

Magnolia Heights

Gracious Retirement Living

485 East Central Street • Franklin, MA 02038 • Phone (508) 520-3471 • www.seniorlivinginstyle.com

AUGUST 2019

MAGNOLIA HEIGHTS STAFF

Managers..... RICK & RACHEL HITCHINGS
Assistant Managers ENRIQUE VIGIL &
MELANIE ALTUNA-VIGIL
Executive Chef JASON CARFAGNA
Activity Coordinator MARY NUTTING
Maintenance GERRY GIGUERE
Transportation PETER CHENEVERT

TRANSPORTATION

**Monday & Friday, 10 a.m.-Noon and
2-4 p.m.:** Local Shopping & Errands

Tuesday & Thursday, 9 a.m.-Noon and 2-4 p.m.:
Doctor Appointments

Wednesday, 10 a.m.-4 p.m.:
Special Outing

Friday, 8:30 a.m.:
Mass at St. Mary's Wrentham

HAWTHORN
SENIOR LIVING

A Nice Day at the Beach!

We recently went on an outing to Lincoln Woods State Park in Lincoln, Rhode Island where there is a nice beach on a good-sized pond. It was a beautiful summer day and we packed a picnic lunch that we enjoyed under the shade of the trees while enjoying the sights and sounds of a summer day at the beach. Many of us took our shoes off and enjoyed the cool water on our feet but none of us were daring enough to go in any further. We all agreed it was so nice to just sit in our chairs and enjoy the gentle breeze that kept us comfortable on this warm day. After a few hours we decided that we needed to head back although we would rather have stayed longer. So we packed up our stuff and boarded the bus and headed straight for an ice cream shop. No beach day would be complete without an ice cream! We couldn't have asked for a better day and everyone agreed it would be fun to do it again.





Men's M*A*S*H Event Was a Great Time!

Sandy at Home Care Solutions hosted a M*A*S*H event in June for our guys that was enjoyed by many. She set up a little bar in the bistro and served mimosas and Bloody Marys along with lox and bagels and cream cheese. It was a nice time to get better acquainted with the guys and it gave the guys an opportunity to chat as well. When they finished in the bistro they moved into the movie theatre to watch the final episode of the "M*A*S*H" TV series, goodbye and farewell. It was fun to watch and it brought back a lot of memories for some.



Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

Heart: Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and

regulate blood pressure, reducing stress on the heart.

Brain: Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

Digestion: Water helps break down food so that the body can absorb

nutrients, making it crucial to a healthy digestive system.

Kidneys: Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

Muscles and joints: Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your



Nonagenarians Recognized at the Senior Center

Every year, our senior center invites everyone in Franklin that is 90 or above to a special Nonagenarian Luncheon and this year we had 36 residents that were invited! It's hard for me to believe we have so many people in that age group here because they don't look it or act like it either! In the end, there were 12 residents that attended the event and they all had a wonderful time. They were all recognized and received a special certificate from the town and many came home with prizes they had won as well. They enjoyed a wonderful lunch that was followed by entertainment to finish off the day. I want to commend all of our nonagenarians on living a healthy and active life and I wish you all many more wonderful years!



muscles, especially during and after exercise.

Up to 60% of the human adult body is water and it needs to be kept at a healthy level in order to function properly. Think of the importance of oil and other fluids in a car. If they get too low you start having trouble with your car so the same goes for our bodies. You should be drinking

6-8 glasses of water a day and in the warmer weather you need even more. And if you drink a lot of caffeine it should be even more because caffeine takes water out of your body.

We want all of you to stay healthy and safe and if you get dehydrated you could get dizzy and fall or have other health issues so remember to drink LOTS of water every day! Your body will thank you and will be healthier for it.

Citrus and Summer

When we think summer, it's hard not to think about lemonade, especially fresh-squeezed lemonade! Citrus fruits are the culinary focus this month so we're going to make some fresh-squeezed lemonade to celebrate citrus month. We're also going to make some energizing orange sugar scrub that will not only make your skin smooth but it will smell good, too! We'll also try making some lemon apricot fruit pops to help us stay cool in the summer heat and in celebration of National Tea Week (12th-18th) we'll try some summertime citrus iced tea. They all sound delicious to me and I can't wait to try them.

We all know that citrus fruits are loaded with vitamin C and are a good source of fiber (note: you need to eat the fruit in order to get all the fiber) but did you know they also have a low glycemic index? This means the glucose in them is released into the bloodstream slowly, offering you a steady feeling of energy without a crash (feeling sluggish and tired) later on. Another thing you might not know about citrus fruits is they are packed with potassium and eating potassium-rich foods can help you lower your risk of stroke as well as reduce your risk of heart disease. And last but not least, citrus fruits are hydrating because of their high water content. Eating plenty of water-rich foods such as citrus can help quench your thirst and help you stay hydrated which is important to good health. So next time you're looking for a refreshing snack, reach for an orange so your body can reap its many benefits.

