

COTTONWOOD — ESTATES — Gracious Retirement Living

255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • www.seniorlivinginstyle.com

FEBRUARY 2019

COTTONWOOD ESTATES STAFF

Managers.....JIM & LAURIE KUCKUCK

Assistant ManagersGEORGE & JOYCE
BENDALL

Executive ChefJONATHAN ELAM

Marketing..... MATTHEW SIPERA

Activity Coordinator IVY VARENHORST

Maintenance MERLIN "ZACK" ZACHARY

Transportation THOMAS BABER

TRANSPORTATION

Monday, 9:30 a.m. and 2 p.m.:

Windward Pkwy Shopping

Tuesday, 9 a.m.-2 p.m.: Doctor Appointments

Wednesday, TBD: Outing

Thursday, 9 a.m.-2 p.m.: Doctor Appointments

Friday, 9:30 a.m.: Northpoint Pkwy Shopping

HAWTHORN
SENIOR LIVING

Art Relaxation

Residents have long enjoyed a resident led favorite, Art Relaxation with Janet Mesa. Ms. Mesa attended the best art school in Cuba and has paintings in museums.

The benefits of adult coloring include:

- The brain experiences relief by entering a meditative state
- Stress and anxiety levels have the potential to be lowered
- Negative thoughts are expelled as positivity is taken in
- Focusing on the present helps one achieve mindfulness
- Unplugging from technology promotes creation over consumption

Coloring can be done by anyone, not just artists or creative types. It's a hobby that can be taken with you wherever you go. If you are interested in experiencing these benefits and making new friends, attend Art Relaxation at 4 p.m. every Thursday.





Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.



Roses



Cottonwood Happenings

On February 3rd at 6:30 p.m. in the TV room, Cottonwood will be having a Super Bowl Party! Come enjoy some delicious food and cheer on your favorite team to victory! If you have any questions, please see Ivy in the Activities Center.

On February 5th at 2 p.m., join us in the Activities Center for a trip through the classical music of Italy by resident favorite, Music to My Ears. Along with pieces of Italian composers, other well-known classical pieces will be played as well.

On February 6th at 10:30 a.m., Cottonwood is going to the Margaret Mitchell House. Margaret Mitchell, Peggy Marsh to her friends, dubbed her apartment "The Dump." Surprisingly, it is in this shabby little apartment on the bottom floor that this petite, yet mighty woman wrote a big ol' book that sold faster than a duck on a June bug! It is here that the notorious Peggy Marsh wrote "Gone With the Wind." A Pulitzer Prize followed; fame, fortune and fans, too. Quite the character, she had opinions about how the film portrayed her book, and she didn't much like the attention, but she still responded to every single fan letter. When you visit, you can learn about Peggy before, during and after the book, about the movie and about the film's premiere in Atlanta — where the African American actors weren't allowed. You'll also find out what made Peggy so notorious and why the "good girls" of Atlanta society didn't let her join their club! Hear the stories of her first and second marriage, her scandalous dance performance and the lasting legacy of her philanthropic work after the book. Tickets for seniors (65+) are \$10.

On February 7th, during lunch, wear your favorite 1940s fashion! In honor of Milan as one of the fashion centers of the world, we're having a lunch where you can show your unique flare for fashion!

On Friday, February 8th, at 3 p.m., join us in the Activities Center for a walk through Northern Italy with Peter Langham. February 4th-8th, we will be traveling through Italy with the Hawthorn Adventure! Food will be served.

On February 13th at 10:30 a.m., Cottonwood is going to The Old Blind Dog Pub. If you would like to join us, please sign up in the Activities Center. At 2 p.m., Darlene Griffeth will be doing a penny auction! Each participant gets thirty pennies and uses those to bid for prizes. Ms. Griffeth brings the pennies and prizes. If you would like to participate, just come to the Activities Center at 2 p.m.

On February 14th at 2 p.m., go back in time to the 1950s! Cottonwood will be hosting a Sock-Hop. Wear your best '50s outfit and come prepared to dance. Diner-themed food will be served.

