's Only)**

Variety of standing and floor yoga stretches; mat provided.

### Tuesdays and Thursdays

#### **8:30 AM Silver Sneaker Stability**

Balance and lower body strength promoting fall prevention and muscle endurance. Seated and standing options.

#### **9:15 AM Yoga with Waverly (Tuesdays Only)**

#### **9:15 AM Neuro Boxing (Thursdays Only)**

This structured class combines boxing moves with conditioning and cardio. It helps build stamina, improves reflexes, flexibility and hand-eye coordination while giving you a great workout!

#### **10:00 AM Mobility Matters**

This class focuses on joint mobility, sensory stimulation and strength. Also working on balance and gait to help you move with confidence. Standing and seated.

#### **11:00 AM Drumming Essentials (Tuesdays only)**

#### **11:00 AM Balance Basics (Thursdays only)**

Group fitness class that focuses on functional movements to prepare your body for the challenges it faces day to day. \*Equipment used: step.

#### **1:00 PM Men's Weight Training w/David**

First half class focused on mobility and stretching. Guided strength on machines encompasses second half of this 30 minute class.

#### **1:45 PM Weights, Gait and Balance w/David**

Exercises to increase range of motion, correct asymmetries, promote balance control, and strength. Feel stronger and more confident in your movement!

#### **3:00 PM Intermediate Balance**

Group fitness class for a more progressive approach to full body balance. Recommended for those who have mastered balance basics classes.

### Fridays

#### **9:15 AM Sit and Get Fit**

Total body work out using dumbbells and balls focusing on strength and core stability.

#### **10:00 AM Stix Cardio Drumming**

Cardio based, workout focusing on toning and strength.

#### **11:00 AM Sit and Get Fit**

Total body work out using dumbbells and balls focusing on strength and core stability.

### Saturdays

#### **9:00 AM Functional Fitness w/Maria**

Seated conditioning class with an emphasis on mobility and muscle activation incorporating static and dynamic stretching, neuromuscular exercises and light resistance training.

#### **9:45 AM MOVE w/Maria**

Standing fitness class focused on increasing strength through all ranges of motion to improve muscle tone, coordination, mobility and overall improved movement.

### Holiday Schedule Adjustments

Please be mindful to reference the December Fitness Schedule to confirm class times.

There will be no classes offered on Christmas Day. In addition, Floor Yoga has been moved to Mondays and Water Aerobics classes are postponed for the season.

Don't forget to take advantage of the second floor Wellness Center equipment. This area is open for use at your convenience.

If you have not already attended Wellness Center Orientation, please join us for group orientation on Monday, Dec 18th at 12:30PM or contact Fitness Specialist, Jena Hoofnagle for a private orientation session.

**Every Tuesday** in December at **9:15 AM** you are invited to attend Yoga Classes led by Waverly Evans. Waverly currently leads mediation and provides wonderful massage therapy at The Buckingham. We are so lucky to have her as she is a master of this art with over 47 years of experience.

Waverly's class is very gentle, and no experience is needed. Each class will have seated and standing portions, with modified options available.

Classes last approximately 30 minutes and consist of movements that promote range of motion, core strength, and stress relief. Each week a different area of focus, that is structured to address a region of our system that may need balancing for better health and well-being, will be targeted.

**Traditional Floor Yoga** is offered **every Monday at 2 PM.**

All yoga classes are also led by instructor Waverly Evans and are at no additional cost nor do you need to RSVP.

#### **Floor Yoga** (standing & floor)

MONDAYS 2:00P M-2:30 PM \*NEW DAY & TIME\*

Dec 4 — Sunflower Flow

Dec 11 — Hip Hip Hooray!

Dec 18 — Holiday Walking Stretches

Dec 25 — NO CLASS

#### **Chair Yoga** (chair or standing)

TUESDAYS 9:15 AM

Dec 5 — Leg Pain Relief

Dec 12 — Holiday Stress Break

Dec 19 — Melt Away Neck Tension

Dec 26 — Get Energized!

### Wellness Clinic:

#### Exercise As Medicine

#### Friday, December 29

#### 1:00 PM — Newcastle

Medicine restores health, exercise promotes health. One is reactive, the other proactive.

In this session you will learn how to use exercise to actively protect your health versus waiting for health issues to pop up or emergencies to demand your attention. We will discuss ways to build mental and physical resiliency so that we are ready when health issues arise and are better able to recover fully and quickly.

