

Colonial Gardens

Gracious Retirement Living

105 Cherry Hill Drive • Beverly, MA 01915 • Phone (978) 922-1203 • www.seniorlivinginstyle.com

APRIL 2019

COLONIAL GARDENS STAFF

Managers.....FRED & LISA RASH
Assistant Managers TONY & ALICIA PEDRAZA
Assistant Managers STEVE & LISA VENABLE
Executive Chef..... NEIL PACKAND
Activity CoordinatorCHRISTA LEGER
Transportation.....JIM GARNHAM & LEONARD CAMPANELLO

OFFICE HOURS

Daily: 7:30 a.m.-7:30 p.m.

TRANSPORTATION

Monday, 9 a.m.-3 p.m.: Appointments (Including Doctor, Eye, Hearing, Hair, Bank, Pharmacy, etc.)

Tuesday, 9 a.m.-3 p.m.: Shopping Shuttle & Appointments

Wednesday & Thursday, See Sign-Up Sheet:
Activity Outings

Wednesday & Thursday, 9 a.m.-3 p.m.: Appointments

Friday, 9 a.m.-noon: Shopping Shuttle

Friday, 12:30-3 p.m.: Appointments

Saturday, 8:30 a.m.: Synagogue-Temple B'Nai Abraham

Sunday, 8:40 a.m.: St. Richards

Sunday, 9:10 a.m.: 2nd Congregational

Sunday, 9:40 a.m.: St. Mary's

HAWTHORN
SENIOR LIVING

Mardi Gras Celebration

Mardi Gras got underway this year at Colonial Gardens. The day's meals and activities were made special to make residents feel like they had been transported to New Orleans. Famous street names of New Orleans were hung in the dining room along with gold, green and purple fleur de lis. For lunch, residents enjoyed traditional shrimp gumbo with beignets and dinner was muffuletta sandwiches.

The real party got started when Chris Ekblom's singing and guitar playing got the residents moving and grooving. As they walked into



Welcome to our Mardi Gras!



(Continued on Pages 2 and 3)



100 Years and Going Strong

Colonial Gardens' very own Mary Lettich turned 100 years old this past February. Many of her family members joined her for lunch in the dining room as her friends from the facility sang Happy Birthday. Mary completed her one job on her birthday: blow out her candles. Her reward was a beautiful flower arrangement and a card from the staff wishing her a very happy birthday.



Beautiful flowers for gorgeous Mary



Cake for friends and family



Birthday girl blowing out her candles

Mardi Gras Celebration (Continued)

the party, residents were greeted with gold, green and purple beads. The party snack of the hour were mini-cannoli with green and purple sprinkles. Hurricane punch was the talk of the after-party. Many residents could not get enough and asked for copies so they could make their own. Overall it was a fun day for everyone.

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.

Do you like to garden? Do you miss gardening? Would you like to learn? Let's make an activity out of it this spring!



Residents enjoyed music in the afternoon.



Hurricane Punch

This punch was put together for the spirit of Mardi Gras. Many residents enjoyed it and want to make it for other parties or themselves. This recipe is for a large batch to serve at a gathering.

Ingredients:

- 46 ounces pineapple juice
- 46 ounces ginger ale, chilled
- 16 ounces water
- 12 ounces frozen limeade concentrate, thawed
- 6 ounces orange juice concentrate, thawed
- 6 ounces lemonade concentrate, thawed
- 2 medium navel oranges, thinly sliced

Directions:

1. Combine all ingredients except ginger ale, and chill.
2. Add ginger ale right before serving and stir.
3. Float slices of fruit.

Do you have any punch recipes that are a hit at parties, gatherings or get-togethers? Submit them into the Activities Suggestion Jar and maybe you will see your recipe featured at a party or during our Monthly Birthday Party.



APRIL 2019

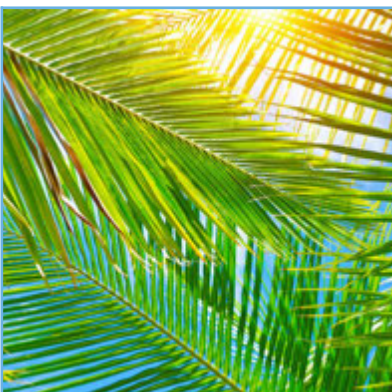








Birthdays

Barbara Alsen, 3rd
Patricia Shoup, 7th
Ann Boyle, 8th
Betty Blake, 9th
Vivian Caron, 10th
Alice Burke, 15th
Virginia Carter, 21st

Locations

Activity Room,
First Floor, AR
Atrium, First Floor, ATR
Card Room, Second
Floor, CR
Chapel, Third Floor, CH
Conference Room,
Second Floor, CON
Courtyard Outside
Of AR, CY
Dining Room,
First Floor, DR
Fitness Room,
Second Floor, FR
Library, First Floor, LB
Main Lobby, ML
Movie Theater,
Third Floor, MT
Pool Table Area,
Second Floor, PTA
Salon, Fourth Floor, S
TV Room, Second
Floor, TR

