

# Colonial Gardens Gracious Retirement Living

105 Cherry Hill Drive • Beverly, MA 01915 • Phone (978) 922-1203 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## SEPTEMBER 2019

### COLONIAL GARDENS STAFF

Managers.....FRED & LISA RASH  
Assistant Managers .....JEREMY & TAMMY RODRIGUEZ  
Assistant Managers .....MICHAEL & ANGELA SANSONE  
Executive Chef.....THOMAS JOHNSON  
Activity Coordinator .....CHRISTA LEGER  
Transportation.....JIM GARNHAM & LEONARD CAMPANELLO

### OFFICE HOURS

Daily: 7:30 a.m.-7:30 p.m.

### TRANSPORTATION

**Monday, 9 a.m.-3 p.m.: Appointments**

(Including Doctor, Eye, Hearing, Hair, Bank, Pharmacy, etc.)

**Tuesday, 9 a.m.-3 p.m.: Shopping Shuttle & Appointments**

**Wednesday, See Sign-Up Sheet: Activity Outings**

**Wednesday, Thursday & Friday,  
9 a.m.-3 p.m.: Appointments**

**Thursday, 9 a.m.-3 p.m.: Shopping Shuttle**

**Saturday, 8:30 a.m.: Synagogue — Temple B'Nai Abraham**

**Sunday, 8:40 a.m.: St. Richards**

**Sunday, 9:10 a.m.: 2nd Congregational**

**Sunday, 9:40 a.m.: St. Mary's**

**HAWTHORN**  
SENIOR LIVING

## Cardio Drumming

Join the laughs and smiles every Friday morning! Drumming, music and dance come together in a fun and different way to burn calories!

Cardio drumming is typically done on an exercise ball that sits on a bucket base. Participants stand up behind the ball, hitting it with drumsticks, following an instructor as they move and groove to the music. Here, we adapt to sitting in a chair, facing the instructor with a chair in front us to bang with drumsticks.

Together we drum to the beat of newer songs like "Party In The USA" by Miley Cyrus, classics like "Burnin' Love" by Elvis and dance craze sensations like "YMCA." There is currently a playlist we stick with, but we are always looking for new songs!

Do you have a favorite song to which you would like to drum? Come to the Activity Room, let Christa know, and she will put together some choreography.



*Cardio Drumming!*



*Working those shoulders*



*There is a learning curve.*





## Karaoke Party

As Ella Fitzgerald put it, “The only thing better than singing, is more singing.”

On Thursday evenings, there is no need to sing in the shower or sing in your car with your radio blasting, when you can come to karaoke. Not a singer? That is OK with us; we are happy to have your company. Sing along with the songs you know, or the words that scroll across the TV as someone performs. Look through our karaoke books to find your choice or ask Christa to look on the internet. No one is forced to sing, as karaoke is a safe environment for people to belt out top hits or have a good laugh together with friends. But make sure to be there when our new Assistant Manager, Jeremy, goes up and sings for everyone. With a background in music, leading a band and singing, Jeremy has already performed “Sweet Caroline” by Neil Diamond, “Mama I’m Coming Home” by Ozzy Osbourne and “One More Light” by Linkin Park. Jeremy can also be seen slow dancing to songs like “Could I Have This Dance?” with fellow Assistant Manager and his wife, Tammy.



*Assistant Manager, Jeremy*



*Perform for a crowd.*



*Almost any song can be found.*



*Everyone sing along.*



*Sing in a group or solo.*





## Outings

Sometimes in life, we find ourselves falling into a routine we are comfortable with and do not even realize it. Break out of the routine and come on an activity outing!

Most times, we go out to eat as a group of 13 of us. Generally, we stay local, going to places like The Village, Michael's Harborside, Salem Willows, Angelica's and Olive Garden. New locations are always strongly encouraged to be suggested to Activities or Transportation. We do not only go out to eat, but have gone to other places, like Crazy Acres Farm to see the Great Danes from the Service Project, or seeing the sand sculptures at Hampton Beach, or a scenic drive followed by some ice cream.

Activities is looking for new adventures on which to take residents! Ideas include a day at the Salem Willows, not just lunch, but going to Clay Dreaming Pottery Studio to paint our own pottery or even try the pottery wheel! The Arnold Arboretum is a wonderful place to walk and enjoy a picnic. Or maybe we could try a non-traditional restaurant like Land 'n Sea, or lunch at Cracker Barrel in Tewksbury with our sister facility. Let us know where you like to go!



