

Southern Pines

GRACIOUS RETIREMENT LIVING

205 SE Service Road • Southern Pines, NC 28387 • Phone (910) 692-3367 • www.seniorlivinginstyle.com

APRIL 2019

SOUTHERN PINES STAFF

Managers..... DENNIS & PAT FITZGERALD
Assistant Managers ... STEVE & PENNY KANE
Executive Chef ALEXANDER MIKOS
Activity Coordinator GLORIA MEGYAS
Bus Driver MICHAEL MENTION

TRANSPORTATION

Monday & Wednesday,
9 a.m.-1 p.m.: Shopping

Tuesday & Thursday, 9 a.m.-1 p.m.:
Professional Appointments

HAWTHORN
SENIOR LIVING

April at a Glance

April 1st: Susan and Jackie will be back to lead a craft class and that's no April Fools'!

April 2nd: It's Peanut Butter & Jelly Day! Let's make our own PB&J sandwiches today.

April 3rd: Volunteer Appreciation Day Luncheon. This special lunch is by invitation only to our wonderful resident and outside volunteers!

April 9th-12th: Where's Gloria? She's at the Hawthorn Annual Conference in sunny Orlando, Florida! Poor girl! Ha-ha!

April 16th: Coffee Talk: Enjoy coffee, doughnuts and great conversation. Everyone is welcome!

April 18th: Spring Fashion Show sponsored by Belk Dept. Store. Please invite your friends and family.

April 19th: You will not want to miss the Youth Praise Team when they sing for us in celebration of Easter.

April 22nd: Join in to see what great Easter Monday craft Jackie and Susan will have for us.

April 26th: It's Babe Ruth Day! Wear your baseball tee and bring an appetite 'cause we have a fun afternoon planned!

April 30th: We'll make special hats for our upcoming Mother's Day Tea.

I'm so excited about all April has in store for us. I hope you are too!



Hello April, we're busting out into the fresh, spring air!



Been There, Done That

It's just April but we've done a lot so far this year. The Hawthorn Adventure was exciting and educational. The Sassy Tappers always give us a great show, and those therapists from Legacy always give us a great workout! (Thanks to Natalie and Cassie.)

Valentine's Day was even sweeter with fruit and a chocolate fountain, and even sweeter than that was a spa day!

Want to see more photos? Check the board in the Activity Center. You may see your smiling face!



Sassy Tappers live up to their name!



Brad said, "Scissor kicks are tough!"



Tastings were a big hit during the Hawthorn Adventure!



It's not Valentine's Day without strawberries & chocolate!



Sue and Jean pamper themselves with a beauty treatment.

Connect Four

Connect Four is a game in which two players take turns dropping one colored disc into a seven-column, six-row grid. The pieces fall straight down, occupying the lowest available space within the column. The objective of the game is to be the first to form a horizontal, vertical, or diagonal line of four of one's own discs. Simple, right? Well, this game takes a lot of concentration and strategy, much like tic-tac-toe.

Our Legacy Therapist team put together the tournament which began by just learning the game and rules. Then the fun began with resident against resident! In the end, Brad Cagle and Janett Harris came out winners, however, the championship game is still to be played. So check back next month to find out the winner!

A special thank you to our Legacy team of: Natalie, Cassie, Jeannine, and Sara, for organizing this fun event!



The competition is tough between Jay & Larry.



Dreams Come True

Resident Brad Cagle loves to travel. Doesn't matter where, he just loves to get out, see the sites and take in all the world has to show him.

Brad is a sports fan — a BIG sports fan. He is knowledgeable on every sport, every player, every year. Did I mention he's a big sports fan?

Last year, per Brad's request, we took a group and headed to the Carolina Basketball Museum in Chapel Hill. Talk about excited ... Brad couldn't wait. Well, on our way to the Museum, the bus broke down and ended the trip. We were all disappointed but Brad was bummed!

No worries, we'll just plan another trip, and we did. Once planned, Brad talked about how excited he was about the upcoming trip. Finally, the day came and we made it to the Museum safe and sound. The smile never left Brad's face. Even today, a week later, he's still talking about the Museum. He said he died and went to heaven. Not yet, Brad — we have a lot more traveling to do!



Brad knows all about his idol, Michael Jordan.



A trip must include lunch and the famous Mama Dips was just the place for our group.



