

Southern Pines

GRACIOUS RETIREMENT LIVING

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

JUNE 2019

SOUTHERN PINES STAFF

Managers..... DENNIS & PAT FITZGERALD
Assistant Managers ... STEVE & PENNY KANE
Executive Chef ALEXANDER MIKOS
Activity Coordinator GLORIA MEGYAS
Maintenance ALEX HEALY
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

Getting Crafty

Craft time isn't just about making a fun project. It helps reduce stress, improves mood, promotes self-expression and increases socialization. But, then again, there is the reward of making a fun project you get to take home!

We have a new project every other Monday at 3 p.m., so please check your calendar and join us!



Carolyn puts the finishing touches on her project.



Volunteers Jackie and Susan help resident crafters.



Dee decides on a blue and yellow color scheme.



Welcome Home

Home sweet home,
Where the laughter and good
times are;
Home sweet home,
Is the safest place to be;
Home sweet home,
Is a place of rest and comfort.
Welcome home, John Ferguson.



John was born in Sanford, North Carolina. His career as an industrial engineer took him to Alaska to work on the pipeline!

How Does Your Garden Grow?

Several residents decided to test their hands at gardening this year and they all have very green thumbs! There's a variety of vegetables, flowers, and herbs growing in our backyard. Take a stroll around the grounds to see the flowering and very fragrant shrubs, blooming roses, and colorful foliage. Now that the pollen is under control, a walk around the building in the warm sunshine may just be what the doctor ordered!

These photos are just the beginning of what the garden will look like in the upcoming weeks.



Bill tends to his growing tomato plants.



The weather is warm and the ground is ready!



Rain and sunshine make our gardens grow!

Culinary Education Series

Honey: a sweet, sticky yellowish-brown fluid made by bees and other insects from nectar collected from flowers.

Honey is our topic of discussion this month and we'll learn many facts about this sweet treat and sample different varieties. We'll even use it in a few recipes like Honey Strawberry Lemonade!

Here's a few fun facts about bees and honey.

1. Honeybees must gather nectar from two million flowers to make one pound of honey.
2. Honeybees communicate with one another by dancing.
3. Honey never spoils.
4. The darker the honey, the greater amount of antioxidant properties it has.
5. Honey is the only food that contains all the substances necessary to sustain life, including water.



Bees have a sour sting but make sweet honey!



Honoring the Bambino

It was a home run when we celebrated Babe Ruth Day! "Take Me Out to the Ball Game" played while we decorated cupcakes to look like baseballs. Thank you resident Nancy, for baking those delicious cupcakes.

We learned a lot about the famous baseball player with trivia and although the candy wasn't named after him, we snacked on Baby Ruth candy bars. We also tried our pitching arm to an inflatable catcher, which proved to be lots of fun!



Watch out Nadene, Tom has a mean swing!



Jack decorates his "baseball."



Richard, Sue and William enjoy Baby Ruth snacks.



Larry, you never stand behind the catcher!



Yummy!

Two Special Days

Flag Day commemorates the adoption of the flag of the United States in June 1777. Father's Day celebrates fatherhood, paternal bonds, and the influence of fathers in society.

This year, we will celebrate both days on June 13th with a flag painting project. The Eagle Scouts will join our resident men in painting a flag using a wooden pallet. Just wear your old clothes!

Afterwards, veterans Ray White and Michael Gast will demonstrate proper flag folding and will explain what each fold symbolizes. Then we'll have fun with Patriotic Bingo. Mark your calendars!



Veteran Eli helps us celebrate Flag Day.

JUNE 2019

Birthdays

Sue Davis, 2nd
Marian Andersen, 3rd
Robey Howard, 3rd
Kin Suggs, 4th
Jay Medlin, 6th
Roz Porter, 10th
Ralph Johnson, 12th
Kaylia Balser, 15th (Employee)
Geri Bagwell, 19th
Betty McCoy, 21st
Juan Fabiani, 24th
Pete Feeney, 28th