*Michael's Harborside, Newburyport*



*View of the Merrimack River*



*Service Dog Project, Ipswich*



*Salem Willows*



SEPTEMBER 2019 Birthdays

Joe Carter, 7th  
Mildred Kane, 9th  
Patricia Geraghty, 15th  
Lorraine Belanger, 20th  
Rhoda Kantor, 24th  
Marshall Sterman, 25th  
Lena DeCoff, 26th  
Robert Turpel, 30th

Locations

Activity Room,  
First Floor, AR  
Atrium, First Floor, ATR  
Card Room, Second  
Floor, CR  
Chapel, Third Floor, CH  
Conference Room,  
Second Floor, CON  
Courtyard Outside  
Of AR, CY  
Dining Room,  
First Floor, DR  
Fitness Room,  
Second Floor, FR  
Library, First Floor, LB  
Main Lobby, ML  
Movie Theater,  
Third Floor, MT  
Pool Table Area,  
Second Floor, PTA  
Salon, Fourth Floor, S  
TV Room, Second  
Floor, TR

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.” —Marilyn vos Savant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>LABOR DAY</div> <div><div>9:30 Zumba Gold with Ana, FR</div><div>9:30 Hand Workouts, AR</div><div>10:00 Decorative Painting with Bobbi, AR</div><div>11:00 “Among Friends” Discussion Group, CON</div><div>1:30 Valerie Roy Jewelry Show, AR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Hand Massages with Lotion, ATR</div><div>3:30 Bingo, AR</div></div> <div>*Rides to Church!</div> <div>10:00 Wii Bowling, AR</div> <div>12:30 Dinner, DR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Bingo, AR</div>	<div>2</div> <div><div>9:30 Zumba Gold with Ana, FR</div><div>9:30 Hand Workouts, AR</div><div>10:00 Decorative Painting with Bobbi, AR</div><div>11:00 “Among Friends” Discussion Group, CON</div><div>1:30 Valerie Roy Jewelry Show, AR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Hand Massages with Lotion, ATR</div><div>3:30 Bingo, AR</div></div>	<div>3</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>11:00 Team Trivia, AR</div><div>1:45 Bridge Group, CR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Chair Yoga with Jo Ann, AR</div><div>3:30 Craft Group, AR</div></div>	<div>4</div> <div><div>9:30 Chicken Fat &amp; Balance, AR</div><div>11:00 Long Word Game, ATR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Scrabble/Quiddler, DR</div><div>2:30 Painting Nails, LB</div><div>3:00 Bible Study with Pastor Kevin, CON</div><div>3:30 Bingo, AR</div></div>	<div>5</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>10:00 Continuing Education, MT</div><div>10:30 Resident Store Open, AR</div><div>11:00 Book Club, CON</div><div>2:00 Cribbage Group, CR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Horse Racing, AR</div><div>4:00 Karaoke Party!, AR</div><div>7:00 Corn Hole with Tami, AR</div><div>7:00 Poker Night, CR</div></div>	<div>6</div> <div><div>9:30 Cardio Drumming, AR</div><div>11:00 Team Trivia, AR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Poetry Hour with Tami, CON</div><div>2:15 Flinch with Jane and Rosanne, DR</div><div>3:00 Catholic Communion, CH</div><div>3:00 Yoga, AR</div></div>	<div>7</div> <div><div>12:00 Staycation Luau, CY</div><div>2:00 Movie Matinee, MT</div><div>3:30 Bingo, AR</div><div>7:00 Poker Night, CR</div></div> <div></div>
<div>8</div> <div><div>*Rides to Church!</div><div>10:00 Wii Bowling, AR</div><div>12:30 Dinner, DR</div><div>2:00 Movie Matinee, MT</div><div>3:00 Bingo, AR</div></div>	<div>9</div> <div><div>9:30 Hand Workouts, AR</div><div>10:00 Decorative Painting with Bobbi, AR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Hand Massages with Lotion, ATR</div><div>3:30 Bingo, AR</div></div> <div></div>	<div>10</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>10:00 Valerie Roy Jewelry Class, DR</div><div>11:00 Team Trivia, AR</div><div>1:30 Encompass BP Clinic, LB</div><div>1:45 Bridge Group, CR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Resident Store Open, AR</div><div>3:30 Craft Group, AR</div></div>	<div>11</div> <div><div>PATRIOT DAY</div><div>9:30 Chicken Fat &amp; Balance, AR</div><div>10:00 Acrylic Painting with Karen, AR</div><div>11:00 Long Word Game, ATR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Scrabble/Quiddler, DR</div><div>2:30 Painting Nails, LB</div><div>3:00 Bible Study with Pastor Kevin, CON</div><div>3:30 Bingo, AR</div></div>	<div>12</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>10:00 Continuing Education, MT</div><div>10:30 Resident Store Open, AR</div><div>2:00 Cribbage Group, CR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Protestant Church Service, CH</div><div>2:30 Horse Racing, AR</div><div>3:00 Sundaes!, AR</div><div>4:00 Jim Moses Performs, AR</div><div>7:00 Corn Hole with Tami, AR</div><div>7:00 Poker Night, CR</div></div>	<div>13</div> <div><div>9:30 Cardio Drumming, AR</div><div>11:00 Team Trivia, AR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Food for Thought with Margie, CON</div><div>2:15 Flinch with Jane and Rosanne, DR</div><div>3:00 Catholic Communion, CH</div><div>4:00 Happy Hour with Carol Liserre, AR</div></div>	<div>14</div> <div><div>2:00 Movie Matinee, MT</div><div>3:30 Bingo, AR</div><div>7:00 Poker Night, CR</div></div>
