

# ASHTON GARDENS

## Gracious Retirement Living

830 Ocean Avenue • Portland, Maine 04103 • Phone (207) 541-3999 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### AUGUST 2019

#### ASHTON GARDENS STAFF

Managers.....BRUCE & VIVIAN CUMMINGS  
Assistant Managers...MICHAEL & ANGELA SANSONE  
Executive Chef.....MIKE JACOVINO  
Activity Coordinator .....JANET TAYLOR  
Maintenance Coordinator.....JEFF PETERS  
Transportation .....BLAINE REYNOLDS

#### TRANSPORTATION

**Monday, 9 a.m. to 4:30 p.m.:**

Errands In Falmouth Shopping  
Center and Lap Swim

**Tuesday, 9 a.m. to 2:30 p.m.:**

Medical Appointments — Portland and Falmouth

**Thursday, 9 a.m. to 2:30 p.m.:**

Medical Appointments — Portland,  
South Portland and Scarborough

**Friday, 8:45 a.m.-4 p.m.:**

Lap Swim/NG Farmers' MKT, Errands At  
Northgate Shopping Ctr. /Ice Cream Rides

**HAWTHORN**  
SENIOR LIVING

### Dog Days of August

Since the dog days of August are around the corner, let's meet Ashton Gardens' four-legged friends who live here. Introducing Lizzie, Rambler, Olivia and Gracie. We welcome each one to Ashton Gardens.



*Lizzie*



*Rambler*



*Gracie*



*Olivia*





## Elvis Made it Back to Portland

Elvis reunited with Ashton Gardens on Friday, June 21st. The Dining Room was packed solid with residents and families, too. It was never a dull moment as some of us swooned over him, some received a scarf and shook their hips with him. All in all, it was a wonderful evening full of surprises. Take a glance at the photos!



*His grand entrance ...*



*Evening waitstaff with Chef Chris serving up ice cream treats.*



*Treasured friends*



*Sara enjoying her ice cream and Elvis' company.*



*Elvis got up close and personal with Scott.*



*Camera shy Duncan*



*Perry, Tony, Joyce and Rick Dyer*



*Don with his grandchildren and son.*



*Valerie being charmed by Elvis.*



*Carol and Elvis in the spotlight.*



*Sweet Caroline ...*



*Dot, enthralled with Elvis.*





## Variety of Summer Fun

Our first ice cream ride went out to Mainely Custard in Freeport, Maine. It is along Route 1 in Freeport. They all seemed to enjoy the ride out to Mainely Custard, remarking on the beautiful coast of Maine.

Pat was staying cool indoors and finding a good book to read in the Library on the Second Floor. Many donated books have found a good home in our Library. We are currently looking for more volunteers to assist Sara Porter categorizing the Library. If you're looking to volunteer, see Janet.

The Girl Scouts (GS Troop 1756) came by in June to help plant our seedlings and surviving sprouts. The Girl Scouts came with some cosmos, eggplant and daisies. We ended the school year on a good note, out back in the raised gardens planting our vegetables and flowers. Thank you to Troop 1756, the residents of Ashton Gardens and families who helped start our first raised garden.

A big "thank you" to Peg and Joe Cuddy for the authentic "Italian Sunday dinner" they cooked for us in the Resident Kitchen. We had Italian sausage and meatballs, served with spaghetti and garlic bread. Many residents smelled the garlic in the air and followed their noses to the Resident Kitchen. It was deliciouso!



*The nine raised garden beds out back are flourishing.*



*Lois, Mary, Marie and Mary are off for an ice cream.*



*Joe and Peg — Italian Sunday Dinner*



*GS Troop 1756 and AG residents*





AUGUST 2019

Birthdays






Laurette Gallagher, 7th  
Louise Yerxa, 8th  
Judie Graffam, 22nd  
Charlotte Shible, 23rd  
Lillian Petrie, 25th  
Abbie Greenwood, 25th  
Dorothy "Dot" Tibbals, 30th

Locations

Activity Room, AR  
Atrium, ATM  
Back Patio, BP  
Billiards Room, BR  
Bistro, Bistro  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Dining Room Fireplace, DRFP  
Exercise Room, ER  
Fireplace DR, FPDR  
Front Lobby, Lobby  
Library, LBY  
Massage Therapy, Rm 201  
Movie Theater, MT  
Outing, OUT  
Piano/Lobby, PL  
Private Dining Room, PDR  
To Be Determined, TBD  
TV Room, TV

