

ASHTON GARDENS

Gracious Retirement Living



830 Ocean Avenue • Portland, Maine 04103 • Phone (207) 541-3999 • www.seniorlivinginstyle.com

JANUARY 2019 ASHTON GARDENS STAFF

Managers..... SCOTT & ALICE RAMSAY
Assistant Managers BRUCE & VIVIAN CUMMINGS
Executive Chef..... JOHN PEELEN
Activity Coordinator JANET TAYLOR
Maintenance Coordinator.....JEFF PETERS
TransportationBLAINE REYNOLDS

TRANSPORTATION

Monday, 10 a.m. and 2 p.m.: Shopping, Banking and Local Errands

Tuesday, 9 a.m. to 2:30 p.m.: Medical Appointments — Portland and Falmouth

Wednesday, 9 a.m. to 4:30 p.m.: Library Visits — Riverton, Romeo & Juliet Luncheons, German/French Luncheons and Scenic Lights Ride

Thursday, 9 a.m. to 2:30 p.m.: Medical Appointments — Portland, South Portland & Scarborough

Friday, 8:45 a.m.: Mass At St. Pius

HAWTHORN
SENIOR LIVING

Ashton Gardens Grand Opening!

Please join us on this special day.

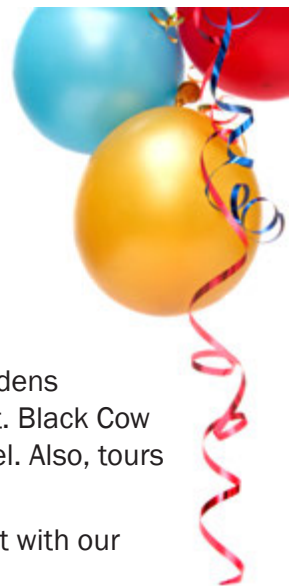
When: Sunday, January 6th, 2019

Hours: 1 to 4 p.m.

Where: Atrium and Dining Room

Events: Invocation, Proclamation, The Carmine Terracciano Trio performing and the Ashton Gardens culinary arts team will provide a delicious buffet. Black Cow Photography will be taking pictures in the Chapel. Also, tours will be given throughout the day.

Our state-of-the-art facility stands above the rest with our "Culture of Caring."



It Is A Good Day at Ashton Gardens

The Certificate of Occupancy was received from the City of Portland, Maine, on Thursday, December 6th in the afternoon.

Residents were overjoyed with this information and were making arrangements to get their belongings moved in. Bettye and Tom sat in the Bistro enjoying conversation. We are all excited to start this new chapter in our lives.



*Bettye McKnealey
and Tom Carll*



Highlights of the Month

Please make sure you sign up in the Activity Room for activities going out in the bus, such as:

- Library visits to Riverton Branch at 9:30 a.m. on January 2nd and 16th. Make sure you bring your card and book bag.
- Scenic lights ride on January 2nd at 3:15 p.m.
- ROMEO (Retired Old Men Eating Out) on January 16th and JULIET (Just Us Ladies Into Eating Together) on January 19th, luncheons at 11:30 a.m.
- Luncheon out at Schultze and Herr German cuisine on January 23rd.
- Luncheon out at Petite Jacqueline Bistro French cuisine on January 30th.
- Portland Museum of Art on January 28th at 2 p.m. Seniors \$13.



Tuesday, January 8th, 2018, come and join us for Chair Yoga with Jessica McKneally at 3 p.m. in the Activity Room. Chair Yoga is the gentlest form of yoga available. Jess has over ten years experience guiding folks through explorations of movement, breathing and mindfulness exercises using the aid of a chair. You can now enjoy the many benefits of yoga without having to get up or down from the floor! Benefits include increased balance, strength flexibility, range of motion, stress reduction and an increased sense of well-being.

Join Mike in painting with watercolors on Tuesday, January 8th and then again on January 22nd at 11 a.m. in the Activity Room. Make your own cards.

