

# Summerville Estates

## GRACIOUS RETIREMENT LIVING

704 Central Avenue • Summerville, SC 29483 • Phone (843) 873-3337 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### FEBRUARY 2019 SUMMERVILLE ESTATES STAFF

Managers.....BOB & GLORIA BURKMIER  
Assistant Managers .....PAUL & HALA NICHOLS  
Executive Chef.....QUANETTA CLARK  
Sous Chef .....CAMERON  
Activity Coordinator .....OLIVIA MURRAY  
Maintenance .....ERIC BROWN  
Bus Driver .....MARTY SCHECHNER

### TRANSPORTATION

**Monday & Wednesday,**  
**9:30-11:30 a.m. and 2-4 p.m.:**  
Shopping

**Tuesday & Thursday, 9 a.m.-2 p.m.:**  
Professional Appointments

### YOUTUBE.COM

**For slideshows and videos visit:**  
[www.youtube.com/SummervilleEstates](http://www.youtube.com/SummervilleEstates)

**HAWTHORN**  
SENIOR LIVING

## 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.

Don't forget to wear red for our special Valentine's Dinner at 12:30 p.m., followed by music from Ron Nihoff in the Atrium at 2 p.m.







## Cookie Social

We had our holiday cookie social as one of the many events throughout the season. Gloria made some white chocolate fudge, with and without nuts, as residents instructed and watched. The day after, that same fudge was used along with other baked goods including Baklava, almond cookies and more.





## Volunteer Spotlight

Jane Perdue is our resident spotlight for the month! She is such a hardworker and takes every task we throw at her with such grace! Jane has many hats here at Summerville Estates, including writing our menu boards, helping fill the salt and pepper shakers and her most prized volunteer role I think is when she performs with the Just Good Enough Band who usually visit the Estates every other month. Every musical performance, you can catch Jane with her tambourine serenading us with jingles. She also performs during the weekly singalong playing her tambourine, and she can guess just about every tune. Jane, keep being awesome and never change!



## Resident Spotlight

Dan Wittman is always called our “grumpiest resident,” but if you actually sit and talk with him, he is one of the funniest guys you have ever met. Dan is a retired veteran and a devout Catholic. He lives at Summerville Estates with his wife, Donna, and they have been married over 60 years! Together, they have five children and seven grandsons who visit often. Their daughter, Deidra, often times will help out with decorating. Dan enjoys activities such as horse racing, where I am sure he wins the most money out of everyone. He also participates in BINGO, where if you do not choose Regular, he will boo the socks off of you! He even won an award for “Most Grumpiest” when we had our senior awards day. Be careful not to get in his way (I call him speedy) as he zooms through with his scooter! Thanks for being awesome, Dan!





FEBRUARY 2019

Birthdays

Victor Uding, 2nd  
Betty Ann Pancoski, 4th  
Betty Webb, 4th  
Taryn L, 5th (Employee)  
Dot Campbell, 7th  
Edmund Aldridge, 10th  
Susan Gibson, 13th  
Brandon D., 13th (Employee)  
Chris Porter, 14th  
Brenda C., 17th (Employee)  
Anna Campbell, 18th  
Ciara L., 24th (Employee)  
Nora Faust, 24th

Anniversaries

Glen and Ann Batten,  
2/3/1957

Locations

Activity Room, AR  
Atrium, AT  
Billiard Balcony, BB  
Chapel, CH  
Courtyard, CY  
Dining Room, DR  
Fitness Center, FC  
Library, LB  
Movie Theater, MT  
Outing, OU  
TV Room, TV