On February 20th at 10:30 a.m., Cottonwood will be going to the Dahlonga Tasting Room. The tasting is \$8, and we will be eating lunch in Dahlonga.

On February 21st at 7 p.m., Bridging The Generations is hosting a social at Cottonwood! These students from Cambridge High School come once a month to do a social with our residents. For this social, residents and students will be decorating cookies.

On February 27th at 10:30 a.m., Cottonwood is going to World of Coke. The World of Coca-Cola is a museum, located in Atlanta, Georgia, showcasing the history of The Coca-Cola Company. The 20-acre complex opened to the public on May 24, 2007, relocating from and replacing the original exhibit, which was founded in 1990 in Underground Atlanta. If you would like to learn more about the history of Coca-Cola, come join us for a tour to learn about one of the world's favorite drinks.



FEBRUARY 2019

Birthdays

Judith Dickens, 5th
Bob Haar, 8th
Judy Owens, 10th
Glenda Bryant, 11th
Marie Pudlicki, 15th
Lilah Reiter, 17th
Sylvia Ross, 22nd

Locations

Activity Center, AC
Atrium, AT
Billiards Room, BR
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Firepit, FP
Front Lobby, Lobby
Library, L
Movie Theater, MT
TV Room, TV

“Success is what you do with your ability. It’s how you use your talent.”
—George Allen Sr.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|--|
|  | | | | | <div>9:30 North Point Pkwy. Shopping, Lobby 1</div> <div>10:00 Exercise, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div> <div>7:00 Evening at the Movies, MT</div> <div>7:00 Bingo, AC</div> | <div>GROUNDHOG DAY 2</div> <div>10:30 Donuts in the Round, AC</div> <div>2:00 Bocce Ball, AC</div> <div>3:00 Board Games</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Wii Sports, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> |
| <div>9:00 Live Church Service, MT 3</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>11:00 Church Service, CH</div> <div>2:00 Pokeno, AC</div> <div>3:30 Do You Remember When with Laurie, DR</div> <div>6:30 Super Bowl Party, TV</div> <div>7:00 Evening at the Movies, MT</div> | <div>9:30 Windward Pkwy. Shopping, Lobby 4</div> <div>9:45 Alpharetta Adult Activity Center, Lobby</div> <div>10:00 Balance and Strengthening, AC</div> <div>11:00 Knitting & Crocheting, DR</div> <div>2:00 Easy Crafts for Seasonal Decor!, AC</div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>3:00 Four Aces Poker Club, DR</div> <div>7:00 Bingo, AC</div> | <div>10:00 You Go, Yoga!, AC 5</div> <div>11:00 Cotton Gin</div> <div>11:00 Senior Symposium</div> <div>11:30 St. Aidan’s Communion, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Music to My Ears, AT</div> <div>3:00 Current Events Discussion, AC</div> <div>3:30 Texas Hold ‘Em!, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC </div> | <div>9:00 Dominoes, AC 6</div> <div>10:00 Silver Sneakers Stability, AC</div> <div>10:00 Joyce Turner Paparazzi Jewelry, AT</div> <div>10:30 Margaret Mitchell House, Lobby</div> <div>4:00 Book Club, L</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Romeo & Juliet, MT</div> | <div>10:00 Chair Aerobics, AC 7</div> <div>10:30 Bible Study, CH</div> <div>10:30 Italy Revealed, MT</div> <div>11:00 Cotton Gin</div> <div>12:20 Fashion Lunch, DR</div> <div>2:00 Mahjong, BR</div> <div>2:00 Free Blood Pressure Check with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, DR</div> | <div>9:30 North Point Pkwy. Shopping, Lobby 8</div> <div>10:00 Exercise, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>3:00 A Walk Through Northern Italy, AC</div> <div>4:00 Happy Hour, AC</div> <div>7:00 Bingo, AC</div> <div>7:00 Pompeii, The Doomed City, MT </div> | <div>10:30 Donuts in the Round, AC 9</div> <div>2:00 Bocce Ball, AC</div> <div>3:00 Board Games</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Wii Sports, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> |
| <div>9:00 Live Church Service, MT 10</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>11:00 Church Service, CH</div> <div>2:00 Pokeno, AC</div> <div>3:30 Do You Remember When with Laurie, DR</div> <div>7:00 Evening at the Movies, MT </div> | <div>9:30 Windward Pkwy. Shopping, Lobby 11</div> <div>9:45 Alpharetta Adult Activity Center, Lobby</div> <div>10:00 Balance and Strengthening, AC</div> <div>11:00 Knitting & Crocheting, DR</div> <div>2:00 Easy Crafts for Seasonal Decor!, AC</div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>3:00 Four Aces Poker Club, DR</div> <div>7:00 Bingo, AC </div> | <div>10:00 You Go, Yoga!, AC 12</div> <div>11:00 Cotton Gin</div> <div>11:00 Senior Symposium</div> <div>11:30 St. Aidan’s Talk, L</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Electronic