AUGUST
2019

Birthdays

Geri Owens, 4th
Joe Barker, 8th
Janet Melanson, 9th
Janice Harley, 13th
Virginia Karamanian, 14th

Anniversaries

Colin & Joan Evans,
8/14/1954

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro Kitchen, Bistro
Bocci Court, BC
Chapel, Chpl
Computer Room, CR
Dining Room, DR
Exercise Room, EX
Fireplace, FP
Library, Lib
Lobby, LB
Movie Theatre, MT
Private Dining Room, PDR
Shuffleboard Court, SC
TV Room, TV

Care Solutions, Inc.

Kristin Braley, RN
(508) 366-1766

“Summer
means happy
times and good
sunshine.”
—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>9:45 Exercise with Mary, AR</div> <div>10:30 Pokeno with Kate, AR</div> <div>11:00 Blood Pressure Clinic, AT</div> <div>11:30 Meditation with Mary, Chpl</div> <div>2:00 Movie, MT</div> <div>2:00 Drumming, AR</div> <div>3:00 Chair Volleyball, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>2</div> <div>8:45 St. Mary's for Mass</div> <div>9:00 Bocce Ball, BC</div> <div>9:45 Chair Yoga with Annette, EX</div> <div>2:00 Texas Hold 'Em, TV</div> <div>2:00 Movie, MT</div> <div>3:00 Bean Bag Baseball, AT</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>3</div> <div>11:30 Rosary with Kay, Chpl</div> <div>2:00 Canasta, AR</div> <div>2:00 Movie, MT</div> <div>3:30 Wii Bowling, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>
<div>4</div> <div>8:00 Sun. Mass, Ch. 56, MT</div> <div>10:30 Scrabble, TV</div> <div>2:00 Movie, MT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div> <div></div>	<div>5</div> <div>9:45 Ageless Grace, AR</div> <div>10:00 Men's Club, TV</div> <div>11:00 Brain Game, AR</div> <div>2:00 Chair Yoga, EX</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, TV</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>6</div> <div>9:45 Balance with Lisa, AR</div> <div>11:00 The Brain Game, AR</div> <div>2:00 Mah Jongg, TV</div> <div>2:00 Movie, MT</div> <div>2:00 Exercise with Judith, EX</div> <div>3:00 Bean Bag Baseball, AT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>7</div> <div>9:00 Shuffleboard, SC</div> <div>9:45 Stretch & Tone with Mary, AR</div> <div>10:30 Communion Service, Chpl</div> <div>11:00 Brain Game, AR</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, BR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>8</div> <div>9:45 Tai Chi with Connie, EX</div> <div>10:30 Pokeno with Kate, AR</div> <div>11:00 Blood Pressure Clinic, AT</div> <div>11:30 Meditation with Mary, Chpl</div> <div>2:00 Drumming, AR</div> <div>2:00 Movie, MT</div> <div>3:00 Chair Volleyball, AR</div> <div>6:30 Sunnyside Swing Band, AT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div> <div></div>	<div>9</div> <div>8:45 St. Mary's for Mass</div> <div>9:00 Bocce Ball, BC</div> <div>9:45 Chair Yoga with Annette, EX</div> <div>2:00 Texas Hold 'Em, TV</div> <div>2:00 Movie, MT</div> <div>3:00 Bean Bag Baseball, AT</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div> <div></div>	<div>10</div> <div>11:30 Rosary with Kay, Chpl</div> <div>2:00 Canasta, AR</div> <div>2:00 Movie, MT</div> <div>3:30 Wii Bowling, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>
<div>11</div> <div>8:00 Sun. Mass, Ch. 56, MT</div> <div>10:30 Scrabble, TV</div> <div>2:00 Movie, MT</div> <div>2:00 Hawaiian Luau Party, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>12</div> <div>9:45 Ageless Grace, AR</div> <div>10:00 Men's Club, TV</div> <div>11:00 Brain Game, AR</div> <div>11:00 Pretty Things Jewelry Show, AT</div> <div>2:00 Chair Yoga, EX</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, TV</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>13</div> <div>9:45 Balance with Lisa, AR</div> <div>11:00 The Brain Game, AR</div> <div>2:00 Mah Jongg, TV</div> <div>2:00 Movie, MT</div> <div>2:00 Exercise with Judith, EX</div> <div>3:00 Bean Bag Baseball, AT</div> <div>6:30 Bill Burke, AT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div> <div></div>	<div>14</div> <div>9:00 Shuffleboard, SC</div> <div>9:45 Stretch & Tone with Mary, AR</div> <div>11:00 Brain Game, AR</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, BR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div> <div></div>	<div>15</div> <div>9:45 Exercise with Mary, AR</div> <div>10:30 Pokeno with Kate, AR</div> <div>11:00 Blood Pressure Clinic, AT</div> <div>11:30 