

FAIRVIEW ESTATES

Gracious Retirement Living

132 East Main Street • Hopkinton, MA 01748 • Phone (508) 435-8370 • www.seniorlivinginstyle.com

MAY 2019 FAIRVIEW ESTATES STAFF

Managers..... LIZ & BILL CORBETT
Assistant Managers ANN & GREG ANDRICH
Executive Chef CHARLIE VASQUEZ
Sous Chef NATALI GONZAGA
Activity Coordinator MAUREEN BECKERMAN
Maintenance WALTER JETTE
Bus Driver DEBBIE O'BRIEN

TRANSPORTATION

Monday, 9:30 a.m.-12 p.m.:

Framingham Area Dr. Appts/Errands

Tuesday, 9 a.m.-1:30 p.m.:

Milford Area Doctor Appointments

Wednesday, 9:30 a.m. and 2:15 p.m.:

Outing and Mystery Bus Ride

Thursday, 9 a.m.-1:30 p.m.:

Framingham Area Doctor Appointments

Friday, 9 a.m.-1:30 p.m.:

Milford Area Dr. Appts/Errands

HAWTHORN
SENIOR LIVING

Our Very Own “Senior Prom”

Our Fairview Estates 2019 Prom will be held on Wednesday, June 12th, at 2 p.m. It will include a special dinner, music, dancing, refreshments and a few special surprises. You will receive an invitation shortly. We hope you can make it!



Fun Facts

Submitted by Bobby Halpin

1. We have all seen the movie “The Sound of Music,” but did you know that it was a play first? It starred Mary Martin, and the play had many songs that the movie didn’t have.
2. We were all told that we have ten fingers, but the truth is that we have eight fingers and two thumbs!
3. We all know the song “Eight Days a Week” by the Beatles. I don’t know how the Beatles got eight days a week, when everyone knows that there are seven days in a week!
4. At Christmastime, we all know the poem “The Night Before Christmas.” It says that there are eight reindeer. They don’t say anything about Rudolph. He was leading the sleigh!





Resident Sally Myre

Sally Myre was raised in Michigan. She met her husband, Dick, when she was just 15 years old (she was a freshman, he was a senior).



Dick loved redheads! He spotted her in the hall, and after three dates, he gave her his class ring.

Immediately after completing high school, he left for the Army. Sally and Dick exchanged letters, and got engaged when she was 17, followed by a wedding when she was 18. They moved into Sally's mother's house, and ended up buying a house in Lincoln Park, Michigan, where she stayed home to raise her children. Sally will tell you that she was smitten with her husband. He was a Systems Analyst. He was a hunter, a hockey player in Canada, a paratrooper and a 300 bowler! He also resembled Perry Como!

Sally did a lot of volunteer work at the school and at a soup kitchen. She was chosen to be "Miss Faygo" on the Don McCloud TV show, where she served guest stars.

Before Sally arrived at Fairview Estates, her daughter, Pam, encouraged her to stay with her in Milford. She felt that the Michigan house was too much for her to keep up. That led to a tour of local senior communities. When Sally walked into Fairview, she immediately loved "the hotel!" She found people to be very nice, and she instantly made new friends. Sally has a sunny, upbeat personality. She is always there to help anyone she encounters. We are so fortunate that she is part of our Community.

American Flag Etiquette

The American flag is a powerful symbol that holds great meaning to many Americans.



The American flag represents our freedoms, values and strengths as a country. Because it is such an important symbol, there's specific American flag etiquette that must be followed.

On Memorial Day, the flag should be flown at half-staff until mid-day. It should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day.

When hanging the American flag from a window or draped from the edge of a building, always hang the flag vertically with the field of stars to the left of anyone viewing it.

When displaying a flag on the car, the staff shall be fixed firmly to the chassis or clamped to the right fender.

Always hang the American flag above any other flag on the same pole.

Only display an American flag that is in respectable condition. A torn or tattered flag should not be displayed.

All-weather flags: most flags are all-weather flags (always refer to the packaging). These are permitted to fly during inclement weather, according to the flag code.

The flag may be displayed for 24 hours, if properly illuminated after sunset.

As a sign of respect to our country and our flag, it is proper to place one's hand over their heart during a parade or during a flag raising or lowering ceremony. Servicemen and women should give the military salute.



An Evening with Rod Stewart: Friday, May 3rd, at 7 p.m.