Trivia, MT</div> <div>3:00 Current Events Discussion, AC</div> <div>3:30 Texas Hold ‘Em!, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> | <div>9:00 Dominoes, AC 13</div> <div>10:00 Silver Sneakers Stability, AC</div> <div>10:30 Old Blind Dog Pub, Lobby</div> <div>2:00 Penny Auction, AC</div> <div>3:00 Resident/Activity Meeting, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Evening at the Movies, MT</div> | <div>VALENTINE’S DAY 14</div> <div>10:00 Chair Aerobics, AC</div> <div>10:30 Bible Study, CH</div> <div>10:30 The Young Victoria, MT</div> <div>11:00 Cotton Gin</div> <div>2:00 Mahjong, BR</div> <div>2:00 Free Blood Pressure Checks with Adoun</div> <div>2:00 Valentine’s Day Sock-Hop, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, DR</div> | <div>9:30 North Point Pkwy. Shopping, Lobby 15</div> <div>10:00 Exercise, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div> <div>7:00 Evening at the Movies, MT</div> <div>7:00 Bingo, AC </div> | <div>10:30 Donuts in the Round, AC 16</div> <div>2:00 Bocce Ball, AC</div> <div>3:00 Board Games</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Wii Sports, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> |
| <div>9:00 Live Church Service, MT 17</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>11:00 Church Service, CH</div> <div>2:00 Pokeno, AC</div> <div>3:30 Do You Remember When with Laurie, DR</div> <div>7:00 Evening at the Movies, MT </div> | <div>PRESIDENTS DAY 18</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>9:45 Alpharetta Adult Activity Center, Lobby</div> <div>10:00 Balance and Strengthening, AC</div> <div>11:00 Knitting & Crocheting, DR</div> <div>2:00 Easy Crafts for Seasonal Decor!, AC</div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>3:00 Four Aces Poker Club, DR</div> <div>7:00 Bingo, AC</div> | <div>10:00 You Go, Yoga!, AC 19</div> <div>11:00 Cotton Gin</div> <div>11:00 Senior Symposium</div> <div>11:30 St. Aidan’s Communion, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Resident/Management Mtg., AC</div> <div>3:00 Current Events Discussion, AC</div> <div>3:30 Texas Hold ‘Em!, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> | <div>9:00 Dominoes, AC 20</div> <div>10:00 Silver Sneakers Stability, AC</div> <div>10:30 Dahlongega Tasting Room, Lobby</div> <div>4:00 Book Club, L</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Evening at the Movies, MT</div> | <div>10:00 Chair Aerobics, AC 21</div> <div>10:30 Bible Study, CH</div> <div>10:30 Chef/Resident Meeting, AC</div> <div>10:30 Singin’ In the Rain, MT</div> <div>11:00 Cotton Gin</div> <div>2:00 Free Blood Pressure Check with Adoun</div> <div>2:00 Mahjong, BR</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, DR</div> <div>7:00 “Bridging the Generations Social,” AC</div> | <div>9:30 North Point Pkwy. Shopping, Lobby 22</div> <div>10:00 Exercise, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div> <div>7:00 Evening at the Movies, MT</div> <div>7:00 Bingo, AC </div> | <div>10:30 Donuts in the Round, AC 23</div> <div>2:00 Bocce Ball, AC</div> <div>3:00 Board Games</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Wii Sports, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> |
| <div>9:00 Live Church Service, MT 24</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>11:00 Church Service, CH</div> <div>11:15 First Baptist Church Service, CH</div> <div>2:00 Pokeno, AC</div> <div>3:30 Do You Remember When with Laurie, DR</div> <div>7:00 Evening at the Movies, MT</div> | <div>9:30 Windward Pkwy. Shopping, Lobby 25</div> <div>9:45 Alpharetta Adult Activity Center, Lobby</div> <div>10:00 Balance and Strengthening, AC</div> <div>11:00 Knitting & Crocheting, DR</div> <div>2:00 Easy Crafts for Seasonal Decor!, AC</div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>3:00 Four Aces Poker Club, DR</div> <div>7:00 Bingo, AC</div> | <div>10:00 You Go, Yoga!, AC 26</div> <div>11:00 Cotton Gin</div> <div>11:00 Senior Symposium</div> <div>11:30 St. Aidan’s Talk, L</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Electronic Trivia, MT</div> <div>3:00 Current Events Discussion, AC</div> <div>3:30 Texas Hold ‘Em!, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> | <div>9:00 Dominoes, AC 27</div> <div>10:00 Silver Sneakers Stability, AC</div> <div>10:30 World of Coke, Lobby</div> <div>4:00 Surprise Activity, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Evening at the Movies, MT</div> | <div>10:00 Chair Aerobics, AC 28</div> <div>10:30 Bible Study, CH</div> <div>10:30 The Great Debaters, MT</div> <div>11:00 Cotton Gin</div> <div>2:00 Mahjong, BR</div> <div>2:00 Free Blood Pressure Check with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, DR</div> |  | |