Community Wellness

**Kindred at Home**  
Tina Pedersen, Home Health Specialist  
**Office:** 207-772-0954  
**Mobile:** 207-894-4642  
**Individual Care of Maine**  
Jennifer Rudin  
**Office:** 207-613-9004  
Call to make arrangements.  
Located on the 4th floor, Room 451  
  
**Hair by Melissa**  
**Phone:** 207-844-9037  
Tuesday, Wednesday and Thursday, 9 a.m.- 3 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Exercise with Janet, AR <sup>1</sup> 10:00 Walking Club, Lobby 10:30 <i>Mexican Train Dominos, TV</i>  2:00 Afternoon Matinee, MT <b>2:15 Hydration with Tina From Kindred, AR</b>  3:15 <i>Crossword Puzzles, AR</i> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT	<b>8:45 Mass at St. Pius, OUT</b> <sup>2</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Lap Swim/NG Farmers' Mkt, OUT  2:00 Afternoon Matinee, MT <b>2:00 Errands at Northgate Shopping Center, OUT</b>  <b>2:15 Parlor Games, AR</b> 3:45 <i>Moxie Floats, Bistro</i> 7:00 Evening @ the Movies, MT	10:00 Walking Club, Lobby <sup>3</sup> 11:00 Bingo, AR 2:00 Afternoon Symphony Concert at Ashton Gardens, MT  2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 Games/Billiards, TV 7:00 Evening @ the Movies, MT
10:00 Walking Club, Lobby <sup>4</sup>  2:00 Afternoon Matinee, MT  2:00 <i>Wii Sports/Ping Pong, AR</i>  3:00 <i>Games/Billiards, TV</i> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>5</sup> 10:00 Walking Club, Lobby 10:30 Cribbage/Cards, TV 10:45 Errands @ Falm. Shop Ctr, Lap Swim & Library visit, OUT 1:30 <i>Mah Jongg, DR</i> <b>2:00 Bean Bag Baseball, AR</b> 2:00 Afternoon Matinee, MT <b>3:30 Juice/Hydratation Bar, Bistro</b> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>6</sup> <b>9:30 Foot Massages by Robyn, TBD</b> 10:00 Walking Club, Lobby 10:30 <i>Bridge, TV</i> <b>11:00 Guided Relaxation, MT</b> 2:00 Afternoon Matinee, MT <b>3:00 Chair Yoga with Jessica, ER</b> 3:00 <i>Baking with Janet, Bistro</i> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT	8:45 <i>Trader Joe's, OUT</i> <sup>7</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 10:30 Scrabble/Games, TV <b>11:00 Lunch Outing to OOB Surf 6, OUT</b> <b>11:00 Catholic Communion, CH</b> 2:00 Afternoon Matinee, MT 2:15 <i>Pokeno, AR</i> 3:00 <i>Ice Cream Rides, OUT</i> <b>3:45 Happy Hour-Lemonade, Bistro</b> 7:00 Evening @ the Movies, MT 	9:30 Exercise with Janet, AR <sup>8</sup> 10:00 Walking Club, Lobby 10:30 <i>Mexican Train Dominos, TV</i> 2:00 Afternoon Matinee, MT 2:15 Ping Pong Toss, AR 3:15 <i>Crossword Puzzles, AR</i> 4:00 <i>Bingo, AR</i> <b>5:30 Candlelight Dinner with Bess Jacques on Piano, DR</b> 7:00 Evening @ the Movies, MT 	<b>8:45 Mass at St. Pius, OUT</b> <sup>9</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby <b>10:30 Book Club, LBY</b> 11:00 Lap Swim/NG Farmers' Mkt, OUT  <b>11:00 Dance Meditation, AR</b> 2:00 Afternoon Matinee, MT <b>2:00 Errands at Northgate Shopping Center, OUT</b> <b>2:15 Parlor Games, AR</b> 3:45 <i>Moxie Floats, Bistro</i> 7:00 Evening @ the Movies, MT	10:00 Walking Club, Lobby <sup>10</sup> <b>10:00 Donut Social, AR</b> 11:00 Bingo, AR 2:00 Afternoon Symphony Concert at Ashton Gardens, MT  2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 Games/Billiards, TV 7:00 Evening @ the Movies, MT
10:00 Walking Club, Lobby <sup>11</sup> 10:30 July Crafts, AR <b>1:30 Angie on the Piano, PL</b> 2:00 Afternoon Matinee, MT 2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 <i>Games/Billiards, TV</i> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>12</sup> 10:00 Walking Club, Lobby 10:30 Cribbage/Cards, TV 10:45 <i>Errands at Falmouth Shop Ctr &amp; Lap Swim, OUT</i> 1:30 <i>Mah Jongg, DR</i> <b>2:00 Bean Bag Baseball, AR</b> 2:00 Afternoon Matinee, MT <b>3:15 Laughter Yoga with Denise, AR</b> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>13</sup> 10:00 Walking Club, Lobby 10:30 <i>Bridge, TV</i> <b>11:00 Guided Relaxation, MT</b> 2:00 Afternoon Matinee, MT <b>2:00 Resident Meeting with Managers, AR</b> <b>3:00 Chair Yoga, ER</b> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT	8:45 <i>Trader Joe's, OUT</i> <sup>14</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby <b>10:00 Portland Musuem of Art &amp; PMA Cafe Lunch, OUT</b> 10:30 Scrabble/Games, TV 2:00 Afternoon Matinee, MT 2:15 <i>Pokeno, AR</i> <b>3:45 Happy Hour-Iced Tea, Bistro</b> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>15</sup> 10:00 Walking Club, Lobby 10:30 <i>Mexican Train Dominos, TV</i> 11:00 <i>Resident Meeting with Chef Mike, AR</i> 2:00 Afternoon Matinee, MT 2:15 Chair Volleyball, AR 3:15 <i>Crossword Puzzles, AR</i> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT	<b>8:45 Mass at St. Pius, OUT</b> <sup>16</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Lap Swim/NG Farmers' Mkt, OUT  <b>2:00 Daytime Performers' Memoirs, AR</b> <b>2:00 Errands at Northgate Shopping Center, OUT</b> 2:00 Afternoon Matinee, MT <b>2:15 Parlor Games, AR</b> 3:45 <i>Moxie Floats, Bistro</i> 7:00 Evening @ the Movies, MT	10:00 Walking Club, Lobby <sup>17</sup> 11:00 Bingo, AR 2:00 Afternoon Symphony Concert at Ashton Gardens, MT  2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 Games/Billiards, TV 7:00 Evening @ the Movies, MT
