

Southern Pines

GRACIOUS RETIREMENT LIVING

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

AUGUST 2019

SOUTHERN PINES STAFF

Managers..... DENNIS & PAT FITZGERALD
Assistant Managers ... STEVE & PENNY KANE
Executive Chef ALEXANDER MIKOS
Activity Coordinator GLORIA MEGYAS
MaintenanceALEX HEALY
Bus Driver MICHAEL MENTION

TRANSPORTATION

**Monday & Wednesday,
9 a.m.-1 p.m.:** Shopping

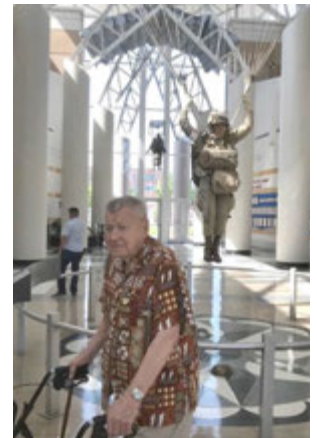
Tuesday & Thursday, 9 a.m.-1 p.m.:
Professional Appointments

HAWTHORN
SENIOR LIVING

Out and About

Every month, and almost every Friday, we hop on the bus and take a trip. Whether a museum, farmer's market or just out to lunch, we have something for everyone.

Last month, one of our favorite trips was to the U.S. Army Airborne and Special Operations Museum. Out in front of the museum is a 16-foot tall statue nicknamed "Iron Mike," and it represents a U.S. paratrooper. Inside were replicas depicting the history of airborne and special operations soldiers from 1940 to the present. It was a chilling reminder that our country is free due to the men and women who fought to keep it that way!



Jerry takes in the paratrooper replica.



The gang poses in front of Iron Mike.



Remembering Woodstock

In August 1969, thousands of people crowded into a hayfield in rural New York for Woodstock, a music festival that became a cultural phenomenon.

Four young men organized the August 15th-17th event to raise money to build a recording studio and retreat for musicians. Billed as “An Aquarian Exposition: Three Days of Peace and Music,” the festival was planned to be held in Woodstock, New York, but problems forced a change in location to a farmer’s field 50 miles away in Bethel, New York, in the Catskill Mountains.

About 50,000 attendees were expected. When crowds began arriving two days early before ticket booths were set up, organizers decided to make the concert free, and nearly half a million people swarmed to the venue.

Some of the biggest names in music performed at Woodstock. Among the 32 acts were: The Grateful Dead, Janis Joplin, Arlo Guthrie, Sly and the Family Stone, Joan Baez, Ravi Shankar, Santana, and The Who. Rain delays pushed the festival into a fourth day, and Jimi Hendrix closed it out, playing an iconic version of “The Star-Spangled Banner” on his electric guitar.

Woodstock is often praised for its peaceful expression of the musical and cultural idealism of the 1960s. The festival site is now home to a museum and a music pavilion, where some of the original Woodstock performers have returned to play.

Did you attend Woodstock? If not, we will virtually re-live that iconic time with our own “Return to Woodstock” Party. Southern Rock band, TR Cogburn, will kick off the festivities, so find those tie-dyed shirts, headbands, and bell-bottomed pants like they wore in the ‘70s. We’ll have a rock-n-roll good time!

What’s in a Name?

Many residents expressed concerns of reading the menu each week and not knowing what the name of the dish was or what the ingredients were. Well, the chef was listening! Beginning this month, Chef Alex will host a “Chef’s Corner.”



Hey Chef, I’ll take one of each!

During this time, he will go over the weekly menu and explain the name of the dish and the ingredients.

Join Chef Alex every Monday at 4 p.m. in the activity center. Now all those inquiring minds will know!

Culinary Education

We continue our culinary education series in August with learning about citrus fruits. Did I say learn? Well, we will do some taste testing too! One of our tasting treats will be when Chef Alex helps us make fruit popsicles! We’ll also make some energizing orange sugar scrubs. Vitamin C in oranges is good for the skin too.



Not only colorful and delicious but packed with nutrients!

Citrus fruits (think oranges, lemons, tangerines, limes and grapefruit) are packed with not only vitamin C but offer many other health benefits as well. Here are a few reasons to add more citrus to your plate.

1. Citrus fruits are an excellent source of fiber. Two thirds of the fiber in citrus fruits is soluble fiber, which has been linked to lower cholesterol and helps regulate glucose levels. The remaining fiber is insoluble, which adds bulk to our digestive system and helps keep us regular.
2. Vitamin C found in citrus fruits has been linked to reduced risk of heart disease.
3. Citrus is a great source of potassium. Potassium is important for fluid regulations and works to counter-regulate the amount of salt in your diet.



Volleyball

Q. What do you do when a volleyball team needs more excitement added to a game?

A. You add another ball to the game!

Yes! That's exactly what we did. It started just for fun but continued as a challenge. If you would like to add more exercise and excitement to your day, join us for Chair Volleyball.



