

# HEIWA TERRACE NEWSLETTER

## October, 2017



### Happenings at Heiwa

- We would like to extend many thanks to those made Heiwa Arts & Craft Show another great success. We hope that you all get busy until the next show.
- **Craft class will resume and meet on Tuesday, October 3 at 1pm in the dining room.**
- **Ikebana class will meet our class on Wednesday, October 4 at 1pm in the 12<sup>th</sup> floor party room.** Please be sure to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, October 2.
- **Town Hall meeting will be on Thursday, October 5 at 2:45 pm in the dining room.** You will get up-to-date information on what's going on at Heiwa. Additionally, this is a chance for you to freely voice your concerns or questions. We encourage you to be part of the Heiwa community by attending this important meeting.
- **HOME shopping bus will make a trip to Joong Boo Market on Friday, October 13, at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- Alphawood Gallery in partnership with Japanese American Service Committee is featuring a **special exhibition *Then They Came For Me: Incarceration of Japanese Americans during WWII and the Demise of Civil Liberties.*** Heiwa Terrace residents are invited for the special guided tour of this exhibition **on Thursday, October 19 at 12:30pm.** There is no fee for this event, and a free transportation is offered.



- **Let's go bowling and strike up some fun! Heiwa residents are invited to the special outing to Waveland Bowl (@3700 N Western Ave) on Tuesday, October 24.** We are leaving Heiwa at 1pm and coming back before 5pm. Heiwa Terrace will provide transportation and bowling games, but you are responsible for renting your own shoes for \$4.00. Please sign-up by Maiko's office by October 13.

- Our good neighbor, Missio Dei Chicago Church will bring **October Birthday & Bingo Bash on Saturday, October 28 at 2pm in the dining room.** Everyone is invited and we especially encourage all those with October birthday to attend!!
- We will have a **Halloween Party on Tuesday, October 31 at 2pm in the dining room.** Get your costumes ready and join the entire Heiwa family (residents and staff) for a good time. Light refreshments will be served.
- Omni Healthcare will provide flu shot for residents. More details will be posted.
- **Smart Phone for Smart Seniors classes began last week.** Classes are held every Wednesday. If you are interested in this class but didn't get to sign up in time, please see Maiko or Jessica. We will put your name on the wait list for the later sessions.
- **No painting class will meet in October.**

## Our special thanks to...

The generous donations are placed in a fund that is used for programs and activities that are planned for the benefit and enjoyment of all the residents at Heiwa Terrace, as well as allowing us to serve free coffee and tea in the dining room every day.

In addition, in-kind donations of your valuable time and/or supplies are used for essential maintenance of good physical, mental, and spiritual health of Heiwa Terrace residents. Following donations include monetary gift, supplies and products.

If you do not wish to have your name listed, please notify Jessica or Maiko. Names are not in any particular order.

### Donations (8/26- 9/20)

Hisako Kometani  
Renee Murakami

Sun Yun Ku  
Bob Ide

May Nakano  
Min Lo

George Neeno  
Anonymous

## For your information

**Vitamin A & Phytonutrients** (from Senior Food & Nutrition Program Newsletter, September 2017):

### Vitamin A:

- Important for vision and healthy bones
- Protects the immune system
- Great for skin

### Phytonutrients:

- are found in fruits and vegetables
- cancer prevention
- healthy skin, healthy bone and teeth
- important for vision
- heart health

