

Applewood Times

A Publication of the Applewood Estates Community

In This Issue...

Applewood Profiles	2
Residents Help Children.....	2
Ladies Celebrate Heart Health	2
Residents Cruise.....	3
Applewood Chorus "Wows"	3
New Music Room Opens	3
Chamber Chorus of Princeton.....	3
Applewood Cottages Ready	4
Lunch and Learn Event	4

New resident university study program debuts at Applewood



It's back to school for residents eager to continue learning about the world around them. Applewood's "Senior University" offers onsite, university-level continuing education courses taught by current Brookdale Community College professors. The program was launched in late 2009 with an introductory course, "Where Did All Those Holiday Traditions Come From?" led by Christopher Bellitto, Ph.D., assistant professor of history, Kean University, and Rabbi Brooks Susman, D.D., Congregation Kol Am. The course addressed the meanings of different religious holidays. More than 85 residents participated in the program.

Two new courses have been added to the curriculum: "Walking with the Lenape/Delaware: The Indians of Monmouth County," an in-depth examination of historical Monmouth County and the local Lenape Indians and "Color Pioneers," an art history course studying the works of contemporary artists. Each course meets weekly for 85 minutes for six consecutive weeks. Residents may contact Meredith Winick, resident services supervisor, for registration information. 🍏

Orchard Club members meet during elegant holiday luncheon



Applewood resident ambassadors welcome Priority Orchard Club members during a festive December champagne luncheon.

Priority Orchard Club members were treated to an exclusive holiday luncheon with champagne and hors d'oeuvres in the Gala Conference Center followed by a surf and turf luncheon in the dining room. Guests enjoyed music performed by internationally acclaimed harpist and former Affiliate Residency Artist at Princeton University, Georganne D'Angelo. 🍏

New music room for resident musicians and students

It is music to our ears—in recognition of the growing number of resident musicians, Applewood has opened a new music room for instrumental and vocal practice, private music lessons, music theory and sight-reading instruction. The Applewood Chorus and Orchestra will also use the space for small group rehearsals. In addition, it will be used to house extensive files of choral, instrumental and piano music. Marjorie Stine, choral conductor, Applewood Chorus, says the new music room offers resident musicians and vocalists a location to enjoy playing and practicing music without the worry of disturbing nearby neighbors. 🍏

Applewood Resident Profile

Iowa native Dorothy Kaplan shares passion for origami

As a young woman, resident Dorothy Kaplan learned the art of origami, Japanese paper-folding, in her native Iowa, of all places. After watching the art performed only once, Dorothy was hooked. Today, she continues to share her expertise with Applewood residents, children at CentraState's Bright Horizons Center and students at the Monmouth County Library in Manalapan.

She has lived at Applewood for five years and wasted no time getting involved in the community. She is the chairperson of the Entertainment Committee, writes for the resident journal, *The Spicy Apple*, and teaches origami whenever she can. Twice per month, she hosts "Conversation with Dot," a resident club made of up members who come together to share happy and encouraging news and events. One of her favorite activities is acting as a resident ambassador and talking with prospective residents about life at Applewood.

"This community is like a second family—you find love and support everywhere. I also feel very safe here. If I ever need assistance with anything, I just get on the phone and help is on the way. Where else can you find that?" 🍏



Origami expert Dorothy Kaplan

Residents help children affected by domestic violence

Applewood residents helped spread a wealth of holiday cheer to 20 children living at the Safe Haven Domestic Violence Shelter in Ocean County. Each year, the community comes together to pool resources and help people in need. This year, residents purchased children's clothing and toys or donated gift cards and cash donations. Activities director Diane Distefano spearheaded the effort and provided volunteers with the children's clothing sizes and ages. A huge donation was packed and delivered to the shelter over several days starting on December 18.

"Every year, I'm amazed at the generosity of our residents," Diane says. "Our donation makes a personal impact on children's lives and we hope it truly offers people in need a happier holiday season." CentraState's Bright Horizons Center donated gifts for the children's mothers. 🍏

Applewood Staff Profile

Demetria Daniels manages a staff of 19 with a smile

Housekeeping supervisor Demetria Daniels knows a thing or two about the history of Applewood Estates. She started her first (and only) job while she was in high school working as a server in the dining room. Now, 16 years later, she supervises a staff of 19 employees who provide housekeeping and laundry services for the community.

"We thoroughly clean residents' homes every other week and also offer weekly flat linen service," Demetria explains. "In addition, we clean and maintain the public spaces throughout the community." These services are included at no additional charge for all residents.

