

COTTONWOOD — ESTATES — Gracious Retirement Living

255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • www.seniorlivinginstyle.com

JULY 2019

COTTONWOOD ESTATES STAFF

Managers.....JIM & LAURIE KUCKUCK

Assistant ManagersGEORGE & JOYCE
BENDALL

Executive Chef.....JONATHAN ELAM

Marketing.....MATTHEW SIPERA

MaintenanceMARK SIMMS

TransportationTHOMAS BABER

TRANSPORTATION

Monday, 9:30 a.m. and 2 p.m.:

Windward Pkwy Shopping

Tuesday, 9 a.m.-2 p.m.: Doctor Appointments

Wednesday, TBD: Outing

Thursday, 9 a.m.-2 p.m.: Doctor Appointments

Friday, 9:30 a.m.: Northpoint Pkwy Shopping

HAWTHORN
SENIOR LIVING

Cottonwood Ladies Enjoy Tea

On Friday, May 17th, ladies at Cottonwood Estates were treated to a Tea Party by Adopt A Mom and Pop's Ulmaria Willams. She brought salmon and cucumber sandwiches, a tea sampler box, scones and cookies. While the ladies dined on the wonderful food, they listened to Ulmaria's life story and jokes. They discussed the importance of staying active as they age, and a wonderful time was had by all!



Everyone is busy chit chatting!



We greatly appreciate our ladies!

Cottonwood Is Pure Magic!

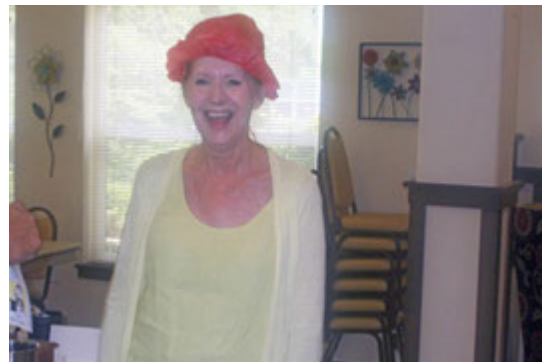
On May 20th, Cottonwood enjoyed a magic show by magician Dennis Aloia. Mr. Aloia delighted the audience with tricks and jokes.



Joyce is all eyes and ears.



Carolyn wearing the hat Mr. Aloia made.



Joyce wearing the same hat.



Margot is ready for the show to begin!

Looking on the Bright Side!

Residents often try new and adventurous crafts. One of the most recent crafting adventures was making kaleidoscopes. Residents used paper towel tubes, plastic wrap, glitter and a rubber band to create it. It took some trial and error, but after a few tries, the kaleidoscopes were completed. If you ever want to try a craft that's on the calendar, sign up in the Activities Center. If you have a suggestion, please see Ivy in the Activities Center.



Carolyn, Ruth and Mary Francis looking through their kaleidoscopes.



Lilly looking through her kaleidoscope.

Mother's Day



Cottonwood Celebrates Memorial Day

On May 27th, Cottonwood celebrated Memorial Day. Residents wore red, white and blue to lunch. The culinary team prepared a delicious barbecue meal with ribs. Later in the afternoon following lunch, residents participated in a singalong. Cottonwood resident Reba Shackelford, who is a retired music instructor, led the singalong. Residents sang songs such as "This Land is Your Land," "God Bless America" and "God Bless the USA." At 3 p.m., taps were played over the intercom to remember those who had died serving in the Armed Forces.



Jeanne in red, white and blue!



Pat is ready for Memorial Day.



Residents at the singalong

JULY 2019

Birthdays

Lois McNinch, 9th
Bonnie Shellebarger, 14th

Locations

Activity Center, AC
Atrium, AT
Billiards Room, BR
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Firepit, FP
Front Lobby, Lobby
Library, L
Movie Theater, MT
TV Room, TV

“Every day is
a great day
to give love,
spread joy and
sparkle!”