<div>15</div> <div><div>*Rides to Church!</div><div>10:00 Wii Bowling, AR</div><div>12:30 Dinner, DR</div><div>2:00 Movie Matinee, MT</div><div>3:00 Bingo, AR</div></div> <div></div>	<div>16</div> <div><div>9:30 Zumba Gold with Ana, FR</div><div>9:30 Hand Workouts, AR</div><div>10:00 Decorative Painting with Bobbi, AR</div><div>11:00 Activities Meeting with Christa, CON</div><div>2:00 Movie Matinee, MT</div><div>2:30 Hand Massages with Lotion, ATR</div><div>3:30 Bingo, AR</div></div>	<div>17</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>11:00 Team Trivia, AR</div><div>1:45 Bridge Group, CR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Chair Yoga with Jo Ann, AR</div><div>3:30 Craft Group, AR</div></div>	<div>18</div> <div><div>9:30 Chicken Fat &amp; Balance, AR</div><div>11:00 Long Word Game, ATR</div><div>12:00 Piano Music with Steve Hershman, DR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Scrabble/Quiddler, DR</div><div>2:30 Painting Nails, LB</div><div>3:00 Bible Study with Pastor Kevin, CON</div><div>3:30 Bingo, AR</div></div>	<div>19</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>10:00 Continuing Education, MT</div><div>10:30 Resident Store Open, AR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Cribbage Group, CR</div><div>2:30 Horse Racing, AR</div><div>4:00 Karaoke Party!, AR</div><div>7:00 Corn Hole with Tami, AR</div><div>7:00 Poker Night, CR</div></div>	<div>20</div> <div><div>9:30 Cardio Drumming, AR</div><div>11:00 Team Trivia, AR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Poetry Hour with Tami, CON</div><div>2:15 Flinch with Jane and Rosanne, DR</div><div>3:00 Catholic Communion, CH</div><div>4:00 Happy Hour with Bill Foley, AR</div></div> <div></div>	<div>21</div> <div><div>2:00 Movie Matinee, MT</div><div>3:30 Bingo, AR</div><div>7:00 Poker Night, CR</div></div>
<div>22</div> <div><div>*Rides to Church!</div><div>10:00 Wii Bowling, AR</div><div>12:30 Dinner, DR</div><div>2:00 Movie Matinee, MT</div><div>3:00 Bingo, AR</div></div>	<div>23</div> <div><div>AUTUMN BEGINS</div><div>9:30 Hand Workouts, AR</div><div>10:00 Decorative Painting with Bobbi, AR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Hand Massages with Lotion, ATR</div><div>3:30 Bingo, AR</div></div>	<div>24</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>11:00 Team Trivia, AR</div><div>1:30 Encompass BP Clinic, LB</div><div>1:45 Bridge Group, CR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Resident Store Open, AR</div><div>3:30 Craft Group, AR</div></div> <div></div>	<div>25</div> <div><div>9:30 Chicken Fat &amp; Balance, AR</div><div>11:00 Long Word Game, ATR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Scrabble/Quiddler, DR</div><div>2:30 Painting Nails, LB</div><div>3:00 Bible Study with Pastor Kevin, CON</div><div>3:30 Bingo, AR</div></div> <div></div>	<div>26</div> <div><div>9:30 Morning Exercise with Christa, AR</div><div>10:00 Continuing Education, MT</div><div>10:30 Resident Store Open, AR</div><div>2:00 Movie Matinee, MT</div><div>2:00 Cribbage Group, CR</div><div>2:30 Horse Racing, AR</div><div>3:00 Resident Meeting, AR</div><div>4:00 Karaoke Party!, AR</div><div>7:00 Corn Hole with Tami, AR</div><div>7:00 Poker Night, CR</div></div> <div></div>	<div>27</div> <div><div>Monthly Birthday Party</div><div>9:30 Cardio Drumming, AR</div><div>11:00 Team Trivia, AR</div><div>2:00 Episcopal Service, CH</div><div>2:00 Movie Matinee, MT</div><div>2:00 Food for Thought with Margie, CON</div><div>2:15 Flinch with Jane and Rosanne, DR</div><div>3:00 Catholic Communion, CH</div><div>5:30 Dinner Music with Joe Boccia, DR</div></div>	<div>28</div> <div><div>2:00 Movie Matinee, MT</div><div>3:30 Bingo, AR</div><div>3:30 Car Show with John Ross</div><div>7:00 Poker Night, CR</div></div>
<div>29</div> <div><div>ROSH HASHANAH BEGINS AT SUNSET</div><div>*Rides to Church!</div><div>10:00 Wii Bowling, AR</div><div>12:30 Dinner, DR</div><div>2:00 Movie Matinee, MT</div><div>3:00 Bingo, AR</div></div>	<div>30</div> <div><div>9:30 Hand Workouts, AR</div><div>10:00 Decorative Painting with Bobbi, AR</div><div>11:00 Men’s Activity Meeting, TR</div><div>2:00 Movie Matinee, MT</div><div>2:30 Hand Massages with Lotion, ATR</div><div>3:30 Bingo, AR</div></div> <div></div>					