Important Numbers

**Carolina Eye Service**  
(843) 224-1484

**Central Vet**  
(843) 851-2112

**Flowertown Podiatry**  
(843) 376-5348

**Fox Rehab**  
(843) 749-3688

**HouseCalls MD**  
(843) 501-2031

**Vistelan Healthcare**  
(843) 771-0292

**Classic Hair Salon**  
(843) 934-8019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00 Wii Bowling, AR <b>11:00 Scrabble, AR</b> 3:00 Bingo, AR 4:00 Chair Ballet 4:00 Bible Study with Barry, CH 6:45 Chicken Foot, AR <b>7:00 Movie Night, MT</b>	2 <b>GROUNDHOG DAY</b> 9:00 Wii Bowling, AR 10:00 Resident Walk Outside 3:00 Pokeno, AR <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Bible Study with Paul, CH 
3 9:30 <b>Worship Service with Seacoast Church, CH</b> 2:00 Wii Bowling, AR 3:00 Bingo, AR <b>4:00 Tony Argo, DR</b> <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	4 Welcome to Italy 9:00 Wii Bowling, AR 10:00 Mass Service, CH 10:30 Balance & Stretching, FC 11:00 Great Courses Discussion Group, MT 11:30 Music Fun with Traci, AR <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Pokeno, AR <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	5 9:00 Wii Bowling, AR 10:30 Herbs & Spices Activity, AR 11:30 Resident Meeting with Olivia, AR 1:45 Rummikub, DR 2:00 Hand & Foot Cards, BB 2:00 Communion with Bethany, CH <b>3:30 Tuesday Afternoon in Activity Room, AR</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	6 9:00 Wii Bowling, AR 10:30 Italian Facts/ Trivia, AR <b>11:30 Opera House in Milan, AR</b> <b>2:00 Singalong Wednesday, DR</b> 3:00 Bingo, AR 7:00 Poker with Bob, BB <b>7:00 Movie Night, MT</b>	7 9:00 Wii Bowling, AR 10:30 Bible Study with Seacoast, CH 10:30 Grandma’s Kitchen: Mini Pizzas, AR 12:00 BP Check with Fox 1:45 Rummikub, DR 3:30 Golden Crown Leafs, AR 6:45 Horse Racing, AR  <b>7:00 Movie Night, MT</b>	8 9:00 Wii Bowling, AR 11:00 Farewell Rome: Wear Golden Leaf Crowns, AR 11:30 Paparazzi Jewelry, AT <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Bingo, AR 6:45 Chicken Foot, AR <b>7:00 Movie Night, MT</b>	9 9:00 Wii Bowling, AR 10:00 Resident Walk Outside 3:00 Pokeno, AR <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Bible Study with Paul, CH
10 9:30 <b>Worship Service with Seacoast Church, CH</b> 2:00 Wii Bowling, AR 3:00 Bingo, AR <b>4:00 Sunday Sundae with Managers, AR</b> <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	11 9:00 Wii Bowling, AR 10:00 Mass Service, CH 10:30 Balance & Stretching, FC 11:00 Great Courses Discussion Group, MT 11:30 Singo with Traci, AR <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Pokeno, AR <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR	12 9:00 Wii Bowling, AR 10:30 Morning Smoothies with Olivia, AR <b>11:30 Balloon Volleyball, AT</b> 1:45 Rummikub, DR 2:00 Hand & Foot Cards, BB <b>3:30 Tuesday Afternoon in Activity Room, AR</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR	13 9:00 Wii Bowling, AR 10:30 Balance & Stretching, FC <b>11:15 “Family Feud,” AR</b> 11:40 IHOP Restaurant Outing, OU <b>2:00 Singalong Wednesday, DR</b> 3:00 Bingo, AR 7:00 Poker with Bob, BB  <b>7:00 Movie Night, MT</b>	14 <b>VALENTINE’S DAY</b> 9:00 Wii Bowling, AR 10:30 Bible Study with Seacoast, CH <b>11:30 Balloon Volleyball, AT</b> 12:00 BP Check with Fox 1:45 Rummikub, DR 2:00 Valentine’s Day Music with Ron, AT 4:00 Bible Study with Barry, CH 6:45 Horse Racing, AR  <b>7:00 Movie Night, MT</b>	15 9:00 Wii Bowling, AR 10:30 Balance & Stretching, FC <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Bingo, AR <b>4:30 Resident Social, AR</b> 6:45 Chicken Foot, AR <b>7:00 Movie Night, MT</b>	16 9:00 Wii Bowling, AR 10:00 Resident Walk Outside 11:00 Zumba with Donna, AR 3:00 Pokeno, AR <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Bible Study with Paul, CH