Demetria has spent her entire career working at Applewood. "This place is like a second home to me and the residents are like family. I don't know what I do would without seeing them every day," she says as she smiles. Somehow, we think the feeling is mutual. 🍏



Demetria Daniels

Ladies to celebrate women's heart health at Go Red luncheon on Feb. 5

Applewood will host its annual Go Red for Women luncheon for women residents and staff on February 5. The national one-day celebration bands women together with the collective goal of raising awareness of heart disease and stroke in women. The organization's mission is to help achieve a 25% reduction in coronary heart disease and stroke risk. Last year's event was attended by nearly 100 women. 🍏



Residents cruise to a Caribbean beat



Activities director Diane Distefano (right) is shown with some residents at a late-night live performance during their recent Caribbean cruise.

Applewood residents were on the move again when they boarded Princess Cruise Lines in Ft. Lauderdale and sailed to several Caribbean destinations. Under the direction of Diane Distefano, the group spent nearly two weeks at sea exploring the islands of Aruba, Bonaire, Grenada, Dominica, and St. Thomas. This is the seventh consecutive year Applewood has cruised as a group.

“The great thing about cruising as a group is that everyone does their own thing during the day and we all meet in the evening for cocktails, dinner and a show,” Diane explains. Residents said favorite tour activities included snorkeling and soaking up the Caribbean sun during their 10 days of perfect weather. 🍏

Applewood Chorus ‘wows’ with the music of Walt Disney

The smile-inducing music of Walt Disney filled the air on December 13 when the Applewood Chorus presented its annual holiday concert for residents and guests. Conductor Marjorie Stine said the eclectic musical choice for the holiday performance represented the community’s lighthearted, whimsical nature. Choral members decorated the Performing Arts Center with personal favorite Disney posters and other personal memorabilia.



The Applewood Chorus, led by resident choral conductor Marjorie Stine and accompanied by Adam Glenn, present their annual holiday concert featuring more than 30 resident vocalists.

“Our chorus is comprised of very talented and exuberant vocalists who enjoy presenting happy and uplifting performances for family and friends,” Marjorie says. The program was capped off by a collection of seasonal Christmas and Hanukah musical selections. 🍏

Applewood Estates profiled on Close-up TV News



ION Network’s “Close-up TV News” filmed a 10-minute news segment hosted by Doug Llewellyn about the active life at Applewood Estates. The feature was shot on the premises and covered a variety of activities and interviews with several residents. At the premiere showing, following a Resident Association meeting, residents were excited to see friends and neighbors on television. It aired on January 19 on the ION network. The Applewood Marketing Department has complimentary copies of the feature available on DVD. Call 1-800-438-0888 to receive a copy. 🍏

Chamber Chorus of Princeton Pro Musica performs live



Princeton Pro Musica’s Chamber Chorus, including Applewood’s director of marketing, Sheri Van Orden, presents an a cappella concert in the Performing Arts Center.

Residents were treated to an enchanting holiday gift on December 17. The Chamber Chorus of the renowned Princeton Pro Musica performed a holiday concert to a packed house in the Performing Arts Center. The 20-voice ensemble, a select group from the larger 100-voice chorus, presented unique renditions of traditional favorites in English, French, German, Latin and Hebrew. Princeton Pro Musica was founded in 1979 and regularly performs major choral works supported by a full orchestra. The chorus is comprised of highly-skilled vocalists who audition annually for membership. 🍏

Learn how you can save up to \$95,000* with our Blizzard Busters specials!

Join us for a Lunch and Learn!

It's all happening right now at central New Jersey's most progressive retirement community—Applewood Estates.

- Tour our new 60,000 sq. ft. promenade and commons area.
- Chat with our friendly residents over lunch.
- Visit our model apartments and cottage.
- Seating is limited. Please R.S.V.P. to 1-800-438-0888.

Join us at 11:30 a.m. on:

Wednesday, February 10	Tuesday, February 23	Friday, March 5
Wednesday, March 10	Tuesday, March 23	

Space is limited and reservations are required. Please RSVP to 800-438-0888.



*Limited time offer for reservations by March 31, 2010, occupancy by August 31, 2010. Varies according to size of residence.

A LifeCare community sponsored by CentraState Health Systems



Watch for the big announcement about Applewood's all-new Signature® Apartments—coming in our Spring issue!



We have great news for people dreaming of living in a cottage home at Applewood! Pricing for these wonderful residences has been updated to reflect current market conditions in the area. As a result, both the Entrance Fees and the Monthly Service Fees in all five financial programs have been revised. *But that's not all*—standard cottage home features will now include select hardwood flooring areas, 36 to 42 inch upper kitchen cabinets, quartz kitchen countertops, ceramic tile baths and upgraded lighting fixtures. More standard features and lower cottage home pricing—now that's the way to start off a great new year! Supply is limited—so don't wait. There is still time to choose your interior finishes on a few remaining cottages. For more information, call 1-800-438-0888.

An Applewood cottage home can be yours

One Applewood Drive
Freehold, NJ 07728-3988



NON PROFIT
US POSTAGE
PAID
FREEHOLD, NJ
PERMIT NO 98