

# PROVIDENCE MEADOWS

## Gracious Retirement Living

4123 Kuykendall Road • Charlotte, NC 28270 • Phone (704) 708-9931 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### APRIL 2019

#### PROVIDENCE MEADOWS STAFF

Managers..... CHRISTOPHER & WINDY READ  
Assistant Managers ..... JAN & DAVID TROY  
Executive Chef.....ANTOINE ROBINSON  
Sous Chef ..... JASMINE WORTHINGTON  
Activity Coordinator ..... ADRIANA RIVERA  
Maintenance ..... WESLEY HARDY  
Bus Driver ..... CARMELLA WATSON

#### TRANSPORTATION

**Monday & Wednesday, 10 a.m.:** Shopping

**Tuesday & Thursday,**  
**9 a.m.-noon & 12:30-2 p.m.:**  
Medical Appointments

**Friday, TBA:** Trips

**HAWTHORN**  
SENIOR LIVING

### Beads, Beads, Beads!

Fat Tuesday refers to events of the Carnival celebration, beginning on or after the Christian feasts of the Epiphany (Three Kings Day) and culminating on the day before Ash Wednesday (known as Shrove Tuesday).

Mardi Gras is French

for “Fat Tuesday,” reflecting the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season.

Related popular practices are associated with Shrovetide celebrations before the fasting and religious obligations associated with the penitential season of Lent. In countries such as the United Kingdom, Mardi Gras is also known as Shrove Tuesday, which is derived from the word shrive, meaning “to administer the sacrament of confession to; to absolve.”

We kicked off our Fat Tuesday celebration with an authentic New Orleans meal of etouffee and Creole chicken prepared by our culinary team.

Then, donned in our Mardi Gras masks, we partied New Orleans style

with beads and more beads! We drank our hurricane mocktails and danced to the music by Bill Calisanti. And no Fat Tuesday is complete without king cake. Gene found the bean in his peace of cake. The tradition is whoever finds the bean (the baby Jesus) has good luck that year. It is also tradition for that person to bring the king cake the next year. I think we will let Gene off the hook!



*Making our Mardi Gras masks  
for our Fat Tuesday!*



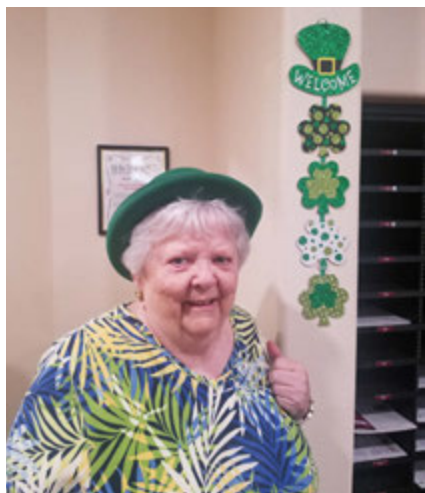
*Mock hurricane cocktails!*

*(Photos continued inside)*





## Beads, Beads, Beads! *(Continued)*



*Arlene looking festive*



*Gene finds the "Baby Jesus" in the king cake!*



*Dancing at the Fat Tuesday Party!*



## Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

**Dogwood** — Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

**Japanese flowering cherry** — This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

**Magnolia** — Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

**Eastern redbud** — Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.



*The flowering dogwood blossom is the state flower of North Carolina.*





## Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.



*Carrots come in a variety of colors worldwide.*

## Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

**Presidential pitches:** It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

**Concession stands:** Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

**Numbered uniforms:** Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

**Organ music:** The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

**Night games:** On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

**Foul balls:** The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.

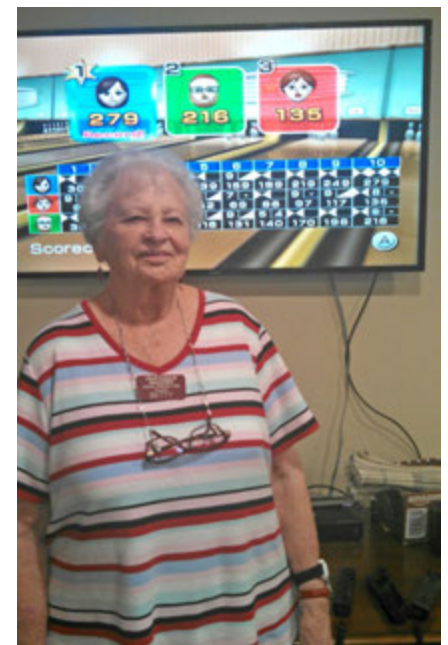


## Record Breaker!

A new Wii Bowling record was set with a new high score.

Betty broke the record with her score of 279!

We are so excited for you, Betty!