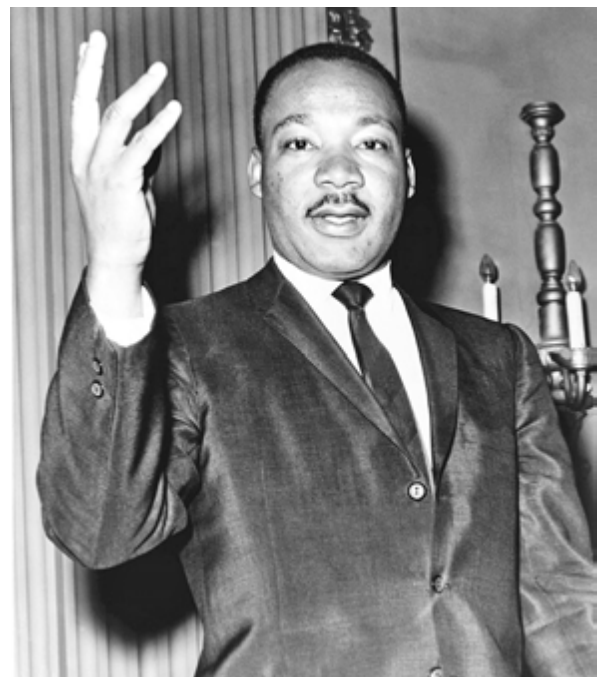
Sara Leonard will be returning on Friday, January 11th and 25th, so please join us in T'ai Chi Chih in the Activity Room.

Monday, January 21st, 2018, is Martin Luther King, Jr. day. Come help create Kindness Rocks in the Activity Room.

On Thursday, January 24th, 2019, at 2 p.m., Just for Folks will be entertaining us while on the Eurail in Germany located in the Activity Room. Come one and all.

Cooking Demos with Chef John will be located in the Kitchen/ Activity Room on Thursday, January 24th and 31st at 11 a.m. There will be pretzels and crepes to order.

Thursday, January 31st, 2019, at 2 p.m., join us for Entertainment in the Activity Room with Patrick Freeman.



Martin Luther King, Jr.



How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

Germany — Germans give a sweet greeting to January 1st by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

Japan — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece — Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.



New Years day

JANUARY 2019

Locations

Activity Room, AR
Atrium, ATM
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, ER
Front Lobby, Lobby
Library, LB
Movie Theater, MT
Outing, OUT
Private Dining Room, PDR
TV Room, TV

Community Wellness

Kindred at Home
Tina Pedersen, Home Health Specialist
Office: 207-772-0954
Mobile: 207-894-4642
Available: 11-12 p.m., Wednesday and Friday

Individual Care of Maine
Jennifer and Jon Rudin
Office: 207-613-9004
Call to make arrangements.
Located on the 4th floor, Room 451

Hair by Melissa
Phone: 207-295-6535
Monday, Tuesday and Thursday, 9 a.m.-3 p.m.

“The beginning is the most important part of any work.”