December Wellness Clinic presented by Fitness Specialist, Jena Hoofnagle

## **The Buckingham Clubs & MORE**

### **American Mah Jongg**

When: Mondays @ 12:30 PM

Where: Newcastle

Club Leaders: Eva Lynn Dunn and Kathy McLean

### **B.B.B.C.**

Buckingham Boys Billiards Club

When: Varies/ based on tournaments

Where: Ed Sechrest Billiards Room

Club Leader: Charlie Brown

### **The Buckingham Singers**

Choir Rehearsals/Practice

When: Saturdays 1:00 PM-2:00 PM

Where: Stratford Theatre

Led by Tim Holder

Club Representative: Margaret Hodge/  
Jane Biggs

### **Bible Study**

When: Thursdays @ 10:00 AM

Where: Churchill Theatre

Leader: Roy Smalling

### **Bingo**

When: Wednesdays @ 7:00 PM

Where: Stratford Theatre

Leader: TBD

### **Canasta\***

When: 1st and 3rd Wednesdays  
@ 10:00 AM

Where: Card Room

Club Leader: Julia O'Shea

### **Chicken Foot Dominoes**

When: Tuesdays @ 7:15 PM

Where: Mezzanine Card Room

Club Leader: Anita Weiner

### **Community Bible Study\***

When: Tuesdays at 9:15 AM

Where: 4th Floor Classroom

Club Leader: Diane Wells

### **Country Crew Line Dance Club**

When: 1st and 3rd Friday of every  
month, seasonal @ 1:00 PM

Where: Wellness Center

Club Leader: Gail Borgen

### **Duplicate Bridge**

When: Mondays @ 12:30 PM

Where: Mezzanine Card Room

Club Leader: Carla Gaut

### **Food for Thought Nutrition Club**

When: 2nd Wednesday of every month  
@ 1:00 PM

Where: Creative Arts Room

Club Leader: Dr. Manazir Shamsi

### **Hong Kong Mah Jong**

When: Saturdays @ 9:15 AM

Where: Mezzanine Card Room

Club Leader: Jill Bott

### **Book Club**

When: 4th Tuesday monthly, seasonal  
@ 2:00 PM

Where: Signature Lounge

Club Leader: Frances Podell

### **Movie Lovers Club**

When: Varies, check calendar

Where: Churchill Theatre/Outings

Club Leader: Frances Podell

### **Oh Shoot! Photography Club**

When: 3rd Wednesday monthly  
@ 2:00 PM

Where: Churchill Theatre

Club Leader: Penny Bryant

### **Party Bridge**

When: Thursdays @ 2:00 PM

Where: Mezzanine Card Room

Club Leader: Charlie Brown

### **Poetry Group**

When: Every Wednesday @ 3:00 PM

Where: Churchill

Club Leader: Dr. Ed Fann

### **Poker**

When: Thursdays at 7:00 PM—9:30 PM

Where: 3rd Floor Classroom/Club Room

Club Leader: Martin Raymond

### **The Putters Club\***

When: Tuesdays @ 9:15 AM, seasonal

Where: Grand Courtyard

Club Leader: Jill Bott

### **The Puzzlers**

When: Always

Where: Library Puzzle Table

Club Leader: Jill Bott

### **Rummikub**

When: 1st & 3rd Wednesdays  
@ 12:30 PM

Where: Mezzanine Card Room

Club Leader: Jill Bott

### **"Secret" Beer Society**

When: Varies based on members  
preference

Where: Varies, campus meetings and  
community outings

Club Leader: Rick Spengler

### **Silver Linings Support Group**

When: 4th Wednesday Monthly  
@ 2:00 PM

Where: 4th Floor Classroom

Led by: Shannon Schmidt

### **Stix Cardio Drumming**

When: Fridays @ 10:00 AM

Where: Wellness Center

Led by Jena Hoofnagle

### **Story Tellers Journaling Club**

When: 3rd Tuesday of every Month  
@ 11:00 AM

Where: Rosewood Grill

Club Leaders: A.J. Phipps and Jean  
Breitenwischer

### **Veteran's Club**

When: First Saturday @ 9:00 AM,  
Varies with Military Observances

Where: Canterbury

Club Leader: Jerry Hill

### **Zoom Fridays**

When: Every Friday @ 4:30 PM

Where: Virtually via Zoom Link

Club Leader: Rick Spengler

*If you'd like more information on how to join  
in on the fun, contact the respective club  
leader or call Lifestyles at 713-979-3097*

**\* club is currently off season**