Many Different Types of Mothers

Mother's Day can sometimes bring out many different emotions in people. There are women who have lost their mothers, women who have absent mothers, women who are desperately trying or have tried to have a baby and become a mother themselves, and women who are single mothers having to be a mother and father to their children. The list goes on. We all know women like this or are those very women ourselves. So this year and every year, let's not only celebrate our mothers and the mothers of the world, but let's celebrate the women in our lives who have helped us become the women we are today.

These women are everywhere. Maybe they are your favorite teacher, your aunt, your grandmother, your stepmother, your neighbor or a friend. We all have "mothered" someone and have shown them love and support in their time of need. So, let's thank and celebrate those women in our lives, too. Happy Mother's Day!

Memorial Day

The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition, but the specific origin of Memorial Day, or Decoration Day as it was first known, are unclear.

In early rural America, this duty was usually performed in late summer and was an occasion for family reunions and picnics. After the Civil War, America's need for a secular, patriotic ceremony to honor its military dead became prominent, as monuments to fallen soldiers were erected and dedicated, and ceremonies centering on the decoration of soldiers' graves were held in towns and cities throughout the nation. After World War I, the day expanded to honor those who have died in all American wars.

No less than 25 places have been named in connection with the origin of Memorial Day, and states observed the holiday on different dates. In 1971, Memorial Day became a national holiday by an act of Congress; it is now celebrated on the last Monday in May.

The Poppy, A Symbol of Memorial Day

The wearing of poppies in honor of America's war dead is traditionally done on Memorial Day (not Veterans Day). The origin of the red poppy as a modern-day symbol of this day was actually the idea of an American woman, Miss Moina Michael.

In war-torn battlefields, the red field poppy (*papaver rhoeas*) was one of the first plants to grow. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground is disturbed, as it was by the very brutal fighting during World War I. The practice of wearing poppies was further inspired by the poem "In Flanders Fields," written in 1915 by Canadian soldier John McCrae. He saw the poppies in burials around his artillery position in Belgium. Today, poppies are both the symbol of loss of life and a symbol of recovery and new life, especially in support of those servicemen who were damaged physically or emotionally.

The Difference Between Memorial Day and Veterans Day

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered, Veterans Day is the day set aside to thank and honor all who served, in wartime or peacetime, and whether they died or survived. Veterans Day is always observed officially on November 11th, regardless of the day of the week on which it falls.

Memorial Day is also the unofficial start of summer and picnic fun.



MAY 2019

Birthdays

Susan Allen, 3rd
Ming Yew, 9th
Anne Sheridan, 19th
Jim DeWolfe, 19th
Joan Noddin, 22nd
Mark Devane, 23rd
Don Shaw, 24th
Roberta Schiller, 26th

Anniversary

Franco & Annamaria
DeSantis, 5/22/2003

Locations

Activity Room, AC
Atrium, AT
Back Patio, BP
Dining Room, DR
Library, LI
Lobby, LB
Movie Theater, MT