—Plato

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				NEW YEAR'S DAY 1 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Bridge/Cards, TV 11:00 New Year's Resolutions Discussion, AR 2:00 Movies, MT 2:00 Afternoon Tea, Bistro 3:00 Spelling Bee, AR 4:00 Bingo, AR 7:00 Movies, MT		2 9:30 Exercise with Janet, AR 9:30 Library Visits Riverton, OUT 10:00 Walking Club, Lobby 11:00 Meet & Greet with Jon & Jenn Indiv. Care of Maine, AR 2:00 Fireside Chats/Reminiscing, Lobby 2:00 Movies, MT 3:15 Scenic Lights Tours, OUT 3:15 Senior Chat Room, CC 4:00 Cocktail Hour, AR 7:00 Movies, MT		3 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:00 Book Club, LBY 10:15 Scrabble, TV 11:00 Corn Hole, AR 2:00 Chair Volleyball, AR 2:00 Movies, MT 3:00 Word Scramble, AR 4:00 Bingo, AR 7:00 Movies, MT		4 8:45 Mass at St. Pius, OUT 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Brain Games, AR 11:00 Knitting with Jean, TV 2:00 Songversations, AR 2:00 Movies, MT 3:00 Relaxation with Janet, AR 4:00 Root Beer Floats and Discussions, Bistro 7:00 Movies, MT		5 10:00 Walking Club, Lobby 11:00 Bingo, AR 2:00 Movies, MT 2:00 Games/Billiards, BR 7:00 Concert Night at Ashton Gardens, MT	
		6 Grand Opening, ATM 1:00 Invocation with Pastor J.C. Morrisson, Lobby 1:15 Proclamation with Mayor Ethan Strimling, ATM 1:30 Entertainment with the Carmine Trio & Buffet, ATM 2:00 Songversations, AR		7 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Cribbage & Card Games, TV 11:00 Corn Hole, AR 2:00 Bean Bag Baseball, AR 2:00 Movies, MT 3:00 Crafts, AR 4:00 Writing Club, AR 7:00 Movies, MT 7:00 Boggle, TV		8 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Bridge/Cards, TV 11:00 Watercolor Painting with Mike, AR 2:00 Movies, MT 2:00 Resident Meeting, AR 3:00 Chair Yoga with Jessica, AR 4:00 Bingo, AR 7:00 Movies, MT		9 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Dominos, TV 11:30 Juliet's Luncheon, OUT 2:00 Fireside Chats/Reminiscing, Lobby 2:00 Movies, MT 3:00 Pet Therapy with Indie, AR 3:15 Senior Chat Room, CC 4:00 Cocktail Hour, AR 7:00 Movies, MT		10 9:30 Exercise with Janet, AR 10:00 Rev. James Fletcher Communion, CH 10:00 Walking Club, Lobby 10:15 Scrabble, TV 11:00 Ocean Elementary Reading Prog. Sylvie, AR 2:00 Chair Volleyball, AR 2:00 Movies, MT 3:00 Word Scramble, AR 4:00 Bingo, AR 7:00 Movies, MT		11 8:45 Mass at St. Pius, OUT 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Knitting Club, TV 11:00 Brain Games, AR 2:00 Songversations, AR 2:00 Movies, MT 3:00 T'ai Chi Chah with Sara, AR 4:00 Root Beer Floats and Discussions, Bistro 7:00 Movies, MT	
13 10:00 Non Denominational Service with Elizabeth, CH 10:00 Walking Club, Lobby 2:00 Movies, MT 3:00 Senior Chatroom/ Games, CC 4:00 Scrabble, TV 7:00 Movies, MT		14 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Cribbage & Card Games, TV 10:30 Inside Terrarium with Denise, AR 2:00 Bean Bag Baseball, AR 2:00 Movies, MT 3:00 Crafts, AR 4:00 Writing Club, AR 7:00 Movies, MT 7:00 Boggle, TV		15 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Bridge/Cards, TV 11:00 Word Scramble, AR 2:00 Movies, MT 2:00 Afternoon Tea, Bistro 3:00 Chair Yoga with Jessica, AR 4:00 Bingo, AR 7:00 Movies, MT		16 9:30 Exercise with Janet, AR 9:30 Library Visits Riverton, OUT 10:00 Walking Club, Lobby 11:00 Kindred at Home Visits Tina, AR 11:30 Romeo's Luncheon, OUT 2:00 Fireside Chats/Reminiscing, Lobby 