Meditation with Mary, Chpl</div> <div>2:00 Movie, MT</div> <div>2:00 Drumming, AR</div> <div>3:00 Chair Volleyball, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>16</div> <div>8:45 St. Mary's for Mass</div> <div>9:00 Bocce Ball, BC</div> <div>9:45 Chair Yoga with Annette, EX</div> <div>2:00 Texas Hold 'Em, TV</div> <div>2:00 Movie, MT</div> <div>3:00 Bean Bag Baseball, AT</div> <div>4:00 Knit & Chat, Lib</div> <div>5:30 Men's Night, Bistro</div> <div>6:45 Bingo, AR</div>	<div>17</div> <div>11:30 Rosary with Kay, Chpl</div> <div>2:00 Canasta, AR</div> <div>2:00 Movie, MT</div> <div>3:30 Wii Bowling, AR</div> <div>4:15 Mike Dardis, DR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>
<div>18</div> <div>8:00 Sun. Mass, Ch. 56, MT</div> <div>10:30 Scrabble, TV</div> <div>2:00 Movie, MT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>19</div> <div>9:30 Hearing Solutions, CR</div> <div>9:45 Ageless Grace, AR</div> <div>10:00 Men's Club, TV</div> <div>11:00 Brain Game, AR</div> <div>2:00 Petting Zoo!</div> <div>2:00 Chair Yoga, EX</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, TV</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>20</div> <div>9:45 Balance with Lisa, AR</div> <div>11:00 The Brain Game, AR</div> <div>2:00 Mah Jongg, TV</div> <div>2:00 Movie, MT</div> <div>2:00 Exercise with Judith, EX</div> <div>3:00 Bean Bag Baseball, AT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>21</div> <div>9:00 Shuffleboard, SC</div> <div>9:45 Stretch & Tone with Mary, AR</div> <div>11:00 Brain Game, AR</div> <div>2:00 Chaplain Bob, Veterans' Movie, MT</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, BR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>22</div> <div>9:45 Tai Chi with Connie, EX</div> <div>10:30 Pokeno with Kate, AR</div> <div>11:00 Blood Pressure Clinic, AT</div> <div>11:30 Meditation with Mary, Chpl</div> <div>2:00 Drumming, AR</div> <div>2:00 Movie, MT</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Chris Waters, AT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>23</div> <div>8:45 St. Mary's for Mass</div> <div>9:00 Bocce Ball, BC</div> <div>9:45 Chair Yoga with Annette, EX</div> <div>2:00 Texas Hold 'Em, TV</div> <div>2:00 Movie, MT</div> <div>3:00 Bean Bag Baseball, AT</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>24</div> <div>11:30 Rosary with Kay, Chpl</div> <div>2:00 Canasta, AR</div> <div>2:00 Movie, MT</div> <div>3:30 Wii Bowling, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>
<div>25</div> <div>8:00 Sun. Mass, Ch. 56, MT</div> <div>10:30 Scrabble, TV</div> <div>2:00 Movie, MT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>26</div> <div>9:45 Ageless Grace, AR</div> <div>10:00 Men's Club, TV</div> <div>11:00 Brain Game, AR</div> <div>2:00 Chair Yoga, EX</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, TV</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Knit & Chat, Lib</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>27</div> <div>9:45 Balance with Lisa, AR</div> <div>11:00 The Brain Game, AR</div> <div>2:00 Mah Jongg, TV</div> <div>2:00 Movie, MT</div> <div>2:00 Exercise with Judith, EX</div> <div>3:00 Bean Bag Baseball, AT</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>28</div> <div>9:00 Shuffleboard, SC</div> <div>9:45 Stretch & Tone with Mary, AR</div> <div>11:00 Brain Game, AR</div> <div>2:00 Movie, MT</div> <div>2:00 Bridge Club, BR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>29</div> <div>9:45 Exercise with Mary, AR</div> <div>10:30 Pokeno with Kate, AR</div> <div>11:00 Blood Pressure Clinic, AT</div> <div>11:30 Meditation with Mary, Chpl</div> <div>2:00 Movie, MT</div> <div>2:00 Drumming, AR</div> <div>3:00 Chair Volleyball, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>	<div>30</div> <div>8:45 St. Mary's for Mass</div> <div>9:00 Bocce Ball, BC</div> <div>9:45 Chair Yoga with Annette, EX</div> <div>2:00 Texas Hold 'Em, TV</div> <div>2:00 Movie, MT</div> <div>3:00 Bean Bag Baseball, AT</div> <div>4:00 Knit & Chat, Lib</div> <div>5:30 Ladies' Night, Bistro</div> <div>6:45 Bingo, AR</div>	<div>31</div> <div>11:30 Rosary with Kay, Chpl</div> <div>2:00 Canasta, AR</div> <div>2:00 Movie, MT</div> <div>3:30 Wii Bowling, AR</div> <div>6:45 Bingo, AR</div> <div>6:45 Movie, MT</div>



