



The practice of Qigong requires a high degree of concentration and focus. Here, Gardens resident Jean Wright displays one of the many poses learned in the class.

## Focusing Body and Mind

**1**ike so many Gardens residents, when **Jean Wright** moved into the Gardens four years ago with her husband, **Warren**, she was eager to try something new. Having been a professional ballet dancer, who started training at age three, she was accustomed to discipline and movement in her exercise. But when she dropped into the Gardens' weekly Tai Chi class to check it out, she discovered a very different way to focus the body and the mind. The relaxing experience was especially welcome just after completing the move into their new home at the Gardens. "I tend to be a person who does a lot of running around," says Jean, "and this is very calming. It has become one of my favorite things to do here."

The weekly class, taught in the Gardens Wellness Center by **Joe Bojanek**, is a form of Tai Chi known as Qigong. He brought the class to the Gardens several years ago and structures each class to match the interests and experience of the residents who attend that day. "I'm bringing the heart of these arts and making them accessible for this group," says Joe. "People can experience a revolution in their wellness, right here, without requiring any equipment. The practice of qigong can eliminate pain and suffering, both emotional and physical," he says.

"The class is partially mental mindfulness – thinking inside your body – and it is physical, too. That's especially important here," says Jean, who is a second-generation resident of the Gardens. Both of her parents lived here for many years. "We work on posture, breathing properly and preventing falls by working on balance," she says. "And you can participate whether you need to sit or you can do it standing."

The practice of Qigong requires a high degree of concentration



Instructor Joe Bojanek

"People can experience a revolution in their wellness, right here, without requiring any equipment. The practice of Qigong (a form of Tai Chi) can eliminate pain and suffering, both emotional and physical," instructor Jo Bojanek says.

and focus. That's why, Joe says, it appeals most to those who have a strong belief that what they do matters, who are open to new ideas, and who know intuitively that it is their challenge to control to a greater degree the variables that affect their overall well-being. "The experience is about positive thinking," says Jean, "and a sense that what I do can make a difference in how I feel."

EDITOR'S NOTE: The staff of the Wellness Center arranges programs and classes, such as Tai Chi, yoga, and swimming pool exercise, based on residents' interest and need. Joe praised the staff saying, "They have been very supportive and caring for the residents. They do an excellent job."

## A Love Story

**Up Close...** *Continued from page 1*

volunteer in the audio-visual booth during resident-organized programs that are presented in the Gardens' auditorium and often fed live on the campus closed-circuit TV channel. They keep physically fit with ballroom and line dancing classes offered in the Gardens' Wellness Center.