## Apple Nachos

### CARAMEL APPLE NACHOS

#### Ingredients:

- 4 Granny Smith apples (or your choice), cored and thinly sliced
- 1 cup white chocolate chips, melted
- 3/4 cup caramel, warmed
- 1 cup chopped pretzels
- 2 Heath bars, broken into pieces

#### Directions:

1. On a large plate, arrange apple slices on top of one another.
2. Drizzle with half the white chocolate and caramel, then top with pretzels and Heath bars.
3. Drizzle with remaining white chocolate and caramel.
4. Serve immediately.



### PEANUT BUTTER APPLE NACHOS

#### Ingredients:

- 1 Fuji apple (or your choice), cut into thin slices
- 1/4 cup smooth peanut butter, melted
- 1/4 cup semi-sweet chocolate chips, melted
- 1 handful of chocolate chips

#### Directions:

1. Arrange apple slices on a plate.
2. Drizzle melted peanut butter over apple slices with a spoon, and do the same with the melted chocolate.
3. Sprinkle a handful of chocolate chips over the plate as a topping.
4. Serve immediately.

## Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations.

Whether your loved ones live near or far, there are a

variety of ways to connect with them and create lasting memories.



Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending “just because” cards by mail. With technology such as email, text messaging, video calls and social media websites, it’s even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you’re apart.

You’ve probably heard the saying “They may forget what you said, but they will never forget how you made them feel.” What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying “I love you” are all simple yet shining ways of being a great grandparent.





## USO Donations

Even if you do not hear about the war overseas does not mean it has stopped. The troops still fighting to protect our freedom need supplies year round. Being in a different hemisphere, our troops will be facing winter weather before we do. There are plenty of ways to help get the troops things they need.

Supplies that would once melt in the summer sun can now be sent, such as chocolates, cough drops, hard candy, gum and lip balms. Warm clothing and items will help at night such as hot chocolate, instant coffee, hats, gloves, thick socks and hand warmers. With the cooler weather comes cold season, when there is never enough tissues, hand sanitizers, baby wipes and nasal saline spray. The holidays

are right around the corner, and before we know it, they will be here. Not every soldier will have a chance to go home, but blank cards, holiday cards or stationery of any kind will help them get a message home to their loved ones. Things can even be purchased at the Resident Store, then donated. Don't forget our females on the fields; they need women's sanitary products.

Do you no longer drive or go out very rarely? You can still help! Along with the donation bucket up by the Office, there is a jar to place money. Rhoda, Josephine, Dodie and management staff take some of that money and get supplies at the Dollar Store. Any amount helps.



**Until Every One Comes Home®**



## Activity Suggestions!

It is time to put on your thinking caps!

Stop by the Activity Room to voice your thoughts, ideas or suggestions, right between the Movie board and Activity Outing board! If you have any suggestions for the building, there is a suggestion box on the wall next to the Residents' Kitchen in the Activities Room.

Please understand, all activities and events are subject to change. Thank you for your cooperation.





Colonial Gardens  
Gracious Retirement Living

105 Cherry Hill Drive  
Beverly, MA 01915



# *Fall in love...* with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

**978-922-1203**

Colonial Gardens  
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