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:30 Zumba Gold with Ana, FR</div> <div>10:00 Decorative Painting with Bobbi, AR</div> <div>11:00 “Among Friends” Discussion Group, CON</div> <div>1:30 Valerie Roy Jewelry Show, AR</div> <div>2:15 Cooking Group, AR</div> <div>3:30 Bingo, AR</div>	<div>2</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Team Trivia, AR</div> <div>1:45 Bridge Group, CR</div> <div>2:00 Yoga for All with Jo Ann, AR</div> <div>3:00 Craft Group, AR</div> <div>7:00 Store Open, CR</div>	<div>3</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Long Word Game, ATR</div> <div>2:15 Scrabble/Quiddler, DR</div> <div>3:30 Bingo, AR</div> <div></div>	<div>4</div> <div>9:30 Morning Exercise, AR</div> <div>9:30 Bookmobile, ATR</div> <div>10:00 Veterans’ Coffee Hour, CR</div> <div>11:00 Book Club, CON</div> <div>2:00 Cribbage Group, CR</div> <div>4:00 Karaoke Party!, AR</div> <div>7:00 Poker Night, CR</div> <div>7:00 Corn Hole with Tami, AR</div>	<div>5</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Bible History with Father Anthony, CON</div> <div>11:00 Team Trivia 2, AR</div> <div>2:00 Poetry Hour, CR</div> <div>2:30 Knit & Chat with Linda, AR</div> <div>3:00 Catholic Communion, CH</div> <div>4:00 Chris Ekblom, AR</div>	<div>6</div> <div>10:00 Store Open, CR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Bingo, AR</div> <div>7:00 Poker Night, CR</div>
	<div>7</div> <div>*Rides to Church!</div> <div>12:30 Dinner, DR</div> <div>2:00 Movie Matinee, MT</div> <div></div>	<div>8</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Decorative Painting with Bobbi, AR</div> <div>10:00 Service Dog Project, CR</div> <div>2:15 Cooking Group, AR</div> <div>3:30 Bingo, AR</div> <div></div>	<div>9</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Valerie Roy Jewelry Class, DR</div> <div>11:00 Team Trivia, AR</div> <div>11:30 Resident Meeting, AR</div> <div>1:30 Encompass BP Clinic, LB</div> <div>1:45 Bridge Group, CR</div> <div>2:00 Chair Yoga with Michelle, AR</div> <div>3:00 Craft Group, AR</div> <div>7:00 Store Open, CR</div> <div></div>	<div>10</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Large Crossword, AR</div> <div>2:15 Scrabble/Quiddler, DR</div> <div>3:30 Bingo, AR</div> <div></div>	<div>11</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Science Experiment, AR</div> <div>2:00 Protestant Church Service, CH</div> <div>2:00 Cribbage Group, CR</div> <div>4:00 Karaoke Party!, AR</div> <div>7:00 Poker Night, CR</div> <div>7:00 Corn Hole with Tami, AR</div>	<div>12</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Bible History with Father Anthony, CON</div> <div>11:00 Team Trivia 2, AR</div> <div>2:00 Poetry Hour, CR</div> <div>2:30 Knit & Chat with Linda, AR</div> <div>3:00 Catholic Communion, CH</div> <div>4:00 Honky Tonk Women, AR</div>
<div>PALM SUNDAY</div> <div>14</div> <div>*Rides to Church!</div> <div>12:30 Dinner, DR</div> <div>2:00 Movie Matinee, MT</div>	<div>15</div> <div>9:30 Zumba Gold with Ana, FR</div> <div>10:00 Decorative Painting with Bobbi, AR</div> <div>11:00 “Among Friends” Discussion Group, CON</div> <div>2:15 Cooking Group, AR</div> <div>3:30 Bingo, AR</div> <div></div>	<div>16</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Team Trivia, AR</div> <div>1:45 Bridge Group, CR</div> <div>2:00 Yoga for All with Jo Ann, AR</div> <div>3:00 Craft Group, AR</div> <div>7:00 Store Open, CR</div>	<div>17</div> <div>9:30 Morning Exercise, AR</div> <div>10:30 Acrylic Painting with Karen, AR</div> <div>11:00 Long Word Game, ATR</div> <div>12:00 Steve Hershman, DR</div> <div>2:15 Scrabble/Quiddler, DR</div> <div>3:30 Bingo, AR</div>	<div>18</div> <div>9:30 Morning Exercise, AR</div> <div>2:00 Cribbage Group, CR</div> <div>4:00 Karaoke Party!, AR</div> <div>7:00 Poker Night, CR</div> <div>7:00 Corn Hole with Tami, AR</div>	<div>GOOD FRIDAY</div> <div>PASSOVER BEGINS AT SUNSET</div> <div>19</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Bible History with Father Anthony, CON</div> <div>11:00 Team Trivia 2, AR</div> <div>2:00 Poetry Hour, CR</div> <div>2:30 Knit & Chat with Linda, AR</div> <div>3:00 Catholic Communion, CH</div> <div>4:00 Bill Foley, AR</div>	<div>20</div> <div>10:00 Store Open, CR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Bingo, AR</div> <div>7:00 Poker Night, CR</div>
<div>EASTER</div> <div>21</div> <div>*Rides to Church!</div> <div>12:30 Dinner, DR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Easter Egg Hunt</div> <div></div>	<div>22</div> <div>EARTH DAY</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Decorative Painting with Bobbi, AR</div> <div>2:15 Cooking Group, AR</div> <div>3:30 Bingo, AR</div>	<div>23</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Team Trivia, AR</div> <div>1:30 Encompass BP Clinic, LB</div> <div>1:45 Bridge Group, CR</div> <div>3:00 Craft Group, AR</div> <div>7:00 Store Open, CR</div>	<div>24</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Large Crossword, AR</div> <div>2:15 Scrabble/Quiddler, DR</div> <div>3:30 Bingo, AR</div>	<div>25</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Science Experiment, AR</div> <div>2:00 Cribbage Group, CR</div> <div>4:00 Karaoke Party!, AR</div> <div>7:00 Poker Night, CR</div> <div>7:00 Corn Hole with Tami, AR</div>	<div>26</div> <div>9:30 Morning Exercise, AR</div> <div>10:00 Bible History with Father Anthony, CON</div> <div>11:00 Team Trivia 2, AR</div> <div>2:00 Episcopal Service, CH</div> <div>2:00 Poetry Hour, CR</div> <div>2:30 Knit & Chat with Linda, AR</div> <div>3:00 Catholic Communion, CH</div> <div>4:00 Carol Liserre, AR</div>	<div>27</div> <div>10:00 Store Open, CR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Bingo, AR</div> <div>7:00 Poker Night, CR</div>
<div>28</div> <div>*Rides to Church!</div> <div>12:30 Dinner, DR</div> <div>2:00 Movie Matinee, MT</div>	<div>29</div> <div>10:00 Decorative Painting with Bobbi, AR</div> <div>2:15 Cooking Group, AR</div> <div>3:30 Bingo, AR</div>	<div>30</div> <div>9:30 Morning Exercise, AR</div> <div>11:00 Team Trivia, AR</div> <div>1:45 Bridge Group, CR</div> <div>3:00 Craft Group, AR</div> <div>7:00 Store Open, CR</div>				