2:00 Movies, MT 3:00 Senior Chat Room, CC 4:00 Cocktail Hour, AR 7:00 Movies, MT		17 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Scrabble, TV 11:00 Resident Meeting with Chef John, AR 2:00 Movies, MT 2:00 Chair Volleyball, AR 3:00 Word Scramble, AR 4:00 Bingo, AR 7:00 Movies, MT		18 8:45 Mass at St. Pius, OUT 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Brain Games, AR 11:00 Knitting with Jean, TV 2:00 Songversations, AR 2:00 Movies, MT 3:00 Kick-Off Party-Hawthorn Express, AR 4:00 Root Beer Floats and Discussions, Bistro 7:00 Movies, MT		19 10:00 Walking Club, Lobby 11:00 Bingo, AR 2:00 Movies, MT 2:00 Games/Billiards, BR 7:00 Concert Night at Ashton Gardens, MT	
20 10:00 Walking Club, Lobby 2:00 Movies, MT 3:00 Senior Chatroom/ Games, CC 7:00 Movies, MT		MARTIN LUTHER KING JR. DAY 21 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Cribbage & Card Games, TV 11:00 Snowball Toss, AR 2:00 Bean Bag Baseball, AR 2:00 Movies, MT 3:00 Kindness Rocks Crafts, AR 4:00 Writing Club, AR 7:00 Movies, MT 7:00 Boggle, TV		22 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Bridge/Cards, TV 11:00 Watercolor Painting with Mike, AR 2:00 Movies, MT 2:00 Tea and Pfefferneusse Cookies, Bistro 3:00 German Culture and Trivia, AR 4:00 Bingo, AR 7:00 Movies, MT		23 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Dominos, TV 11:30 Schultze & Herr (German) Lunch, OUT 2:00 Crafts Alpine Hats, AR 2:00 Movies, MT 3:00 Pet Therapy with Indie, AR 3:00 Color Me Mine Painting Your Steins, OUT 3:15 Senior Chat Room, CC 4:00 Cocktail Hour, AR 7:00 Movies, MT		24 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Scrabble, TV 11:00 Cooking Demo: German Pretzels with Chef John, AR 2:00 Movies, MT 2:00 Entertainment-Just for Folks, AR 3:00 Mulled Cider with Pretzels, Bistro 4:00 Bingo, AR 7:00 Movies, MT		25 8:45 Mass at St. Pius, OUT 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Knitting Club, TV 11:00 Brain Games, AR 11:00 German Car Scavenger Hunt, AR 2:00 Songversations, AR 2:00 Movies, MT 3:00 T'ai Chi Chah with Sara, AR 4:00 Yodeling Contest, AR 7:00 Movies, MT		26 10:00 Walking Club, Lobby 11:00 Bingo, AR 2:00 Movies, MT 2:00 Games/Billiards, BR 7:00 Concert Night at Ashton Gardens, MT	
27 10:00 Non Denominational Service with Elizabeth, CH 10:00 Walking Club, Lobby 2:00 Movies, MT 3:00 Senior Chatroom/ Games, CC 4:00 Scrabble, TV 7:00 Movies, MT		28 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Cribbage & Card Games, TV 11:00 Corn Hole, AR 2:00 Portland Musuem of Art, OUT 2:00 Bean Bag Baseball, AR 2:00 Movies, MT 3:00 Brie and Mocktails, AR 4:30 Meet & Greet with Dr. Taylor Podiatrist, AR 7:00 Movies, MT 7:00 Boggle, TV		29 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Bridge/Cards, TV 11:00 Coffee Tasting Bar, AR 2:00 Movies, MT 3:00 French Culture & Trivia, AR 4:00 Bingo, AR 7:00 Movies, MT		30 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Dominos, TV 11:30 Petite Jacqueline Bistro (French) Luncheon, OUT 2:00 Movies, MT 2:00 Fireside Chats/Reminiscing, Lobby 3:00 Craft Watercolor Murals a Starry Night, AR 4:00 Cocktail Hour, AR 7:00 Movies, MT		31 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:15 Scrabble, TV 11:00 Cooking Demo: Crepes with Chef John, AR 2:00 Movies, MT 2:00 Entertainment with Patrick, AR 3:00 Afternoon Tea and Crepes, Bistro 4:00 Bingo, AR 7:00 Movies, MT					