Brad: Carolina's biggest fan!



It's a 'thumbs up' for this gang!



Tony and Ray put their heads together for the next move.



Scratching his head and thinking hard, Paul plans his next move!

APRIL 2019

Birthdays

Al Bridgman, 4th
 Neil Graves, 4th
 Greg Maushart, 8th
 Marion Wiltjer, 11th
 Carolyn Murphy, 12th
 Jean Collins, 13th
 (Employee)
 Phil Noblett, 15th
 Judy Halstead, 15th

Anniversary

Pete and Pat Feeney,
 4/27/1957

Locations










Activities Center,
 First Floor, AC
 Atrium, A
 Billiards, Second Floor, BL
 Chapel, Third Floor, CH
 Computer Room,
 Second Floor, CR
 Dining Room, DR
 Fitness Center,
 Third Floor, FC
 Library, Second Floor, LIB
 Lobby, L
 Television/Cards,
 Second Floor, TV
 Theater, Third Floor, TH

Beauty Shop

(910) 603-1784

“A sense of
 humor is a major
 defense against
 minor troubles.”

—Mignon
 McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Strength Exercise with Legacy, AC 1 10:00 Bible Study with Sharon, CH 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 3:00 Crafts with Jackie & Susan, AC 4:00 Wii Bowling, AC	8:45 Beltone Hearing Aid Checks, A 2 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bridge, LIB 2:00 Bible Study with David, CH 3:30 Peanut Butter & Jelly Sandwich Making!, AC 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC	9:30 Strength Exercise with Legacy, AC 3 10:00 Handbells with Amanda, AC 10:30 Chair Volleyball, A 10:45 Golden Corral Luncheon with Boles 12:00 Volunteer Appreciation Day Luncheon, AC 2:00 Progressive Rummy, CR 2:00 Card Game Pinochle, LIB 3:00 Memory Enhancement, TV	9:30 Yoga Stretch, AC 4 9:30 Bookmobile 10:45 What Is the Bible? Study with Rev. Sue, CH 2:00 Bridge, LIB 3:00 Lucky Bucks Bingo, AC 	10:15 Tai Chi with Lee, AC 5 11:00 Out to Lunch 12:30 Friendly Friday, DR 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 7:00 Movie Night, TH 7:00 Movie with Birthday Girl: Bette Davis, TH	10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 Movie Night, TH 7:00 \$2 Bingo, AC
7 11:00 Church Service at Gracious Living, TH 3:45 Church Svc. w/ Comm. Page Memorial United Methodist, CH 7:00 Movie Night, TH	8 9:30 Strength Exercise with Legacy, AC 10:00 Bible Study with Sharon, CH 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 4:00 Wii Bowling, AC 	9 11:15 Tai Chi with Lee, AC 2:00 Bridge, LIB 2:00 Bible Study with David, CH 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC	10 9:30 Strength Exercise with Legacy, AC 10:00 Handbells with Amanda, AC 10:30 Chair Volleyball, A 10:30 Meeting with Managers & Chef, AC 2:00 Progressive Rummy, CR 2:00 Card Game Pinochle, LIB 3:00 Memory Enhancement, TV	11 10:45 What Is the Bible? Study with Rev. Sue, CH 2:00 Bridge, LIB 3:00 Bingo with Carol, AC 	12 10:15 Tai Chi with Lee, AC 12:30 Friendly Friday, DR 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 7:00 Movie Night, TH 	13 10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 Movie Night, TH 7:00 \$2 Bingo, AC 
PALM SUNDAY 14 11:00 Church Service at Gracious Living, TH 4:00 Church Service, CH 7:00 Movie Night, TH	15 9:30 Strength Exercise with Legacy, AC 10:00 Bible Study with Sharon, CH 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 3:00 Singalong with Marc, A 4:00 Wii Bowling, AC 	16 10:00 Coffee Talk, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bridge, LIB 2:00 Bible Study with David, CH 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC	17 9:30 Strength Exercise with Legacy, AC 10:00 Handbells with Amanda, AC 10:30 Chair Volleyball, A 10:45 Golden Corral Luncheon with Boles 2:00 Progressive Rummy, CR 2:00 Card Game Pinochle, LIB 3:00 Memory Enhancement, TV	18 9:30 Bookmobile 10:30 Spring Fashion Show, A 10:45 What Is the Bible? Study with Rev. Sue, CH 2:00 Bridge, LIB 3:00 Bingo with Ellen, AC	GOOD FRIDAY 19 PASSOVER BEGINS AT SUNSET 10:15 Tai Chi with Lee, AC 11:30 Entertainment: Youth Praise Choir, A 12:30 Friendly Friday, DR 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 7:00 Movie Night, TH	20 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 Movie Night, TH 7:00 \$2 Bingo, AC
EASTER 21 11:00 Church Service at Gracious Living, TH 4:00 Church Service, CH 7:00 Movie Night, TH	EARTH DAY 22 9:30 Strength Exercise with Legacy, AC 10:00 Bible Study with Sharon, CH 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 3:00 Crafts with Jackie & Susan, AC 4:00 Wii Bowling, AC	23 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bridge, LIB 2:00 Bible Study with David, CH 3:30 Celebrate Coke Day with Taste Testing, AC 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC	24 9:30 Strength Exercise with Legacy, AC 10:00 Handbells with Amanda, AC 10:30 Chair Volleyball, A 11:30 Audiology of the S'hills Presentation, AC 2:00 Progressive Rummy, CR 2:00 Card Game Pinochle, LIB 2:00 Ambassador Meeting, AC 3:00 Memory Enhancement, TV	25 9:30 Yoga Stretch, AC 10:45 What Is the Bible? Study with Rev. Sue, CH 2:00 Bridge, LIB 3:00 Lucky Bucks Bingo, AC	26 10:15 Tai Chi with Lee, AC 12:30 Friendly Friday, DR 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 3:00 Babe Ruth Day Celebration!, AC 7:00 Movie Night, TH	27 10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 Movie Night, TH 7:00 \$2 Bingo, AC 
28 11:00 Church Service at Gracious Living, TH 4:00 Church Service, CH 7:00 Movie Night, TH	29 9:30 Strength Exercise with Legacy, AC 10:00 Bible Study with Sharon, CH 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 Hand and Foot Card Game, LIB 2:00 Skip-Bo Card Game, CR 4:00 Wii Bowling, AC	30 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bridge, LIB 2:00 Bible Study with David, CH 2:45 Crafts: Mother's Day Hats, AC 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC				