10:00 Walking Club, Lobby <sup>18</sup> 2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 <i>Games/Billiards, TV</i> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>19</sup> 10:00 Walking Club, Lobby 10:30 Cribbage/Cards, TV 10:45 <i>Errands at Falmouth Shop Ctr &amp; Lap Swim, OUT</i> 1:30 <i>Mah Jongg, DR</i> 2:00 Afternoon Matinee, MT <b>2:00 Bean Bag Baseball, AR</b> <b>3:30 Juice/Hydratation Bar, Bistro</b> <b>4:00 All Faith Bible Study/Discussion Grp., CH</b> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>20</sup> 10:00 Walking Club, Lobby 10:30 <i>Bridge, TV</i> <b>11:00 Guided Relaxation, MT</b> 2:00 Anni Clark Performs on Her Guitar, ATM 2:00 Afternoon Matinee, MT <b>3:00 Chair Yoga with Jessica, ER</b> <b>3:15 Baking with Gail Raspberry Fluff, Bistro</b> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT	8:45 <i>Trader Joe's, OUT</i> <sup>21</sup> 9:30 Exercise with Janet, AR <b>9:30 Oxford Casino, OUT</b> 10:00 Walking Club, Lobby 10:30 Scrabble/Games, TV <b>11:30 Lunch Outing at Macaroni Grill, OUT</b> 2:00 Afternoon Matinee, MT 2:15 <i>Pokeno, AR</i> <b>3:45 Happy Hour-Cherry Popsicles, Bistro</b> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>22</sup> 10:00 Walking Club, Lobby 10:30 <i>Mexican Train Dominos, TV</i> 12:30 <i>Dining with Chef Mike, DR</i> 2:00 Afternoon Matinee, MT 2:15 Ping Pong Toss, AR 3:15 <i>Crossword Puzzles, AR</i> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT 	<b>8:45 Mass at St. Pius, OUT</b> <sup>23</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby <b>11:00 Dance Meditation, AR</b> 11:00 Lap Swim/NG Farmers' Mkt, OUT  <b>2:00 Errands at Northgate Shopping Ctr./Ice Cream Rides, OUT</b> 2:00 Afternoon Matinee, MT 2:15 <i>Ping Pong/Games, AR</i> <b>2:15 Parlor Games, AR</b> 7:00 Evening @ the Movies, MT 	10:00 Walking Club, Lobby <sup>24</sup> 11:00 Bingo, AR 2:00 Afternoon Symphony Concert at Ashton Gardens, MT  2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 Games/Billiards, TV 7:00 Evening @ the Movies, MT
10:00 Walking Club, Lobby <sup>25</sup> 10:30 July Crafts, AR 1:30 <i>Angie on the Piano, PL</i> 2:00 Afternoon Matinee, MT 2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 <i>Games/Billiards, TV</i> 7:00 Evening @ the Movies, MT 	9:30 Exercise with Janet, AR <sup>26</sup> 10:00 Walking Club, Lobby 10:30 Cribbage/Cards, TV 10:45 <i>Errands at Falmouth Shop Ctr &amp; Lap Swim, OUT</i> 1:30 <i>Mah Jongg, DR</i> <b>2:00 Bean Bag Baseball, AR</b> 2:00 Afternoon Matinee, MT <b>3:30 Juice/Hydratation Bar, Bistro</b> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>27</sup> 10:00 Walking Club, Lobby 10:30 <i>Bridge, TV</i> <b>11:00 Guided Relaxation, MT</b> 2:00 Afternoon Matinee, MT <b>2:15 Yahtzee/Rummikub, TV</b> 3:00 Chair Yoga, ER 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT 7:00 <i>Kitchen Tour with Chef Mike, DR</i>	8:45 <i>Trader Joe's, OUT</i> <sup>28</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby <b>10:00 Oxford Casino, OUT</b> 10:30 Scrabble/Games, TV 2:00 Afternoon Matinee, MT 2:15 <i>Pokeno, AR</i> <b>2:15 Watercolor Painting with Mike, AR</b> 3:45 <i>Happy Hour-Mike (MP), Bistro</i> 7:00 Evening @ the Movies, MT	9:30 Exercise with Janet, AR <sup>29</sup> 10:00 Walking Club, Lobby 10:30 <i>Mexican Train Dominos, TV</i> 2:00 Afternoon Matinee, MT 2:00 Entertainment-Sue 'N Blu, AR 3:15 <i>Crossword Puzzles, AR</i> 4:00 <i>Bingo, AR</i> 7:00 Evening @ the Movies, MT	<b>8:45 Mass at St. Pius, OUT</b> <sup>30</sup> 9:30 Exercise with Janet, AR 10:00 Walking Club, Lobby 11:00 Lap Swim/NG Farmers' Mkt, OUT 2:00 Afternoon Matinee, MT <b>2:00 Errands at Northgate Shopping Ctr./Ice Cream Rides, OUT</b> <b>2:15 Parlor Games, AR</b> 2:15 Ping Pong/Games, AR 7:00 Evening @ the Movies, MT 	10:00 Walking Club, Lobby <sup>31</sup> 11:00 Bingo, AR 2:00 Afternoon Symphony Concert at Ashton Gardens, MT  2:00 <i>Wii Sports/Ping Pong, AR</i> 3:00 Games/Billiards, TV 7:00 Evening @ the Movies, MT





