

Siena Village Staff

Main Office: (201) 897-5400

Office Hours: 8 a.m. to 4 p.m.

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Superintendent

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Beauty Parlor

(973) 696-6970

Security Guard

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Maintenance Reminders

Apartment Inspections

Inspections will not be held in the month of December 2023; they will resume in January 2024. If you have any questions, call Rolando Diaz, Superintendent, at (201) 897-5402.

Extermination Schedule

- Building 1, floors 1 and 2, and all common areas:
Third Monday of the month
- Building 2, floors 1 and 2:
Second Monday of the month
- Building 2, floors 3 and 4:
First Monday of the month

Service is a visual inspection alternating between the kitchen/bathroom and bedroom. A Maintenance team member will accompany the exterminator. Residents should be present for the exterminator. Please call Rolando Diaz with questions at (201) 897-5402.

What to Know About Snow

Snow plowing at Siena Village of Wayne takes place during snowstorms of two inches or more. A maintenance team member will contact you to let you know when to move your car into a visitor parking space so that your parking space can be plowed. Once you move your car, you will need to move it back to your assigned parking space in 30 minutes. Moving resident vehicles into visitor parking before a storm is prohibited. These spaces must remain open so that they can be plowed first to allow room for residents to move their cars for plowing. Your cooperation is critical for the safety of all residents. If you do not move your car, it may result in an additional expense. To have your car cleaned and moved by staff: sign the log book by 8 a.m., place your car keys and your check (\$20 for cars/\$25 for vans and SUVs), made payable to CHCC at Wayne LLC, in a designated envelope, and give it to our community coordinator, Sari Rosenfeld, at the main lobby desk between the hours of 8 a.m. and 4 p.m. Keys will not be accepted outside of those hours or by any other staff. Sidewalks and common areas will be plowed and shoveled before parking spaces to allow emergency vehicles access to the building. Please do not follow the plow truck in order to have your space cleared sooner.



Thanksgiving Lunch: Having Fun Giving Thanks!



Ewa Jurasz, Marilyn Kievet,
and Edvie Moyer



Maryann O'Connor



Louris Rosario and Carmelo Rosario



Lorraine Sargie and Marie Ballan



Frieda Gallaway and Charlene Berg



Dorothy Stofey, Debbie Kurs, and Donna Cory



Lorraine Bringman, Dale Paglinco, and Val Hancock

Service Coordinator’s Corner

Cards for Hospitalized Kids: Tuesday, December 5, at 2 p.m. in the Founders Great Room

Let’s get into the spirit of the season! Come join us for a creative and useful afternoon making cards for sick children. No artistic ability necessary! CFHK distributes these cards to children's hospitals and Ronald McDonald Houses (RMH) each month. While receiving a card may seem simple, it is truly impactful for hospitalized kids and their families. **Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for this important project.**

Free Exercise Classes: Wednesday, December 6, at 2 p.m. in the Founders Great Room

Kim Martin, OTR/L, leads free chair exercise classes that focus on chair aerobics and stretching to help seniors maintain cardiovascular health, strength, and flexibility. **Please note exercise class will not be held on December 13, 20, or 27 due to holidays.**

Blood Pressure Clinic: Thursday, December 7, at 10 a.m. in the Founders Great Room

Registered nurses from the Wayne Township Health Department will be available to take residents’ blood pressure.

Health Talk: Friday, December 8, at 2 p.m. in the library

Carol McAdams will discuss how to eat well and stay motivated during the holidays and long winter months. Too much food over the holidays as well as being stuck inside because of the weather can lead to overeating or making poor choices. It is possible to enjoy the holidays and still stay healthy; sign up to find how! **Call Karen Clemente, Service Coordinator, at (201) 897-5404.**

Blood-Draw Clinic: Thursday, December 14, at 10 a.m. in the Founders Great Room

The Valley Hospital will hold a blood-draw clinic on the above date. Sign-up is required and will be in The Valley Hospital binder in the lobby. Residents will need their Medicare card with ID number, driver’s license or other form of photo identification, and a prescription from their doctor. Residents will be required to complete a form for the first time. Results will be sent to their prescribing physician.

Ongoing Activities

Silver Circle Knitting Club: Mondays from 1 p.m. to 3 p.m. in the library

Men’s Club: Wednesdays from noon to 3 p.m. in the Building 1 game room

Enjoy a friendly game of cards and pleasant conversation and make some new friends. Contact Ken MacDonald at (973) 997-2950 if you are interested in participating.

Book Club: First Thursday of the month at 2 p.m. in the library

If you would like to participate, contact Susan Masso at (201) 232-3817 or Candace Eardley at (973) 420-6759. Maximum of 12 people.

Heart to Heart: Tuesday, December 19, at 6:30 p.m. in the Founders Great Room

You are invited to participate in an activity and/or a craft while socializing with local youth.

Bingo: Thursdays at 7 p.m. in the Founders Great Room

Join the game, make new friends, and have some fun.



Did You Know?