Up and Coming

When thinking about a trip or event, one of the fun aspects is planning. Planning and getting ready for an event heightens the excitement! So, let's plan and get excited about these upcoming events!

May holds our annual Mother's Day Tea, so prepare those pretty spring hats to wear. Then we have Memorial Day, so get that picnic outfit ready.

June is Father's Day so we must have a special "Man Cave" time for all you guys. And to thank and honor our veterans, let's plan a trip to the Airborne and Special Operations Museum in Fayetteville. Oh, and we have prom in June, too. The theme this year is "1940s USO." What will you wear?

July brings Independence Day and a beach party. Summer clothes in those beautiful red, white and blue colors will be a hit on both occasions!

And August will be a blast from the past with a "Return to Woodstock" Party. No worries on this one. We'll get together and make tie-dyed tee shirts!

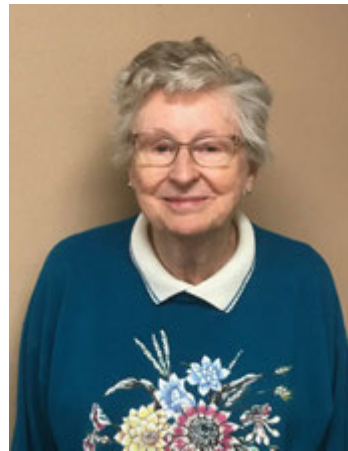
So, now that you know what's coming up, get excited, put on those thinking caps and start planning!

Welcome Home

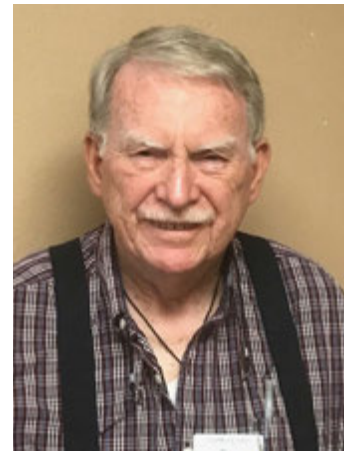
We are so glad to have you join our family here at Gracious Living. Here's a poem for you, Ron McGaughey and Patricia Stewart.