Throw one, hit one!



Are two really better than one?

Welcome Home

Welcome new residents!
We're so glad you moved into our neighborhood.

Ann Collie has been here a few months, but we finally got her photo! Beautiful smile, Ann!



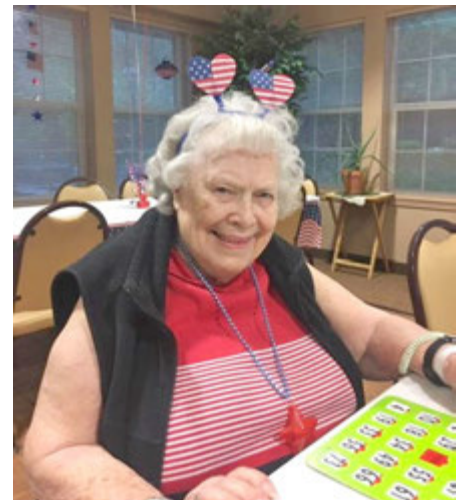
Ann was born in South Carolina and was a Home Ext Agent. Her favorite travel destination? Hawaii!

Resident Spotlight

Patriot: a person who vigorously supports their country.

Long time resident Dorothy Cullen gets the prize of best patriot with her "proud to be an American" spirit! Ever since she was a little girl, she loved her country and loved to celebrate Independence Day. "Everyone likes to celebrate birthdays, and Independence Day is the greatest birthday to celebrate. America is a wonderful country that supports hard workers from every country," says Dorothy.

Dorothy's late husband was an Army officer and son Kenneth graduated from West Point, so patriotism runs high in her family. Just ask her to sing "The Grand Old Flag," and you'll see a true patriot singing loud, mighty and most of all, proudly!



Dorothy: our great patriot!

AUGUST 2019

Birthdays

Barbara Reed, 3rd
 Dorothy Cullen, 4th
 Nadene Peterson, 10th
 Jimmy Diebold, 10th
 Lou Ann Hoover, 13th
 Mary Margaret Cipoletti, 13th
 Sherri LaForge, 20th
 Billie Rogers, 24th
 Patsy Hall, 26th
 Lonnie Hess, 30th
 Phyllis Cermele, 30th
 Jerry Beckmann, 31st

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

“Summer means happy times and good sunshine.”

—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>9:30 Yoga Stretch, AC 10:15 Coffee Talk, AC 11:00 Pop the Popsicles with Chef Alex, AC 3:00 Lucky Bucks Bingo, AC</p>		<p>10:15 Tai Chi with Lee, AC 11:00 Spam/Identity Theft Presentation, AC 2:00 Happy Birthday Lucy! Movies, AC 4:00 Social Hour, AC 7:00 Movie Night, TH</p>	<p>10:30 Chair Volleyball, A 2:00 Learn to Play “Hand & Foot,” LIB 7:00 \$2 Bingo, AC</p> 
			<p>4 11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</p> 	<p>5 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 3:00 Let’s Make Energizing Orange Sugar Scrubs! 4:00 Wii Bowling, AC 4:00 New! Chef’s Corner, AC</p>	<p>6 8:45 Beltone Hearing Aid Checks, A 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Betty Boop Trivia, DR 3:00 Thanks for the Memories by Tom Coleman, AC 4:00 Wii Bowling, AC</p>	<p>7 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 11:30 Residents’ Meeting with Managers, AC 2:00 Billiards Time, BL 2:00 Bible Study with David, CH 3:00 Memory Enhancement, TV 7:00 Lucky Bucks Bingo, AC</p>
<p>11 11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</p>	<p>12 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 4:00 Wii Bowling, AC 4:00 New! Chef’s Corner, AC</p>	<p>13 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Woodstock Trivia, DR 12:15 Tuesday Trivia, DR 2:30 Return to Woodstock Party, A 4:00 Wii Bowling, AC</p> 	<p>14 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Billiards Time, BL 2:00 Bible Study with David, CH 3:00 Memory Enhancement, TV 7:00 Lucky Bucks Bingo, AC</p>	<p>15 9:30 Yoga Stretch, AC 10:45 Bible Study with Rev. Sue, CH 3:00 Bingo with Ellen, AC 3:00 Kitchen Tour 4:00 “Welcome New Residents” Social, AC</p>	<p>16 10:15 Tai Chi with Lee, AC 11:15 Movie: WWII, AC 4:00 Sunglasses Parade & Social Hour, AC 7:00 Movie Night, TH</p>	<p>17 10:30 Chair Volleyball, A 2:00 Learn to Play “Hand & Foot,” LIB 7:00 \$2 Bingo, AC</p>
<p>18 11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</p>	<p>19 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 3:00 Singalong with Marc, A 3:00 Crafts with Jackie & Susan, AC 4:00 Wii Bowling, AC 4:00 New! Chef’s Corner, AC</p>	<p>20 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Alfred Hitchcock Trivia, DR 3:30 All About Citrus with Gloria & Alex, AC 4:00 Wii Bowling, AC</p> 	<p>21 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Billiards Time, BL 2:00 Bible Study with David, CH 3:00 Memory Enhancement, TV 7:00 Lucky Bucks Bingo, AC</p>	<p>22 9:30 Yoga Stretch, AC 10:15 Coffee Talk, AC 10:45 Bible Study with Rev. Sue, CH 3:00 Wheel of Fortune, AC</p>	<p>23 10:15 Tai Chi with Lee, AC 11:00 Mystery Bus Trip 4:00 Social Hour, AC 7:00 Movie Night, TH</p>	<p>24 10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 7:00 \$2 Bingo, AC</p> 
<p>25 11:00 Church Service at Gracious Living, TH 3:45 Church Service, CH 7:00 Movie Night, TH</p>	<p>26 9:30 Strength Exercise with Legacy, AC 10:00 Bible Study with Sharon, CH 11:00 Track of the Dog Show with Tom Israel, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 3:00 Crafts, AC 4:00 Wii Bowling, AC 4:00 New! Chef’s Corner, AC</p> 	<p>27 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 3:00 Health Innovations Presentation, AC 4:00 Wii Bowling, AC</p>	<p>28 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Billiards Time, BL 2:00 Bible Study with David, CH 3:00 Memory Enhancement, TV 7:00 Lucky Bucks Bingo, AC</p>	<p>29 9:30 Yoga Stretch, AC 10:00 Coffee Talk, AC 10:45 Bible Study with Rev. Sue, CH 3:00 Wheel of Fortune, AC</p>	<p>30 10:00 Bus Trip: Highlanders Farms 10:15 Tai Chi with Lee, AC 12:00 Ticklin’ The Ivories with Eileen, DR 4:00 Social Hour, AC 7:00 Movie Night, TH</p> 	<p>31 10:00 Saturday Morning Movie, TH 10:30 Chair Volleyball, A 7:00 \$2 Bingo, AC</p> 