“Age is not how
old you are,
but how many
years of fun
you’ve had.”
—Matt Maldre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>MAY DAY1</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room 2:00 Balance Class, AC 2:15 Mystery Bus Ride, LB 3:00 Blood Pressure Clinic, AC 3:30 Meet & Greet Social Hour, AC 6:45 Bingo, AC</div>	<div>2</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Bocce, BP 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Beach Ball Volleyball, AC 6:45 Singalong with Claire & Bill, LB</div>	<div>3</div> <div>9:30 Yoga & Meditation, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Walking Group, AT 1:45 Podiatrist Fitness Room 2:00 Featured Movie, MT 3:00 Technology Tutors, AC 7:00 An Evening with Rod Stewart, DR</div>	<div>4</div> <div>9:00 Technology Help, AC 9:30 Exercise DVD, AC 10:30 Bocce, BP 11:00 Wii Bowling 2:00 Featured Movie, MT 3:00 Knitting Club, AC 3:30 Bingo, AC 7:00 Scrabble</div>
<div>5</div> <div>9:30 Exercise DVD, AC 10:00 Christian Service, Chapel 10:00 Bingo, AC 10:30 Walking Group, AT 2:00 Catholic Service Chapel 3:30 Featured Movie, MT 4:00 Gin Rummy, Billiards Room</div>	<div>6</div> <div>9:30 Balance Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:00 Knitting Club, AC 11:30 Outdoor Walking Group, LB 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Bring & Brag, AC 6:45 Bingo, AC</div>	<div>7</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Pretty Things Boutique, AT 11:00 Resident Meeting, AC 2:00 Balloon Art with Dale, AC 3:00 Residents’ Closet Open: 3rd Floor 3:00 Featured Movie, MT 3:00 Name That Tune-’70s, AC 6:45 Bingo, AC</div>	<div>8</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room 2:00 Balance Class, AC 2:15 Mystery Bus Ride, LB 3:00 Blood Pressure Clinic, AC 3:30 Meet & Greet Social Hour, AC 6:45 Bingo, AC</div>	<div>9</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Bocce, BP 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Beach Ball Volleyball, AC 6:45 Singalong with Claire & Bill, LB</div>	<div>10</div> <div>9:30 Yoga & Meditation, AC 10:00 Residents’ Closet Hour: 3rd Floor 11:00 Ladies’ Tea Mother’s Day Celebration, AC 2:00 Featured Movie, MT 3:00 Technology Tutors, AC 6:45 Bingo, AC</div>	<div>11</div> <div>9:00 Technology Help, AC 9:30 Exercise DVD, AC 10:30 Bocce, BP 11:00 Wii Bowling 2:00 Featured Movie, MT 3:00 Knitting Club, AC 3:30 Bingo, AC 7:00 Scrabble</div>
<div>12</div> <div>MOTHER’S DAY 9:30 Exercise DVD, AC 10:00 Christian Service, Chapel 10:00 Bingo, AC 10:30 Walking Group, AT 2:00 Catholic Service Chapel 3:30 Featured Movie, MT 4:00 Gin Rummy, Billiards Room</div>	<div>13</div> <div>9:30 Balance Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:00 Knitting Club, AC 11:30 Outdoor Walking Group, LB 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Bring & Brag, AC 6:45 Bingo, AC</div>	<div>14</div> <div>9:30 Exercise Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:30 Brain Games, AC 3:00 Residents’ Closet Open: 3rd Floor 3:00 Featured Movie, MT 3:00 Name That Tune-’70s, AC 6:45 Bingo, AC</div>	<div>15</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room 2:00 Balance Class, AC 2:15 Mystery Bus Ride, LB 3:00 Blood Pressure Clinic, AC 3:30 Meet & Greet Social Hour, AC 6:45 Bingo, AC</div>	<div>16</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Bocce, BP 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Beach Ball Volleyball, AC 6:45 Singalong with Claire & Bill, LB</div>	<div>17</div> <div>9:30 Yoga & Meditation, AC 9:30 Hearing Clinic, MT 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Walking Group, AT 2:00 Featured Movie, MT 3:00 Technology Tutors, AC 6:45 Bingo, AC</div>	<div>18</div> <div>9:00 Technology Help, AC 9:30 Exercise DVD, AC 10:30 Bocce, BP 11:00 Wii Bowling 2:00 Featured Movie, MT 3:00 Knitting Club, AC 3:30 Bingo, AC 7:00 Scrabble</div>
<div>19</div> <div>9:30 Exercise DVD, AC 10:00 Christian Service, Chapel 10:00 Bingo, AC 10:30 Walking Group, AT 2:00 Catholic Service Chapel 3:30 Featured Movie, MT 4:00 Gin Rummy, Billiards Room</div>	<div>20</div> <div>9:30 Balance Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:00 Knitting Club, AC 11:30 Outdoor Walking Group, LB 2:00 Mahjong, TV Room 3:00 Featured Movie, MT 3:30 Bring & Brag, AC 6:45 Bingo, AC</div>	<div>21</div> <div>9:30 Exercise Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:30 Brain Games, AC 2:00 Featured Movie, MT 3:00 Residents’ Closet Open: 3rd Floor 3:00 Name That Tune-’70s, AC 6:45 Bingo, AC</div>	<div>22</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room 2:00 Balance Class, AC 2:15 Mystery Bus Ride, LB 3:00 Blood Pressure Clinic, AC 3:30 Meet & Greet Social Hour, AC</div>	<div>23</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Bocce, BP 2:00 Mahjong, TV Room 2:00 Featured Movie, MT 3:30 Beach Ball Volleyball, AC 6:45 Singalong with Claire & Bill, LB</div>	<div>24</div> <div>9:30 Yoga & Meditation, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Walking Group, AT 2:00 Featured Movie, MT 3:00 Technology Tutors, AC 6:45 Bingo, AC</div>	<div>25</div> <div>9:00 Technology Help, AC 9:30 Exercise DVD, AC 10:30 Bocce, BP 11:00 Wii Bowling 2:00 Featured Movie, MT 3:00 Knitting Club, AC 3:30 Bingo, AC 7:00 Scrabble</div>
<div>26</div> <div>9:30 Exercise DVD, AC 10:00 Christian Service, Chapel 10:00 Bingo, AC 10:30 Walking Group, AT 2:00 Catholic Service Chapel 3:30 Featured Movie, MT 4:00 Gin Rummy, Billiards Room</div>	<div>27</div> <div>MEMORIAL DAY 9:30 Balance Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:00 Knitting Club, AC 11:30 Outdoor Walking Group, LB 2:00 All-American Music Medley Show, AC 2:00 Mahjong, TV Room 3:00 Featured Movie, MT 3:30 Bring & Brag, AC 6:45 Bingo, AC</div>	<div>28</div> <div>9:30 Exercise Class, AC 10:00 Movie Matinee, MT 10:00 Residents’ Closet Hour: 3rd Floor 11:30 Brain Games, AC 2:00 Featured Movie, MT 3:00 Residents’ Closet Open: 3rd Floor 3:00 Name That Tune-’70s, AC 6:45 Bingo, AC</div>	<div>29</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:00 Outing, LB 2:00 Featured Movie, MT 2:00 Mahjong, TV Room 2:00 Balance Class, AC 2:15 Mystery Bus Ride, LB 3:00 Blood Pressure Clinic, AC 3:30 Meet & Greet Social Hour, AC 6:45 Bingo, AC</div>	<div>30</div> <div>9:30 Exercise Class, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Bocce, BP 2:00 Mahjong, TV Room 2:00 Fairview Broadway Show, DR 3:30 Beach Ball Volleyball, AC 6:45 Singalong with Claire & Bill, LB</div>	<div>31</div> <div>9:30 Yoga & Meditation, AC 10:00 Residents’ Closet Hour: 3rd Floor 10:30 Walking Group, AT 2:00 Featured Movie, MT 3:00 Technology Tutors, AC 6:45 Bingo, AC</div>	