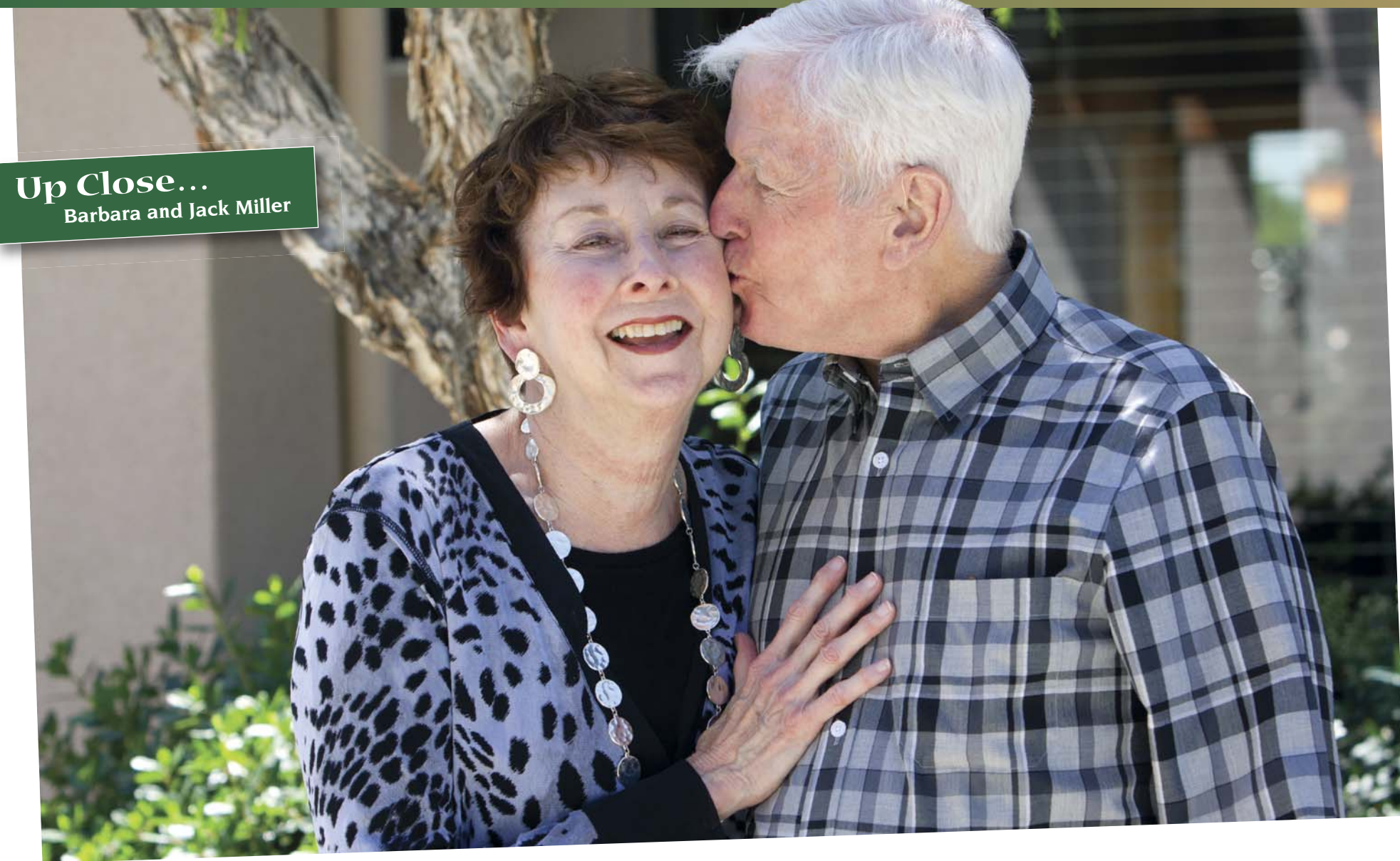
Each of them participates in the Gardens' governance; Jack serves on the Finance Committee of the Gardens board of directors, and Barbara represents the Terraces neighborhood on the residents' Gardens Club Council (resident association council). Jack also volunteers on the Hearing Committee, a resident-organized group that raises awareness of hearing loss and ways hearing may be improved. "The change can be so subtle, people often don't realize that they can no longer hear well," says Jack.

The couple revels in the companionship of their marriage and in their friendships at the Gardens. "The dining room was what sold me on the Gardens from the start," says Jack. "Not the food – although it's good, too. But it was the socializing that takes place at every meal here. The camaraderie at the Gardens is wonderful and stimulating."



Barbara and Jack Miller in their well-appointed living room.

**Up Close...** *Barbara and Jack Miller*



## A Love Story

**t**he delight **Barbara and Jack Miller** take in each other's company is obvious. Having found each other, quite unexpectedly, later in life, they are clearly relishing every minute together, and having one heck of a good time. About to launch on a weekend birthday jaunt up the coast, Jack marvels, "I can't believe I'm celebrating my 84th year. I used to think at that age I'd be old and feeble."

Barbara, a retired teacher, moved into the Gardens from Glendora in the summer of 2011. Jack, a 38-year resident of Claremont and recent widower, arrived in 2012 with his canine roommate, Katie, in tow. "It was very comforting to have her with me," he says. In fact, Jack credits Katie with the couple's introduction in 2012 on the Gardens campus. After all, who could resist that sweet face and wagging tail? Barbara loves the story but recalls some human intervention, and readily admits taking the initiative to eventually ask him out. "That was the beginning in July 2012," she says happily. Balancing romance with practicality, the couple took their first step toward commitment by discreetly putting their names on the Gardens' waiting list for those interested in a two-person residence. "That raised a few interested eyebrows," chuckles Barbara. When word came that a Terraces home would be available in two months, life

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Barbara and Jack enjoyed decorating their spacious Terraces home on the Gardens campus, their first home together as a couple.

for the couple turned into a flurry of activity. There was a wedding to organize, and a new home to decorate, adding their own personal touch and a warm traditional feel to their spacious, comfortable home. The couple wed in August 2013 and moved into their new home the following weekend. "It was a whirlwind, but we had lots of family, on both sides, helping us," says Barbara.

Barbara and Jack share interests and enthusiasm for the Gardens' lifestyle, the people and amenities. It's no surprise that they enjoy greeting guests at public events on campus, and hosting meals with individuals interested in applying for residence. They both

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# The New Leaf

June 2015

A Continuum of Care

### The New Leaf

Mt. San Antonio Gardens is a nationally accredited Life Care senior community in Claremont and Pomona, California.

*The New Leaf* is a newsletter for friends and family of residents, board and staff, as well as individuals who have inquired about life at the Gardens. (909) 624-5061 info@msagardens.org www.msagardens.org

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## The Road Ahead

See invitation on back page.



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