Christmas Traditions from Around the World

For a couple of weeks every year the world takes on a magic glow, people seem merrier, and even winter somehow feels cozy. Some Christmas traditions around the world are loud, proud, and guarantee oodles of festive fun.

Giant Lantern Festival, Philippines

The Giant Lantern Festival (Ligligan Parul Sampernandu) is held each year on the Saturday before Christmas Eve in the city of San Fernando, the “Christmas Capital of the Philippines.” Eleven barangays (villages) take part in the festival and competition is fierce as everyone pitches in trying to build the most elaborate lantern. Originally the lanterns were simple creations, around half a meter in diameter, made from “papel de hapon” (Japanese origami paper) and lit by candle. Today, the lanterns are made from a variety of materials and have grown in size. They are illuminated by electric bulbs that sparkle in a kaleidoscope of patterns.

Kentucky Fried Christmas Dinner, Japan

Christmas has never been a big deal in Japan. Aside from a few small, secular traditions, such as gift-giving and light displays, Christmas remains largely a novelty in the country. However, a new, quirky tradition has emerged in recent years: a Christmas Day feast of the Colonel’s very own Kentucky Fried Chicken. There is a festive menu on KFC Japan’s website and, even if you don’t understand Japanese, the pictures sure will look delicious, with everything from a Christmas-themed standard bucket to a premium roast-bird feast.

Saint Nicholas’ Day, Germany

Not to be confused with Weihnachtsmann (Father Christmas), Nikolaus travels by donkey in the middle of the night on December 6 (Nikolaus Tag) and leaves little treats, like coins, chocolate, oranges, and toys, in the shoes of good children all over Germany, particularly in the Bavarian region. St. Nicholas also visits children in schools or at home; in exchange for sweets or a small present each child must recite a poem, sing a song, or draw a picture.

Norway

Never leave a good broom in plain sight in Norway over Christmas: it might get stolen. Perhaps one of the most unorthodox Christmas Eve traditions can be found in Norway, where people hide their brooms. It’s a tradition that dates back centuries to when people believed that witches and evil spirits came out on Christmas Eve looking for brooms to ride on. To this day, many people still hide their brooms in the safest place in the house to stop them from being stolen.

Venezuela

Love Christmas, but think it could be improved by a spot of rollerblading? If the answer is yes, visit Caracas, Venezuela, this year. Every Christmas Eve, the city’s residents head to church in the early morning, but for reasons known only to them, they do so on roller skates. This unique tradition is so popular that roads across the city are closed to cars so that people can skate safely to church. They then head home for a Christmas dinner of tamales (a wrap made out of cornmeal dough and stuffed with meat, then steamed). Who knew!

Special Events

Christmas Tree Lighting: Friday, December 1, at 2 p.m. in the Founders Great Room

Let's get into the spirit of the season with a holiday sing-a-long, sweet treats, and tree decorating. Please join us for an enjoyable afternoon!

Armchair Travel – “European Christmas”: Friday, December 22 at 1:30 p.m. in the library

We are off to Europe to celebrate Christmas in various parts of the continent. Then we discover the “Legends of Santa” and learn how today's image of Father Christmas is a culmination of centuries of history and legend. **Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for any of the above activities.**



Holiday Party Reminder: Wednesday, December 13, at 5:30 p.m. in the Founders Great Room

Afternoon at the Movies (2 p.m. in the library)

Friday, December 15: “A Christmas Carol: The Musical”

Kelsey Grammer and Jane Krakowski star in this 2004 adaption of Charles Dickens's classic story, featuring wonderful music and excellent performance. The Christmas spirit that still lives within Ebenezer Scrooge is magically transformed into a musical event.

Wednesday, December 20: “The Trouble with Angels”

Hayley Mills (Mary) stars in this delightful comedy about two mischievous students who turn a convent school upside-down with their pranks, succeeding in driving the Mother Superior (Rosalind Russell) crazy. During Christmas break, Mary remains at school and is touched by the Sisters' celebration of the Yule. **Please call Karen Clemente, Service Coordinator at (201) 897-5404 to sign up for movies.**

Resident Committee

Meeting: Monday, December 4 at 7 p.m. in the Founders Great Room

Accessory Sale: Donations Friday, December 8. Sale Day, Saturday, December 9

Both events are from 10 a.m. to 4 p.m. in the Founders Great Room

Hunterdon Playhouse Trip: Wednesday, December 6

Bus leaves at 10 a.m.

Holiday Gathering: Monday December 18 at 6:30 p.m. in the Founders Great Room

The cost is \$6 per person, due Sunday, December 10. Includes cheesecake and coffee. Gift exchange optional.

Take the Chill Out – Cover Your Air Conditioner

Air conditioners will be covered by December 20. Cost is \$5 per air conditioner. If you would like yours covered, place a check in the rent box, made payable to CHCC at Wayne, LLC, with “Air Conditioner Cover” noted in the memo line. No envelope necessary. Clear area in front of air conditioner of any items. Schedule for covering air conditioners will be determined by Maintenance; you do not need to be at home. If you have any questions, please contact Rolando Diaz at (201) 897-5402.