17 9:30 <b>Worship Service with Seacoast Church, CH</b> 2:00 Wii Bowling, AR 3:00 Bingo, AR <b>4:00 Tony Argo, DR</b> <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	18 <b>PRESIDENTS DAY</b> 8:45 <b>Hearing Care of Summerville, LB</b> 9:00 Wii Bowling, AR 10:00 Mass Service, CH 10:30 Balance & Stretching, FC 11:00 Great Courses Discussion Group, MT 11:30 Music Fun with Traci, AR <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Pokeno, AR <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	19 9:00 Wii Bowling, AR <b>10:30 Central Vet, LB</b> 11:00 Trivia Hour: Black History Trivia, AR 1:45 Rummikub, DR 2:00 Hand & Foot Cards, BB <b>2:30 Tea Time with Gloria, AR</b> <b>3:30 Tuesday Afternoon in Activity Room, AR</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR	20 9:00 Wii Bowling, AR 10:30 Balance & Stretching, FC <b>11:30 Resident/Manager Meeting, AR</b> <b>2:00 Singalong Wednesday, DR</b> <b>2:00 Love Your Pet Social, AR</b> 3:00 Bingo, AR 7:00 Poker with Bob, BB <b>7:00 Movie Night, MT</b>	21 9:00 Wii Bowling, AR 10:30 Bible Study with Seacoast, CH <b>11:30 Resident Chef Meeting, AR</b> 12:00 BP Check with Fox 1:45 Rummikub, DR <b>2:30 Ambassador Meeting, LB</b> 6:45 Horse Racing, AR <b>7:00 Movie Night, MT</b>	22 9:00 Wii Bowling, AR <b>10:20 North Charleston UMC Tea Room, OU</b> 10:30 Balance & Stretching, FC <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Bingo, AR 6:45 Chicken Foot, AR <b>7:00 Movie Night, MT</b>	23 9:00 Wii Bowling, AR 10:00 Resident Walk Outside 3:00 Pokeno, AR <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Bible Study with Paul, CH
24 9:30 <b>Worship Service with Seacoast Church, CH</b> 2:00 Wii Bowling, AR <b>3:00 Bingo with Bob, AR</b> <b>6:45 Resident Game Night</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR 	25 9:00 Wii Bowling, AR 10:00 Mass Service, CH 10:30 Balance & Stretching, FC 11:00 Great Courses Discussion Group, MT 11:30 Music Fun with Traci, AR <b>2:00 Chair Bingo with Olivia, AT</b> 3:00 Pokeno, AR <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR	26 9:00 Wii Bowling, AR 10:30 Morning Smoothies with Olivia, AR <b>11:30 Balloon Volleyball, AT</b> 1:45 Rummikub, DR 2:00 Hand & Foot Cards, BB <b>2:00 Traveling Serendipity, DR</b> <b>3:30 Tuesday Afternoon in Activity Room, AR</b> <b>7:00 Movie Night, MT</b> 7:00 Wii Bowling League, AR	27 9:00 Wii Bowling, AR <b>10:30 Grandma’s Kitchen, AR</b> <b>11:15 “Family Feud,” AR</b> <b>2:00 Singalong Wednesday, DR</b> 3:00 Bingo, AR 7:00 Poker with Bob, BB <b>7:00 Movie Night, MT</b>	28 9:00 Wii Bowling, AR 10:30 Bible Study with Seacoast, CH <b>11:30 Balloon Volleyball, AT</b> 12:00 BP Check with Fox 1:45 Rummikub, DR <b>2:00 Community Store Open (2-3 p.m.)</b> 6:45 Horse Racing, AR <b>7:00 Movie Night, MT</b>		





## New Year's Eve

Our NYE celebration was a blast! Tommy and Nancy definitely won the best award for who danced the entire night. Residents were given a wonderful supper that consisted of prime rib, spinach and a variety of desserts on our dessert table, which included a chocolate fountain. Our ball drop was at 8 p.m., and residents danced their night away.







## Holiday Events

Wrapping up our joyous holidays, we had a pajama/Christmas wear social for residents! Residents had the option to come out in their PJs or Christmas wear to sing songs such as "White Christmas" and "Jingle Bell Rock." We also took residents on the annual Christmas parade in Summerville, where they were able to wave, throw candy and talk to some folks out the windows of the bus. One of the outings included visiting the annual James Island Festival of Lights. The festival includes a driving tour of the animated lightshows in the park, which is about three miles long. There are other activities offered throughout the park for those who are looking for more such as sand sculptures, roasting marshmallows and a visit from Santa.





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Summerville, SC 29483



*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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