## Dancing Enhances Brain and Body

Here's good news for those of you who would like to get smarter and more physically fit without going back to college or joining a gym. Medical research has shown that dancing benefits both the mind and the body.

CDC-funded research at the University of Illinois at Chicago showed that older adults participating in their Latin Ballroom dance project improved memory and focus in addition to physical health benefits.

The National Institute on Aging proclaims that ballroom dancing has a protective effect against dementia and Alzheimer's disease.

A 2018 study in Japan found that women who frequently danced had a 73 percent lower chance of becoming disabled than those who did not. No other exercises, including walking, calisthenics and Yoga, had a better association.

Other benefits of dance include:

- Lower hypertension
- Stronger heart and lungs
- Improved muscle tone
- Better weight management
- Better balance
- Higher self-esteem and coping capabilities
- Lower anxiety
- Stronger bones with reduced risk of osteoporosis

More good news: We have a new dance movement class starting soon. Dance Meditation will run on Friday, August 9th and 23rd at 11 a.m. here at Ashton Gardens.

## Kitchen Tour with Chef Chris

Thirteen residents were in attendance for the Kitchen tour. Chef Chris talked about how food is plated and how the meals are kept heated before serving. He explained some of the functions of the equipment located throughout the Kitchen. He showed the residents where the prep area is located and how it is utilized for salads and desserts. The big mixer is the only machine in the Kitchen, since everything is made from scratch. He showed the walk-ins and dry storage areas. A nice touch to the evening was a dessert afterward. Many residents asked good questions. We look forward to the next Kitchen Tour with Chef Chris.