A Message from Rehab

Time to turn the page on the calendar again. December is here, a chill is in the air, the holidays are rapidly approaching, and 2023 is coming to a close. As winter arrives it brings colder temperatures and the chance of inclement weather. Let's take a look at some of things to stay safe and healthy.

- Listen to your local weather reports to be prepared for any inclement weather.
 - Dress for the weather with layers of breathable fabrics, a waterproof jacket or coat, and a scarf to cover your nose and mouth and protect your lungs.
- Watch for black ice and avoid walking through snow or slush.
 - Be prepared for power outages with a flashlight and extra batteries, a battery operated radio, nonperishable food and bottled water, an adequate supply of medication, warm clothes and blankets, and a fully charged cell phone.
 - If you drive, check your battery, antifreeze levels, tire tread and pressure, and wiper blades/fluid and keep emergency supplies like a blanket, first aid kit, scraper/shovel, and subscription to AAA or Roadside Assistance.
 - Protect yourself against colds and the flu by washing your hands often, getting plenty of sleep, staying hydrated, avoiding crowds, wearing your mask in public, and getting your flu shot and COVID-19 vaccine.
- Fight winter depression by keeping in contact with family and friends, staying active and socializing, and checking on your neighbors and friends.

The rehab team offers programs right here at Siena Village and Summer Hill to promote health and wellness. We look forward to seeing you at our exercise classes and wellness lectures. As always we encourage you to reach out to us if you feel you could benefit for any of our therapy services. Contact Kimberly Martin at (201) 848-5915 with any questions.

Faith Talk

Greetings Siena Village residents! You are cordially to **Faith Talk** on Tuesdays at 1 p.m. in the library with me, Rev. Anthony Matias – Chaplain for Christian Health. Faith Talk is a time to pray, learn, share, and connect with your neighbors of different backgrounds, cultures, and denominations. Join me as we conclude the book of Acts and begin the Advent Season in preparing for Christmas and the hope to be born. May all of you be blessed! **Communion service will be held on Tuesday, December 5. Please Note: Faith Talk is canceled on Tuesday, December 19.**

Rosary/Mass

Tuesday, December 12, at 1:30 p.m.: Rosary in the Founders Great Room and mass immediately following.

Sharing Jesus

First and third Wednesday of the month at 10 a.m. in the library










Join Ann Pope in sharing your testimonies and/or be uplifted by those of others as we honor Jesus for all He is and has done for us and continues to do for us, proving that it is possible to have a personal relationship with God.



December

2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tree Lighting Sing-a-long 2 p.m. Founders Great Room	2 
3 	4 Silver Circle Knitting 1 p.m. to 3 p.m. library Resident Committee Meeting 7 p.m. Founders Great Room	5 Faith Talk Communion Service 1 p.m. Library Cards for Hospitalized Kids 2 p.m. Founders Great Room	6 Hunterdon Playhouse Bus leaves 10 a.m. Sharing Jesus 10 a.m. library Exercise Class 2 p.m. Founders Great Room Men's Club 12 p.m. to 3 p.m. Game Room B1, F2	7 Blood Pressure Clinic 10 a.m. Founders Great Room HAPPY CHANUKAH! Bingo 7 p.m. Founders Great Room	8 Staying Healthy during the Holidays 2 p.m. library Accessory Sale Donations 10 a.m. to 4 p.m. Founders Great Room	9 Accessory Sale 10 a.m. to 4 p.m. Founders Great Room
10 	11 Silver Circle Knitting 1 p.m. to 3 p.m. library	12 Faith Talk 1 p.m. library Rosary Mass 1:30 p.m. Founders Great Room	13  Holiday Party 5:30 p.m. to 8 p.m. Founders Great Room NO Exercise class	14 Blood Draw Clinic 10 a.m. Founders Great Room Bingo 7 p.m. Founders Great Room	15 Afternoon at the Movies "Christmas Carol A Musical" 2 p.m. library	16 
17	18 Silver Circle Knitting 1 p.m. to 3 p.m. Library Resident Committee Holiday Gathering 6:30 p.m. Founders Great Room	19 No Faith Talk Heart to Heart 6:30 p.m. Founders Great Room	20 Sharing Jesus 10 a.m. library NO Exercise Class Afternoon at the Movies The Trouble with Angels 2 p.m. library Men's Club 12 p.m. to 3 p.m. Game Room B1, F2	21 Bingo 7 p.m. Founders Great Room	22 Armchair Travel "European Christmas" 1:30 p.m. Library	23
24 31 	25 	26 Faith Talk 1 p.m. Library	27 NO Exercise Class Men's Club 12 p.m. to 3 p.m. Game Room B1, F2	28 Bingo 7 p.m. Founders Great Room	29 	30 Resident Committee Upcoming Events Pasta Dinner January 13 Casino Trip January 17