Mother Nature's Music

Spring is in the air and so are all the beautiful bird songs. The birds have returned from migration to begin nesting and breeding as their food sources begin to blossom. Here are a few bird species seen around New England:

Northern Cardinal: The male northern cardinal is unmistakable in his bright red plumage, pointed crest, and black mask. The female northern cardinal are more soft in colors of pale tan and brown with some rosy accents on the crest, wing, and tail. Both males and females have the same heavy, bright orange bill.

Great Blue Heron: Great blue herons are very tall and lengthy birds, at about four feet, with long legs and meandering necks. Only the pure white great egret comes close to the height and stature among other Massachusetts birds. The "blue" for which the species is named is pale and subdued, and often appears gray or black. Great blue herons have straight, dagger-like bills and adults have thin black plumes swept back behind their heads.

Blue Jay: The Blue Jay is unmistakable with its bright blue body, with a pointed crest, a straight black bill, and a black "chinstrap" marking from its ears down to its chest. From underneath you can see thick white band at the end of the tail and the distinctive way that the blue jay seem to "flare" their wings on the down-beat.



Mature great blue heron



Male and female orioles

Baltimore Orioles: Male orioles have black heads, backs, and wings with bright orange on their chest, belly and tails. Females have a drabber black head and may have pale orange, yellow, or even tan undersides. Both sexes have strong white bars on their dark wings and a sharp pointed bill.

Black-Capped Chickadee: Black-capped chickadees are the official bird of Massachusetts. Small and "fluffy" they often appear large-headed. Their black caps and throats make a stark contrast with their white cheeks, forming a well-known pattern. Chickadees are gray above and white to pale brown down the sides.

North Shore Music Theater

Rodgers and Hammerstein's "Oklahoma!" is coming to the North Shore Music Theater this June! In order to go, we need a minimum of 10 people interested. The group rate for tickets is \$59. The show we are interested in going to is Wednesday, June 12th at 2 p.m. Please see Christa to sign up or with any questions/comments/concerns. All money is due by May 1, 2019.





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.

Have any recipes that involved delicious carrots? Submit them into the Activities Suggestion Jar and maybe you will see your recipe featured in a Monday afternoon Cooking Group.



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

Amount Per Serving	
Calories 200	
Total Fat	17g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	120mg

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.

Try snacking on nuts, whole grains, berries, fruits, veggies and even dark chocolate. All these snacks help lower the bad cholesterol and raise the good. Come see what's cooking at the Food Group on Monday afternoons in the Activities Room.

Colonial Gardens
Gracious Retirement Living

105 Cherry Hill Drive
Beverly, MA 01915



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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