## It's Never Too Late to Feel Your Best!

*Fitness experts agree: Your age should not limit your quality of life. Whatever the reason, be it illness or injury, many seniors are reluctant to join a gym, and many that do feel lost once they get there. Besides the waste of time and money, it's embarrassing! The trainers at **Dirigo Fitness** specialize in individualized fitness for people ages 50 and above. With your input they will tailor a fitness plan just for you, targeting the multiple goals of:*

- \* Improving balance
- \* Restoring full muscle function
- \* Increasing range of motion
- \* Maximizing nutrition through diet



**Call Brian today to set up a free consultation and get started on reaching your goals!**  
(207) 805-1079



## Highlights for the Month of August

**Tuesday, August 6th:** Foot massages with Robyn in Apt. 201 starting at 9:30 a.m.

**Tuesday, August 6th:** Chair Yoga with Jessica in the Exercise Room (ER)

**Wednesday, August 7th:** Lunch outing to OOB-Surf 6

**Thursday, August 8th:** Come dressed in your best for a Friends' Candlelight Dinner with Bess Jacques on the piano from 5 to 6:30 p.m. We are reversing the dinner and lunch menu today.

**Friday, August 9th:** Dance Meditation with Sergei and Barbara on the dance floor in the Activity Room (AR) at 11 a.m.

**Monday, August 12th:** Laughter Yoga with Denise in the Activity Room (AR)

**Tuesday, August 13th:** Chair Yoga with Jessica in the Exercise Room (ER)

**Wednesday, August 14th:** Portland Museum of Art and lunch at the café

**Thursday, August 15th:** Come singalong with Ronda Dale in the Atrium (ATM).

**Friday, August 16th:** Daytime Performers Memory and Music at 2 p.m. in the Activity Room (AR)

**Tuesday, August 20th:** Anni Clark entertains in the Atrium (ATM).

**Friday, August 23rd:** Dance Meditation with Sergei and Barbara on the dance floor in the Activity Room (AR) at 11 a.m.

**Tuesday, August 27th:** Chair Yoga with Jessica in the Exercise Room (ER)

**Tuesday, August 27th:** Kitchen Tour with Chef Mike at 7 p.m.

**Wednesday, August 28th:** Oxford Casino outing

**Thursday, August 29th:** Sue 'n Blu entertain in the Activity Room (AR)

The Shop at the Top is open Monday, Wednesday and Friday from 2 to 4:30 p.m. and Tuesday and Thursday from 10 to 11:30 a.m. If you would like to volunteer for the store, see Janet.

## Memory Lane: The 300th Anniversary of Falmouth, Maine

Many people in the community contributed their interest, energy, knowledge and insights to this project: "Building Community." Our very own Ashton Garden resident, Howard Babbage, participated in writing a short vignette for the published "Building Community Booklet." It talks about the history of Falmouth, Maine.

Blackstrap School (also known as the Babbidge School) was located on Windham Road, now called Babbidge Road. Built around 1920, the one-room schoolhouse stood on a small lot called the Congdon Lot. The town acquired the back schoolyard in 1924 from Herbert Babbidge. Surrounded on three sides by a rail and wire fence, the schoolyard included a dug well in its southeast corner. The school's entrance and cloakroom were located on the east side of the building. The classroom featured a blackboard across the northern wall and four large windows across the southern wall. The building included a full basement with two chemical toilets and a wood-burning, hot-air furnace.

Recreational activities included the Hilly-I-Over ball game, which consisted of throwing a rubber ball over the school house. Whoever caught it, ran with the ball around the building without getting caught, playing tag around the yard. Balance walking on the top rail of the fence around the whole yard was also great fun.

There were fifteen to twenty students and one teacher, with classes from first to sixth grades. Sometimes more than one class at a time would participate in the arithmetic or spelling lessons. East Windham children and Tuttle and Babbidge children walked about one mile along the Windham Road to the school. Hurricane and Durgin children walked about one mile down the old Gray Road to the school. Blackstrap and Hawkes children walked about one mile up the old Gray Road to the school.

The school closed in 1948. The building was later moved to West Cumberland behind the Allen store, where it later deteriorated to the point that it was torn down.



ASHTON GARDENS  
Gracious Retirement Living

830 Ocean Avenue  
Portland, ME 04103



## 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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**207-541-3999**