*Home, the spot of Earth supremely blest,
a dearer, sweeter spot than all the rest.*

Welcome home!



Patricia was born in London but has lived in several states here in America. She loves to read and solve puzzles!



Ron was born in Illinois & worked in sales & marketing. He enjoys sports shooting, boating & baseball!

The Meaning of Easter

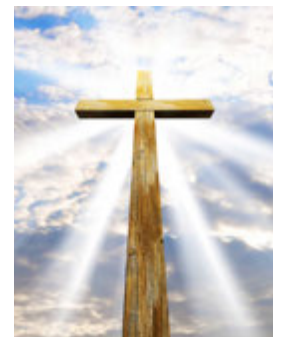
What does Easter mean to you? According to the dictionary, Easter, also called Resurrection Sunday, is a festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion.

Easter is symbolized in many forms. To many children, coloring and hiding eggs, and waking up to pretty goody-filled baskets brought by the Easter Bunny is the way they think of Easter ... as many of us did when we were children. In my family, we all received new outfits and to us girls it meant lacey dresses, white shoes with lace-trimmed socks, white gloves and a pretty new purse. The boys got a new suit and shoes. Church was where we went every Sunday, but Easter was always a special service.

Today, I don't purchase the fancy dress or new shoes, and no one wears white gloves anymore. Do they? But attending church, especially on Easter is still a special event. However, as an adult it carries a much deeper meaning. Understanding the true meaning of the crucifixion is much deeper than it was as a child.

We celebrate Easter anywhere between March 22nd and April 25th. It is called a movable feast because it is celebrated on the Sunday following the Paschal Moon which is determined from historical tables.

What does Easter mean to you?



Celebrate the true meaning of Easter!



Annual AC Conference

Once a year, Hawthorn Senior Living sends their Activity Coordinators to an educational conference. During this time, we learn how to create programs to enhance the lives of our residents physically, intellectually, socially, spiritually and creatively. These programs are to be adapted to our residents' capabilities and interests. Our goal is to get YOU moving and excited about staying active and interested in life!

There are approximately 70 coordinators who attend each year, along with our regional managers, chefs, home office staff, and guest speakers.

Conference locations have included Nashville, Las Vegas, New Orleans and this year we are going further south to sunny Orlando, Florida!

Each year during one of our sessions, we put our heads together to work on ideas for the next year's Hawthorn Adventure and theme for the Hawthorn calendar. That's right, it all starts with our Activity Coordinator conferences! We will also spend a day with our Chefs to plan fun events because culinary and activities are better together!

Our conference is April 9th-12th, so hold down the fort till I get back. I'll have lots of great ideas, programs, and activities to share!



This is from last year's conference in New Orleans. Who's behind those masks? Activity Coordinators, 'course!

April Culinary Series

Question: What is an egg-cellent start to spring?

Answer: Learning about and eating eggs, of course!

What better time to learn all about the incredible, edible egg than during the Easter season when we decorate, color, hide and eat the nutrient



Lois & Audrey decorate our Easter tree with lots of colored eggs!

rich food? A long time symbol of fertility and rebirth, the egg has taken its place in religious as well as culinary history. In Christianity, the symbol of the decorated egg has become synonymous with Easter.

Did you know?

- Egg yolks are one of the few foods that are a naturally good source of Vitamin D.
- The brown or white color of an eggshell is purely dependent on the breed of the hen.
- The world record for eating hard-boiled eggs is 65 in six minutes and 40 seconds by Sonya Thomas in 2003. She would have eaten more but they ran out of eggs!

This month we'll have some deviled egg treats and decorate our own egg-shaped cakes. It's an EGG-CELLENT idea!

April Fools' Day

April Fools' Day is celebrated by playing practical jokes and spreading hoaxes. Some media reports fake stories, which are usually explained later. Decide if the following story is fact or foolery.

Engineers recently unveiled the world's first tooth telephone, perfect for those who want to talk hands-free while on the go. When implanted into a tooth, the tiny device vibrates to let the user know there's a call. Users speak normally and the tiny microphone picks up their voice. Incoming sounds are transferred to the inner ear by means of bone resonance. Fact or Foolery?



There's always a jokester around here!

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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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