Our Resident Artist: Fred Parsons

Since I have just started showing some of my photographs outside the Activity Room, Maureen and others have asked about my photo background. Back in the late '50s, I was stationed at the Army Pictorial Center in Long Island City, New York. Several excellent photographers were there to share their experience. Many years later, digital photography came into existence, which was a great step to advance away from the darkroom. I had a wonderful mentor in Arizona, who really taught me landscape photography and digital imaging. About 15 years ago, I was juried into the League of New Hampshire Craftsmen. I have been in five of their galleries around the state and participated in their annual fair in August that attracts about 30,000 visitors each year. I have had modest sales through these venues, but am now giving that up since moving here to Fairview. While I am showing some of my work here just for fun, one resident has bought an image of mine already. If you have access to the internet, I have a website with over 200 images. My web address is www.parsonsprints.com. Do not hesitate to contact me with "how to" photographic questions at any time.



Another Talented Resident: Nan Parsons

Nan Parsons has been oil painting for several years. For eight years, she took lessons two to three days a week from a great teacher in Sedona, Arizona, in the winter time. Now she would like to switch to learning acrylics, which are much more environmentally safe. Sometimes she uses one of her husband's photographs for subject matter.





Our Residents Share “The Best Advice Your Mother Gave You”

- Always look for the good in people.
- Aim high.
- Save money.
- Don't chew with your mouth open.
- Wash your hands before eating.
- Don't talk to strangers.
- Eat all your breakfast.
- Don't act like your sister.
- Watch the sunset.
- Be faithful to your friends.
- Finish college.
- Say “please” and “thank you.”
- Be polite.
- Help others.
- Look before you cross the street.
- Tell the truth.
- When you eat a banana, make sure you peel it first.
- Make sure to have clean underwear, in case you get in an accident.
- Always respect your elders.
- You should know better ... you're the oldest!
- Don't wear your heart on your sleeve.
- Old age isn't for sissies.
- It's just as easy to love a rich man as a poor one.
- Mind your manners.
- Be kind to others.
- Clean your room!
- Be home before midnight.
- Respect your elders.
- Say your prayers every night.
- Find a nice girl.
- Mind your own business.
- Be patient, be tolerant, live your life in delight.
- Behave yourself.
- Be home on time!
- Marry a rich man!
- Choose your friends carefully.
- When you are the hammer, strike. When you are the anvil, bear.
- Treat others the way that you would like to be treated.
- Try to be the bigger person.
- Help people that are less fortunate than you.
- Count your blessings.



Photo Gallery



Barbara, Stan and Valeria

FAIRVIEW ESTATES
Gracious Retirement Living

132 East Main Street
Hopkinton, MA 01748



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.

FAIRVIEW ESTATES
Gracious Retirement Living

508-435-8370