History of the Super Bowl

The Super Bowl is an enormously popular sporting event that takes place each year to determine the championship team of the National Football League (NFL). Millions of fans gather around televisions on a Sunday in February to celebrate this de facto national holiday. Broadcast in more than 170 countries, the Super Bowl is one of the most-watched sporting events in the world, with elaborate halftime shows, celebrity appearances and cutting-edge commercials adding to the appeal. After more than 50 years of existence, it's safe to assume the Super Bowl has become a legendary symbol of American culture.



America's favorite championship

Though the NFL officially formed in 1920, the Super Bowl didn't happen until 40 long years later.

In 1960, a group of businessmen who wanted to own football franchises — but were denied by the NFL — decided to launch an alternative league, known as the American Football League (AFL).

For several years, the NFL and AFL were gridiron rivals, competing for fans, players and support. Then, in 1966, owners negotiated an agreement to merge the leagues by 1970. The first Super Bowl, which featured the AFL and NFL champions, took place in 1966. The game was originally called the "AFL-NFL World Championship Game," which wasn't exactly catchy. The AFL Kansas City Chiefs' owner, Lamar Hunt, proposed using the term "Super Bowl" to refer to the championship game.

After the leagues merged, the NFL split into two main conferences: the American Football Conference (AFC) and the National Football Conference (NFC). The champions of each now play in the Super Bowl.

Current Events at Cottonwood

Current Events is every Tuesday at 3 p.m., and the goal is to discuss topics of interest that have appeared on the news. Each week, residents are welcome to bring articles they find interesting and a list of selected topics. The first meeting's topics included the opioid epidemic, US/Russia relations and China's energy policies. The goal of current events is to promote a greater understanding of the world through discussion. Those who attend each have their own unique life experiences that inform their opinions, and that can often help others understand a topic in more depth. If there is a topic you would like to be covered at current events, please bring it as well as an article about it to current events.





New Year's at Cottonwood

New Year's Eve was a festive time at Cottonwood! Residents were treated to music in the late afternoon by Debra Lieb. To get in the mood, residents donned hats and tiaras. Many residents also dressed up for supper. Supper was a New York strip served with mashed potatoes and a veggie medley. Chef Jonathon made a toast, and a good time was had by all.



All smiles as 2019 draws near!



Peggie is ready to ring in the New Year!



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255 Vaughan Drive
Alpharetta, GA 30009



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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