—Sheri Fink

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|---|
|  | 9:30 Alpharetta Adult Activity Center, Lobby 1 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Arts and Crafts, AC 3:00 Four Aces Poker Club, DR 4:00 Prince of Wales Tea Party, DR 7:00 Bingo, AC | 10:00 Pilates/Yoga, AC 2 11:00 Garden Club 11:30 St. Aidan’s Communion, CH 1:45 Bridge Club, BR 3:00 Cooking in the Kitchen, AC 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC | 9:00 Cottonwood Walkers, Lobby 3 10:30 Brain Busters, AC 12:25 Trivia, DR 3:00 Reciprocal Reminiscing, AC 4:00 Book Club, L 7:00 Kings Corner, DR 7:00 Cottonwood Classic Movies, MT | INDEPENDENCE DAY 4 10:00 Chair Aerobics, AC 10:30 Bible Study, CH 12:30 Celebration 4th of July BBQ, DR 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR | 9:30 North Point Pkwy. Shopping, Lobby 5 10:00 Tai Chi, AC 10:30 The Greatest Showman, MT 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Cottonwood Classic Movies, MT 7:00 Bingo, AC | 10:30 Donuts in the Round, AC 6 11:00 Gardening 2:00 Afternoon Matinee, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP |
| Sunday Puzzle Available, AC 7 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR 7:00 Cottonwood Classic Movies, MT | 8 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 Arts and Crafts, AC 2:00 <i>Ambassadors Assembly, CH</i> 3:00 Four Aces Poker Club, DR 4:00 Coca Cola Social!, AC 7:00 Bingo, AC | 9 10:00 Pilates/Yoga, AC 11:00 Garden Club 11:30 St. Aidan’s Talk, L 1:45 Bridge Club, BR 2:00 Electronic Trivia, TV 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC  | 10 9:00 Cottonwood Walkers, Lobby 9:30 Outing: Gardeners to Peter Langham’s, Lobby 10:30 Brain Busters, AC 12:25 Trivia, DR 2:00 The Friendship Game, AC 3:00 Reciprocal Reminiscing, AC 7:00 Kings Corner, DR 7:00 Cottonwood Classic Movies, MT | 11 10:00 Chair Aerobics, AC 10:30 Bible Study, CH 10:30 Chef’s Showcase, AC 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR | 12 9:30 North Point Pkwy. Shopping, Lobby 10:00 Tai Chi, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 2:00 Name That Tune, AC 4:00 Happy Hour, AC 7:00 Cottonwood Classic Movies, MT 7:00 Bingo, AC | 13 10:30 Donuts in the Round, AC 11:00 Gardening 2:00 Afternoon Matinee, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP |
| Sunday Puzzle Available, AC 14 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR 7:00 Cottonwood Classic Movies, MT  | 15 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Arts and Crafts, AC 3:00 Four Aces Poker Club, DR 7:00 Bingo, AC | 16 10:00 Pilates/Yoga, AC 11:00 Garden Club 11:30 St. Aidan’s Communion, CH 1:45 Bridge Club, BR 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC | 17 9:00 Cottonwood Walkers, Lobby 10:30 Brain Busters, AC 12:25 Trivia, DR 2:00 Christmas in July Party, AC 3:00 Reciprocal Reminiscing, AC 4:00 Book Club, L 7:00 Kings Corner, DR 7:00 Cottonwood Classic Movies, MT | 18 10:00 Chair Aerobics, AC 10:30 Bible Study, CH 10:30 Chef/Resident Meeting, AC 2:00 Wonder Woman, MT 2:00 Blood Pressure Check, AC 2:00 Mahjong, BR 3:00 Debra Lieb, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR | 19 9:30 North Point Pkwy. Shopping, Lobby 10:00 Tai Chi, AC 11:00 Beading Class, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 2:00 Lion King, MT 4:00 Happy Hour, AC 7:00 Cottonwood Classic Movies, MT 7:00 Bingo, AC | 20 Have a Lollipop 10:30 Donuts in the Round, AC 11:00 Gardening 2:00 Afternoon Matinee, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP |
| Sunday Puzzle Available, AC 21 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR 7:00 Cottonwood Classic Movies, MT | 22 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Arts and Crafts, AC 3:00 Four Aces Poker Club, DR 4:00 Blue Monday Word Game, AC 7:00 Bingo, AC | 23 10:00 Pilates/Yoga, AC 11:00 Garden Club 11:30 St. Aidan’s Talk, L 12:20 Ice Cream Cone Trivia, DR 1:45 Bridge Club, BR 2:00 Electronic Trivia, TV 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC | 24 9:00 Cottonwood Walkers, Lobby 10:00 Jim Howe: Tour of Atlanta Architecture, Lobby 10:30 Brain Busters, AC 12:25 Trivia, DR 3:00 Reciprocal Reminiscing, AC 7:00 Kings Corner, DR 7:00 Cottonwood Classic Movies, MT | 25 10:00 Chair Aerobics, AC 10:30 Bible Study, CH 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 3:00 Horse Racing, AC 4:00 Art Relaxation, DR 6:00 <i>Thursday Night Roswell Antiques, Lobby</i> 7:00 Euchre, BR | 26 9:30 North Point Pkwy. Shopping, Lobby 10:00 Tai Chi, AC 11:15 Bible Sharing, AC 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Cottonwood Classic Movies, MT 7:00 Bingo, AC | 27 8:00 Cottonwood Yard Sale 10:30 Donuts in the Round, AC 11:00 Gardening 2:00 Afternoon Matinee, MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP |
| Sunday Puzzle Available, AC 28 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 3:00 Klondikes with the Kuckucks, DR 7:00 Cottonwood Classic Movies, MT | 29 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Balance and Strengthening, AC 10:30 Knitting & Crocheting, DR 2:00 Creative Creations: Painted Rocks, AC 2:00 <i>Ambassadors Assembly, CH</i> 3:00 Four Aces Poker Club, DR 7:00 Bingo, AC | 30 10:00 Pilates/Yoga, AC 11:00 Garden Club 1:45 Bridge Club, BR 3:30 Rummikub, DR 4:00 Dominoes, TV 7:00 Bingo, AC | 31 9:00 Cottonwood Walkers, Lobby 10:30 Brain Busters, AC 12:25 Trivia, DR 2:00 Resident/Management Mtg., AC 3:00 Reciprocal Reminiscing, AC 7:00 Kings Corner, DR 7:00 Cottonwood Classic Movies, MT |  | | |