Wonderful Wine Tasting

One of our favorite outings this summer was a trip to the Westport Rivers Vineyard in Westport, Massachusetts. Normally, wine tastings are held inside at the bar, but because it was such a beautiful day they set us up outside at some tables so we could enjoy the beautiful weather along with the wine. For \$12, everyone got to taste six different

wines from the vineyard. From bubbly to dry to sweet, they tasted them all and some they liked and some they didn't care for but they enjoyed hearing about them and tasting them. After the tasting we set up the trays of various cheeses and meats, crackers and bread with dipping oil as well as some delicious jam and fruit. Everyone took what they wanted along with a glass of Perrier or they bought a glass of wine to enjoy with it. We sat for about an hour enjoying conversation, food and drinks on one of the nicest days this summer. And of course, we topped off the day with a stop at an ice cream shop just up the road which was the perfect ending to a great outing!



Yard Sale in September!

It's almost time for our annual Grandma's Attic Yard Sale! This year the date is Saturday, September 21st, so mark your calendars! In order to have a successful event, we need your help. We need donations of household items, clothing, furniture, etc., so please keep us in mind if you're going through closets or looking to purge some things to give yourself more room. If you know anyone looking to get rid of things please ask them if they would consider helping us by donating items to our sale. Please come see me if you have any questions or larger donations and I will be glad to help.

I will also need people to help go through and tag items as well as set up and help during the sale, and also clean up afterwards as well. If you are able to help in any way, please let me know. Together we will make this a big success.

Special Outing With Fairview and Highlands

We have managed to make plans for a joint outing this month with our sister communities Fairview Estates and The Highlands. On Wednesday, August 28th, we will travel to historic Plymouth, Massachusetts where we will board the Pilgrim Belle, a beautiful paddle wheeler, and take a leisurely cruise around Plymouth Harbor. After our cruise, we will enjoy lunch at a nearby restaurant. Cruise tickets are only \$15 for a 75-minute tour which is very reasonable. So, mark your calendars and join us for a wonderful day.



What a Museum!

We finally made it to the American Heritage Museum in Hudson, Massachusetts and we were able to get a private tour as well! This brand-new museum houses a large collection of tanks, armored vehicles and military artifacts from the United States and other countries. This collection was accumulated by Jacques Littlefield and donated to the Collings Foundation after his death in 2009. The museum is well laid out and starts you off with a couple of videos, one of which you can watch from a trench so you can get a feel for what it was like for the soldiers. Then you move into a room that shows another video

about World War II and there is a replica of Hitler's car with him standing in it. It gave me the chills just to see it. Then we moved into the main part of the museum where the tanks and other vehicles are laid out in order of the years of the wars. Everything was well-displayed with artifacts and information about each war and our involvement in them. Our docents were knowledgeable and helpful and being veterans themselves they were able to share some of their own experiences with us as well.

After our tour of the museum we enjoyed a delicious lunch at the 99 Restaurant to complete our outing.



Our Little Store!

We have a large rolling cart that we are turning into our own little traveling store. We will carry a variety of items that residents might need for themselves or for their apartment like stamps, envelopes, dish soap, paper towels, toothpaste and brushes, shampoo, soap, tissues, snacks, cards, etc. We will have residents running the store and it will be open several days a week for your convenience. We will post the schedule and the location and I will make announcements when the store is open. Several other Hawthorn communities have a little store in their buildings and residents love the convenience of it and the residents that help run it enjoy having a little job as well. We hope you will support our store and please let us know if there are any items that you would like us to carry and we will do our best to get them. We hope to have the store up and running by August 5th. If you would like to help, please stop by and let me know.

Henry Is Gone But Lisa Is Here

Henry was the physical therapist for Home Care Solutions and many of you knew him best for the Otago balance class he taught on Wednesday mornings. Many of you also had him as your physical therapist and I think anyone that knew him liked and respected him. Well, he has moved on to a new job and he has been replaced with Lisa who is a very nice young therapist that I think you will also like. Lisa is now doing a balance class on Tuesdays at 9:45 a.m. in the activities room. We can all use some help with maintaining and improving our balance which is so important to staying healthy and safe. Give this new class a try sometime. I think you'll find it worth your time.

Magnolia Heights
Gracious Retirement Living

485 East Central Street
Franklin, MA 02038



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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508-520-3471