*Betty with her high score of 279!*



APRIL 2019














Birthdays

Charlene Elizabeth, 6th  
Arlene Dundore, 9th  
Margaret Belich, 10th  
Karin Vogeler, 11th  
Arlene Andrews, 13th  
Ramona Boyd, 15th  
Frances Kirkman, 16th  
Pat Kyle, 16th  
Mary Ann Rivers, 19th  
Warren Roggeman, 23rd  
Barbara Stutts, 25th  
Richard Chew, 29th

Locations

Activity Room, AR  
Atrium, A  
Billiards Room, BR  
Chapel, C  
Dining Room, DR  
Fitness Center, FC  
Grandma's Kitchen, GK  
Library, L  
Outside, O  
Television Room, TV  
Theater, TH

“Great minds  
discuss ideas.  
Average minds  
discuss events.  
Small minds  
discuss people.”  
—Eleanor  
Roosevelt

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Stretching, AR <b>1</b> 10:00 Knitting Club, L 10:00 <i>Coffee with Windy &amp; New Residents Meeting, AR</i> 11:00 Bingo with Adriana, AR 2:00 Fast Paced Walking Club, O 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 3:00 Afternoon Circuit Training, Beginners, FC 4:00 Dominoes, AR 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH	9:30 Stretching, AR <b>2</b> 11:00 Line Dancing 1:30 Mahjong, TV 1:45 Bingo with Mobility and More, AR 2:00 Craft Time, AR 2:00 Fast Paced Walking Club, O 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, AR <b>3</b> 11:00 Bunco!, AR <b>11:00 Lunch Outing!</b> 12:30 Dulcimer Club, FC 2:00 Fast Paced Walking Club, O <b>2:00 Levine Hearing Aid Clean and Check Clinic, AR</b> 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey <b>7:00 Prom: A Midsummer Night's Dream, AR</b>	9:30 Stretching, AR <b>4</b> 11:00 PM Hand Bell Choir Practice, AR 2:00 Hand and Foot, TV 2:00 Bible Study 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 3:00 <i>Right at Home Wellness Check, AR</i> 4:00 Wii Bowling, AR 7:00 Movie Night, TH	9:30 Stretching, AR <b>5</b> 10:00 Creating a Cookbook, GK 11:00 Line Dancing, AR 2:00 Bridge Club, BR 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH	10:00 Praying the Rosary, C <b>6</b> 11:00 Bunco!, AR 2:00 Saturday Matinee, TH 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 3:00 Wii Bowling for Beginners, AR 4:00 Bingo with Gloria, AR 7:00 Billiards, BR 7:00 Movie Night, TH 
10:30 Catholic Communion, C <b>7</b> 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR <b>7:00 Movie with Windy!, TH</b> 7:00 Movie Night, TH	9:30 Stretching, AR <b>8</b> 10:00 Creating a Cookbook, GK 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 3:00 Afternoon Circuit Training, Beginners, FC 4:00 Dominoes, AR 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH	9:30 Stretching, AR <b>9</b> 9:30 <i>Coffee &amp; Donuts with Chris, AR</i> 11:00 Line Dancing 1:30 Mahjong, TV 1:45 Bingo!, AR 2:00 Craft Time, AR 2:00 Fast Paced Walking Club, O 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 3:00 Big Crossword, AR 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH 	9:30 Stretching, AR <b>10</b> 11:00 Bunco with FirstLight Home Care, AR 12:30 Dulcimer Club, FC 2:00 Euchre, BR 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia! Club. Mocktails and Snacks, AR 7:00 Movie Night, TH 	9:00 Catholic Mass, C <b>11</b> 9:30 Stretching, AR 10:00 <i>Resident/Managers' Meeting, AR</i> 10:00 Scrabble, AR 10:30 Let's Talk About It!, AR 11:00 PM Hand Bell Choir Practice, AR 2:00 Fast Paced Walking Club, O 2:00 Bible Study 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Movie Night, TH 	9:30 Stretching, AR <b>12</b> 10:00 Creating a Cookbook, GK 11:00 Line Dancing, AR 2:00 Bridge Club, BR 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH	10:00 Praying the Rosary, C <b>13</b> 11:00 Bunco!, AR 2:00 Saturday Matinee, TH 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 4:00 Bingo with Gloria, AR 7:00 Cribbage, AR 7:00 Billiards, BR 7:00 Movie Night, TH 
<b>PALM SUNDAY</b> <b>14</b> 10:30 Catholic Communion, C 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR 7:00 Movie Night, TH	<b>15</b> 9:30 Stretching, AR 10:00 Creating a Cookbook, GK 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 3:00 Afternoon Circuit Training, Beginners, FC 4:00 Dominoes, AR 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH 	<b>16</b> 9:30 Stretching, AR 11:00 Line Dancing 1:30 Mahjong, TV 1:45 Bingo with Right at Home!, AR 2:00 Craft Time, AR 2:00 Fast Paced Walking Club, O 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH 	<b>17</b> 9:30 Knitting with Lynne, L 9:30 Stretching, AR 11:00 Bunco!, AR <b>11:00 Lunch Outing!