Getting Crafty

We love crafts! But did you know they have positive health effects? Some benefits of arts and crafts are stress relief, increased confidence and enhanced brain productivity. Wow, who knew? We thought we just got a pretty project from it. Recently, we made patriotic earrings for Independence Day. Check the activity room book and sign up for our next project. We just may change the name from "Crafts" to "Enhanced Brain Productivity!"



Ann Lou and Marion get their supplies ready.



Nancy shows off her creation.



Elsie and Mary-Margaret proudly display their project.

Independence Day

Independence Day commemorates the Declaration of Independence of the United States on July 4th, 1776. The Continental Congress declared that the 13 American colonies were no longer subject to the monarch of Britain and were free, united and independent states.

However, Congress had voted to declare independence on July 2nd, but it was not declared until July 4th!

This year, as every year, we celebrated our independence on July 4th with family, friends, music and food!



Gerri enjoys her family along with residents Edna and Lillian.



New residents Phyllis and Juan and family join the fun!



Phil celebrated with his daughter and family.



Juan and Liduvina enjoy the company of their son.



Ms. Moore County

What an exciting day when the beautiful Ms. Moore County, Elizabeth O'Brien, visited Gracious Living. Dressed in a spring pantsuit, she proudly wore her sash and glistening tiara. At the time of her visit, Elizabeth was preparing for the Ms. America pageant, yet took time to answer all our questions and even played the piano.

Here's a note she posted to the residents of Moore County.

Moore County,

Almost ten months ago, I set out on a journey to represent Moore County to the best of my abilities. My goal was to make a difference and show my community my heart for service, while also encouraging others to find their passions. 92 appearances later, I can proudly say I think I accomplished that. Being a full time student, Resident Assistant, actively involved in my sorority and a proud dog mom, it came with challenges but taught me the important skill of "balance."

To my sweet home of Moore County, I hope I made you proud.

*All my love,
Elizabeth*



Everyone was captivated by Elizabeth's charming personality.



Brad looks on as Ms. Moore County plays.



Charles shakes hands with our queen.

Father's Day

Isn't it great we set aside a day to honor all the special men in our lives? Maybe we should honor them more often!

This year, we treated our guys to a pizza lunch, and they loved it! Several varieties of pizza, soft drinks and O'Doul's started our meal, and ice cream cones finished it off. With all that food, we needed to work it off, so we played golf, corn hole and darts. In between all that time, the men opened their Father's Day gifts. I see many guys carrying those great travel mugs gifts as they take a daily walk!

Don't worry, guys. We'll plan another Man Cave Pizza Party before next Father's Day!



Yes, Eli, you can open your present now!



George was standing tall with two beautiful ladies by his side!



The guys love their Man Cave!



Jack concentrates while making the putt.



Ralph was happy to celebrate his 95th birthday with the guys!

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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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