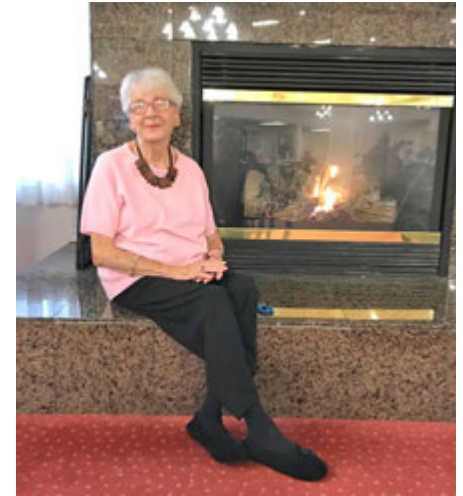
Resident's Corner Featuring Fran Lieto

Fran was born September 17th, 1928, in Bowdoinham, Maine. Her father worked for the railroad system, while her mother brought up their six children. Fran has fond memories of attending the Baptist Church and Sunday School during her childhood. Visiting the Yarmouth Public Library played an immense role in her life, too. They moved to North Yarmouth/Yarmouth, where Fran attended elementary and middle school. Her parents eventually moved the family to Cumberland Foreside, where she attended the Greely Institute graduating class of 1946.

After graduating from high school, Fran took a course in speed writing through a Portland business school. Once she finished that course, she found employment at Western Union, where she held an office position. Western Union sent Fran on a three-month detail to Mount Kisco, New York, Camden, Maine and New Milford, Connecticut. While working in Mount Kisco, Fran appeared as the apple of someone's eye, namely Eugene Lieto. He followed her to each location just to spend time with her.

On October 5th, 1950, Eugene and Fran married. She kept busy with her work at Western Union, while Eugene moved up the ranks in the automotive industry. He ended his career in Hampton, New Hampshire, at the Acura dealership, where he was the General Manager. They had four dogs: two Cocker Spaniels and two Toy Poodles. The blonde Cocker was Cuddles and the brown one was named Darling. The white Toy Poodle was Missy and Tawny, the brown one, was the other Toy Poodle. To Fran and Eugene, these dogs were the children to spoil. Up until 2011, when they sold the home, Fran and Eugene would always summer in Maine in the family homestead in Cumberland Foreside.

Eugene was an avid sports fan and liked to watch his football games on Sunday. They often enjoyed going out to lunch together. Fran loves reading, shopping, spending time with friends and biking. She loves the outdoors and always walks outside whenever she can. She also loves watching her feathered friends at the birdfeeders and has a wonderful zest for life.



*Ashton Gardens
resident, Fran Lieto*

Two Fun Activities During Our Hawthorn Express Through Germany and France

Sign up to paint your own "Stein" at Color Me Mine on January 23rd at 3 p.m. This little boutique has different pottery pieces which you design for different prices. It's a whole lot of fun!

In the Activity Room, I will display a carafe full of whole beans of coffee. Whoever guesses the correct amount of coffee beans in the carafe will win it. Please write your name and number of beans on the slip of paper and put in the basket. Good luck to all of you!



Color Me Mine store in Portland



*Take a guess on the
amount of coffee beans.
You could win the bag.*



The Hawthorn Express

Full steam ahead! Beginning the week of January 21st through February 8th, Ashton Gardens will be boarding a high-speed, luxury train, The Hawthorn Express! The Hawthorn Express will be transporting its passengers to these amazing destinations:

- Germany
- France
- Italy

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Kick-Off Party on January 18th to get your Eurail Pass and Travel Itinerary. If you have any additional questions, like what to pack or weather conditions, be sure to check in with your Hawthorn Express Conductor, Janet Taylor, for all the details!



Going Out On The Town ...

On Wednesday, November 14th, 2018, Ashton Garden residents, Managers, Assistant Managers and Marketing enjoyed dinner at the Sea Dog Brewing Company in South Portland. It has a great menu and well-prepared tasty food. Conversation was endless between all. We enjoyed good food, good times and good friends.



Sylvia, Elna, Bettye, Daria, Tom, Bob and Scott



*Bettye McKnealey and
Daria O'Donnell*



Joe and Peg Cuddy

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Portland, ME 04103



Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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