</b> 12:30 Dulcimer Club, FC 2:00 Fast Paced Walking Club, O 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia! Club. Mocktails and Snacks, AR <b>7:00 Live Entertainment with Bill Calisanti, AR</b>	<b>18</b> 9:30 <i>Resident/Activity Meeting, AR</i> 9:30 Stretching, AR <b>10:30 Chef's Presentation — All Aboard!, GK</b> 11:00 PM Hand Bell Choir Practice, AR 2:00 Fast Paced Walking Club, O 2:00 Bible Study 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 4:00 Wii Bowling, AR 7:00 Movie Night, TH	<b>GOOD FRIDAY PASSOVER BEGINS AT SUNSET</b> <b>19</b> 9:30 Stretching, AR 10:00 Creating a Cookbook, GK 11:00 Line Dancing, AR 2:00 Bridge Club, BR 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH 	10:00 Praying the Rosary, C <b>20</b> 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> <b>2:30 Easter Egg Hunt for Prizes, O</b> 3:00 Canasta, BR 3:00 Wii Bowling for Beginners, AR 4:00 Bingo with Gloria, AR 7:00 Billiards, BR 7:00 Movie Night, TH
<b>EASTER</b> <b>21</b> 10:30 Catholic Communion, C 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR 7:00 Movie Night, TH	<b>EARTH DAY</b> <b>22</b> 9:30 Stretching, AR 10:00 Creating a Cookbook, GK 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 3:00 Afternoon Circuit Training, Beginners, FC 4:00 Dominoes, AR 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH	<b>23</b> 9:30 Stretching, AR 11:00 Line Dancing 1:30 Mahjong, TV 1:45 Bingo!, AR 2:00 Craft Time, AR 2:00 Fast Paced Walking Club, O 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 3:00 Big Crossword, AR 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH 	<b>24</b> 9:30 Stretching, AR 10:30 Knitting with Lynne, L 11:00 Bunco!, AR 12:30 Dulcimer Club, FC 2:00 Fast Paced Walking Club, O 2:00 Euchre, BR 2:30 Slow Paced Walking Club, O 3:00 Chair Yoga with Carey 4:00 Trivia! Club. Mocktails and Snacks, AR 7:00 Movie Night, TH	<b>25</b> 9:30 Stretching, AR 10:30 <i>Resident/Chef Meeting, AR</i> 11:00 PM Hand Bell Choir Practice, AR <b>1:45 Health Talk with Beth, AR</b> 2:00 Fast Paced Walking Club, O 2:00 Bible Study 2:00 Hand and Foot, TV 2:30 Slow Paced Walking Club, O 4:00 Dominoes, AR 4:00 Wii Bowling, AR 7:00 Movie Night, TH 	<b>Gentlecare Nail Services in Your Apartment</b> <b>26</b> 9:30 Stretching, AR 10:00 Creating a Cookbook, GK 11:00 Line Dancing, AR 2:00 Fast Paced Walking Club, O 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 4:00 Beach Volleyball, AR 7:00 Bingo with Gloria, AR 7:00 Action Movie Night, TH	10:00 Praying the Rosary, C <b>27</b> 11:00 Bunco!, AR 2:00 Saturday Matinee, TH 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 4:00 Bingo with Gloria, AR 7:00 Cribbage, AR 7:00 Billiards, BR 7:00 Movie Night, TH
10:30 Catholic Communion, C <b>28</b> 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Candy Bar Bingo with Chris!, AR 7:00 Movie Night, TH	<b>29</b> 9:30 Stretching, AR 10:00 Creating a Cookbook, GK 11:00 Bingo with Adriana, AR 2:00 Hand and Foot, TV 2:00 Fast Paced Walking Club, O 2:30 Slow Paced Walking Club, O 3:00 Afternoon Circuit Training, Beginners, FC 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH 	<b>30</b> 9:30 Stretching, AR 11:00 Line Dancing 1:30 Mahjong, TV 2:00 Craft Time, AR 2:00 Fast Paced Walking Club, O 2:00 Bridge Club, BR 2:30 Slow Paced Walking Club, O 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH				





## Valentine's Evening Celebration

We celebrated Valentine's Day in style, beginning with our evening meal of prime rib and lobster tail provided by our Culinary Team. We were serenaded by a string quartet, who played a beautiful selection of love songs from the 1940s. Following dinner, we danced the night away to some of our favorite songs. We also enjoyed fruits and cookies dipped into the chocolate fountain! Our photographer, Amy Tyndall, provided us with these beautiful snapshots of the evening.



*We love to dance!*



*Dining in style!*



*Our amazingly talented string quartet*



*Valentines with friends!*





*Sweethearts*



*Jack and Virginia*



*Mother and daughter valentine*

## Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.





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A photograph of an older couple hiking in a field at sunset. The man is in the foreground, wearing a backpack and looking towards the right. The woman is behind him, also wearing a backpack and looking towards the right. The background shows a field with trees and a sunset sky with orange and yellow clouds.

**SPRING INTO ACTION  
& SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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