Anniversaries

Bill & Jean Pomplun,
6/18/1971
Bill and Grace Reinbott,
6/29/1957

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC</div>
<div>2</div> <div>11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</div> <div></div>	<div>3</div> <div>8:00 Bus Trip: Little River Outing 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 New! Billiards Time, BL 3:00 Crafts with Jackie & Susan, AC 4:00 Wii Bowling, AC</div> <div></div>	<div>4</div> <div>8:45 Beltone Hearing Aid Checks, A 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bible Study with David, CH 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC</div> <div></div>	<div>5</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 11:30 Residents' Meeting with Managers, AC 2:00 Kalawi Farm & Ben's Ice Cream 2:00 New! Billiards Time, BL 3:00 Memory Enhancement, TV</div>	<div>6</div> <div>9:30 Yoga Stretch, AC 10:00 Coffee Talk, AC 10:45 What Is the Bible? Study with Rev. Sue, CH 3:30 Game Time, AC</div> <div></div>	<div>7</div> <div>10:15 Tai Chi with Lee, AC 3:30 Walker Checks, A 4:00 Social Hour with Health Innovations, AC 7:00 Movie Night, TH</div>	<div>8</div> <div>10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 2:00 Poker, BL 2:00 1940s USO Prom, AC 7:00 \$2 Bingo, AC</div>
<div>9</div> <div>11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</div>	<div>10</div> <div>9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 New! Billiards Time, BL 4:00 Golf Capital Quartet, A 7:00 Bunco, LIB</div> <div></div>	<div>11</div> <div>10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bible Study with David, CH 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC</div>	<div>12</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 New! Billiards Time, BL 3:00 Memory Enhancement, TV</div> <div></div>	<div>13</div> <div>9:30 Yoga Stretch, AC 10:00 Father's Day Project: Paint a Pallet Flag, AC 10:45 What Is the Bible? Study with Rev. Sue, CH 11:30 Folding of the Flag with Ray White, AC 3:00 Bingo with Carol, AC</div>	<div>14</div> <div>FLAG DAY 10:15 Tai Chi with Lee, AC 2:30 Dairy Queen Run! 7:00 Movie Night, TH</div>	<div>15</div> <div>10:30 Chair Volleyball, A 2:00 Poker, BL 2:00 Entertainment: Dominic on the Accordion, A 7:00 \$2 Bingo, AC</div> <div></div>
<div>16</div> <div>FATHER'S DAY 11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</div>	<div>17</div> <div>9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 New! Billiards Time, BL 3:00 Singalong with Marc, A 4:00 Wii Bowling, AC</div>	<div>18</div> <div>11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bible Study with David, CH 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC</div> <div></div>	<div>19</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 New! Billiards Time, BL 2:00 June Brides, AC 3:00 Memory Enhancement, TV</div> <div></div>	<div>20</div> <div>9:30 Yoga Stretch, AC 10:45 What Is the Bible? Study with Rev. Sue, CH 3:00 Bingo with Ellen, AC</div>	<div>21</div> <div>SUMMER BEGINS 10:15 Tai Chi with Lee, AC 4:00 Social Hour with Affordable Care, AC 7:00 Movie Night, TH</div> <div></div>	<div>22</div> <div>10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC</div>
<div>23</div> <div>11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</div>	<div>24</div> <div>9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/ Affordable Care, AC 2:00 New! Billiards Time, BL 3:00 Crafts with Jackie & Susan, AC 4:00 Wii Bowling, AC</div> <div></div>	<div>25</div> <div>10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 2:00 Bible Study with David, CH 3:00 Health Innovations Presentation, AC 4:00 Wii Bowling, AC 7:00 Lucky Bucks Bingo, AC</div>	<div>26</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 New! Billiards Time, BL 3:00 Memory Enhancement, TV</div>	<div>27</div> <div>9:30 Yoga Stretch, AC 10:30 Coffee Talk, AC 10:45 What Is the Bible? Study with Rev. Sue, CH 3:30 Game Time, AC</div>	<div>28</div> <div>9:15 Bus Trip: Airborne & Special Ops Museum 10:15 Tai Chi with Lee, AC 4:00 Social Hour with Beltone, AC 7:00 Movie Night, TH</div> <div></div>	<div>29</div> <div>10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC</div> <div></div>
<div>30</div> <div>11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</div>						



Easter Egg Hunt

Excitement and laughter filled the air when 40 (yes, 40!) kids from the Boys and Girls Club came to find candy treats during our annual Easter Egg Hunt. This is a fun event for the kids and our residents alike!



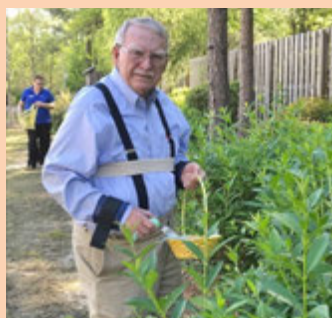
The Boys and Girls Club marched in for the hunt.



Erica looks on as the kids draw on the sidewalk.



Judy hides a basket full of candy eggs.



"No peeking!" said Ron.



Looking for treats!

Mother's Day Tea

Mothers are special people and we love to honor them each year with a Mother's Day Tea. A special tea social is the perfect time to dress up and wear a fun hat. This year, prior to our Tea, we made a hat called a fascinator. A fascinator is a decorative headpiece that is all the rage in London. So, since we love to be fashionable, we made our own fascinators. Just take a look at them, aren't they fascinating?

Dressed up from head to toe, this year's Tea was attended by 65 residents and guests. Finger sandwiches, mini cupcakes and pastries were enjoyed by all.

Thank you to Carol Brunning and her staff from Boles After Care, along with the Legacy Healthcare Services staff (Natalie, Cassie and Jeannine), for your help in making our 2019 Mother's Day Tea a success!



Jean looks stunning!



Nadene and daughter



Everyone is having a grand time!



Our beautiful Servers Jeannine, Cassie and Natalie



Cinco de Mayo

Cinco de Mayo is an annual celebration held in May. The date is observed to commemorate the Mexican Army's difficult victory over the French Empire at the Battle of Puebla. Cinco de Mayo is celebrated more in the United States by Mexicans and Americans alike than it is in Mexico. Of course, we'll take any reason to have a party!

We enjoyed layered dip, chips, Mexican cookies and mock margaritas while learning about Cinco de Mayo with trivia. Boy, was it tough, but next year we'll know all the answers about this celebration.

The highlight was breaking the piñata. Swing after swing, the piñata stayed strong. Even after it fell to the floor, it didn't break open but we persevered till we found candy!



Joyce and Carolyn strike a pose.



Jack and Judy, playing and dancing



Nancy is having fun celebrating Cinco de Mayo.



Nancy tries hard to knock it down.



Richard was the best at trivia!



Marion takes a whack even when the piñata falls!



What a feast!

Senior Prom Time!

It's time for our annual Senior Prom! Did you attend your high school prom? If you did, you can relive those memories again. If you missed your prom, here's your chance to make it happen! This year, our prom theme is 1940s USO. The prom will be held in the activity center and our special guests will be Carolina Dance Works staff. So, pull out those dancing shoes and get your outfits ready. Dress up or not, we want you at this special prom!

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Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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