Saluting the Home Front

The day after Memorial Day, Cottonwood celebrated those who served on the home front and whose loved ones have since passed away. Embrace Hospice provided the flag pins and the flowers. Each resident had to turn in a sheet with their name, family member's branch of service, length of service and relation to the resident. About 40 residents were honored at this service.



Geri was honored for her husband's service.



Faye with her flag pin and flowers



Sue was honored for her son's and husband's service.



Grace was honored for her brother who died while serving in Korea.

High in the Sky!

On May 15th, Cottonwood Estates joined Ashwood Meadows for a stunning performance at the Sky Gym in Sandy Springs. The gym offers classes in the aerial arts, and the performance was done by current students. Each student had their own selection of music and performed for a few minutes. Residents and staff alike were amazed by the feats achieved. If you would like to go to the Sky Gym, please see Ivy in the Activities Center.



Cottonwood and Ashwood Meadows at the Sky Gym



First Steps on the Moon

Fifty years ago on July 20, 1969, half a billion people around the globe watched one of the most significant events of the 20th century: Man walked on the moon.

NASA's Apollo space program was the answer to President John F. Kennedy's 1961 proposal that the U.S. aspire to land a man on the moon by the end of the decade. Scientists and engineers dedicated years of work to make that dream a reality.

With astronauts Neil Armstrong, Buzz Aldrin and Michael Collins aboard, Apollo 11 launched July 16, 1969, from Florida's Kennedy Space Center. Four days later, the lunar module Eagle, with Armstrong and Aldrin aboard, touched down on the moon's surface. Back on Earth, the Mission Control team in Houston cheered as Armstrong radioed the message, "The Eagle has landed."

Six hours later, Armstrong climbed down the module's ladder, stepped onto the moon and famously declared, "That's one small step for a man, one giant leap for mankind." A camera attached to the Eagle broadcast the event, and an estimated 530 million viewers watched the historic moment live.

Pitching Horseshoes

For many, the leisurely clank of horseshoes striking a steel stake is a familiar sound at picnics and backyard barbecues.

Today's lawn sport of horseshoes likely evolved from the ancient pastime of quoits, in which metal rings were tossed onto a peg. Historians say Greeks and Romans adapted the game by throwing discarded horseshoes onto stakes. European settlers later brought the activity to North America. For centuries, people played with cast-off horseshoes of various sizes, but in the early 1900s, standardized pitching shoes came on the market.

The basic concept of the game is simple. Players pitch horseshoes at a stake in the ground several feet away. The goal is to score a "ringer" by encircling the stake with the shoe, which earns three points. Landing the shoe within 6 inches scores one point. While official tournaments pitch to a total of 40 points, for those playing for fun, it's usually 21 points, or any predetermined number.

Friendly and healthy competition, horseshoes is easily modified for people of all ages, abilities and skill levels. Players get a light workout and practice hand-eye coordination as well as enjoy socializing.

It's estimated that 15 million people in North America play horseshoes for fun and in organized leagues and tournaments.

Icy Treats to Beat the Heat

Savoring an icy treat is a perfect way to cool off on a hot day. Tempt your taste buds with these frozen favorites:

Snow cone — Coarsely crushed ice gives snow cones their crunchy texture, and fruity syrup drizzled on top lends sweetness and eye-popping color. The treat is usually served in a cone-shaped paper cup and eaten like an ice cream cone or with a spoon. Snow cones became an instant hit when they debuted at the Texas state fair in 1919, and today they are commonly served at fairs, carnivals and ballparks.

Shaved ice — Blocks of ice are shaved into fine pieces to create a powdery, fluffy mixture with a consistency similar to snow. A hefty amount of flavored syrup is poured on top and blends throughout the soft ice. Shaved ice is typically served in a cup with a spoon and goes by many names, including Hawaiian shaved ice, shave ice and snowballs.

Italian ice — This frozen novelty is made much like ice cream, with the flavoring mixed in as the ice is made rather than poured on top of it. The result is a soft, dense dessert similar to sorbet. Italian ice is called water ice in some regions.

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Alpharetta, GA 30009



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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