



COTTONWOOD — ESTATES — Gracious Retirement Living

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

SEPTEMBER 2019

COTTONWOOD ESTATES STAFF

Managers..... JIM & LAURIE KUCKUCK
Assistant Managers GEORGE & JOYCE
BENDALL
Executive Chef..... JONATHAN ELAM
Marketing..... MATTHEW SIPERA
Activity Coordinator LANEY BRITT
Maintenance MARK SIMMS
Transportation THOMAS 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

National Grandparents Day

National Grandparents Day 2019 is on Sunday, September 8th! All Cottonwood residents are encouraged to bring pictures of their grandchildren down to the activity center to show off those grandbabies! We know how important family is and we would love to see your family photos.

BarkVille Dog Rescue

Cottonwood is looking forward to visits from the wonderful pups and volunteers of BarkVille Dog Rescue! BarkVille is a nonprofit, all-volunteer organization that was founded in 2016. They provide appropriate veterinary care to all dogs they care for and place them in foster homes while they await forever homes. BarkVille will be periodically coming to visit Cottonwood to show off their lovely pups! We are so excited to meet the BarkVille family! It will be absolutely paw-some!



HAWTHORN
SENIOR LIVING



Ambassadors' Luncheon for Gillian

The Cottonwood Ambassadors had a wonderful lunch at SmokeJack in honor of our very own Gillian! Gillian revived the Ambassador Program a few years ago and has served as an ambassador ever since. In addition to this, she has been overseeing our library operations. She always makes sure to welcome new residents and make them feel at home. She even hosts our High Tea times where she shares her expertise regarding British teas. It is always refreshing to see Gillian and her beautiful smile. Gillian is stepping down from her position as an ambassador and deserves to relax after years of hard work and dedication. Gillian, you are such a special part of Cottonwood! Thank you for spreading your love, light, and great sense of humor everywhere you go!



Gillian with her beautifully handcrafted gift from Judy



The whole gang!



Garden Club Banquet

The Cottonwood Garden Club Banquet was a hit! It was a celebration of all of our garden club members and their dedication to keeping the Cottonwood grounds beautiful and flourishing! Special thanks to Peter Langham for hosting the event and bringing gorgeous flowers from his garden to share with the Cottonwood family. We also held a Golden Shovel Award Ceremony. The recipients of the Golden Shovels were as follows: The "Super Glad to See Ya" award for best gladiola went to Vivian! The "Butterflies Are Flying Flowers" award went to Roberta! The "Spotlight on White" award went to Karen for the best white petunias! The "Cheerful and Perky Pot" award went to Cindy and Lou! The "Zen-sational" award for the most worry-free garden went to Jack and Judy! The "Star-Spangled Spirit" award went to Cliff and Margo! The "Little Pot That Could" award went to Mary! The "Dilly-Dally-Not" award went to Pat! The "Delta Is Ready When You Are Flying High Award" went to Gillian! The "You Say Tomato, I Say To-mah-to" award and the "Red, White, and Bloom" award went to Betsy! Last but not least, the "Purple Godzilla Vine That Almost Took Over Cottonwood" award went to Don and Barbara! A special thanks is in order to our very own resident and Master Gardener Peggy for her assistance with our Memory Garden. Cottonwood appreciates you all so very much!



Thanks to Jack (middle) and Judy (left) for keeping our plants beautiful and to Peter (right) for orchestrating our banquet!

Thomas Is the Man With the Plan!

The Cottonwood family would like to extend our appreciation to Thomas, the best driver in Alpharetta! Thank you for all that you do! You keep Cottonwood smiling and bring tremendous energy to our outings.



Thomas in his snazzy threads!

We're Ready for Football Season!

We are looking forward to football season! Cottonwood is showing football-themed movies every Saturday and Sunday of September in the movie theater. We will also be hosting "Wear Your Jersey Day" on Thursday, September 26th where everyone is encouraged to wear and show off their favorite football jersey! As a reminder, NFL football starts on September 5th with the Packers and Bears game. We'll be playing sports channels in the movie theater continually so that everyone can keep up with their favorite team!

SEPTEMBER 2019

Birthdays

Bonnie Oxley, 5th
Mary Frances Walsh, 5th
Barbara Hinkle, 16th

Sandy Mule, 16th
Sybil Jones, 18th
Faye Straw, 23rd
Shirley Norton, 24th
Lilly Branigan, 27th
Beverly Dalton, 29th
Roy Waddle, 30th

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:00 Klondikes with the Kuckucks, DR</div> <div>7:00 Rummikub, TV</div> <div>7:00 Movie: “Remember the Titans,” MT</div>	<div>LABOR DAY</div> <div>9:30 Alpharetta Adult Activity Center, Lobby</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Laney, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>3:00 Four Aces Poker Club, DR</div> <div>3:00 Penny Poker, DR</div> <div>4:00 “The Carol Burnett Show,” MT</div> <div>7:00 Bingo, AC</div>	<div>10:00 Workout with Renee, AC</div> <div>11:00 Garden Club</div> <div>11:30 St. Aidan’s Communion, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:30 Craft: Stained “Glass” Sun Catchers, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> <div>7:00 “The Carol Burnett Show,” MT</div>	<div>9:00 Cottonwood Walkers, Lobby</div> <div>9:30 Outing: Atlanta Humane Society, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>10:30 Brain Busters, AC</div> <div>12:25 Trivia, DR</div> <div>2:00 “The Carol Burnett Show,” MT</div> <div>3:00 “I Remember When,” AC</div> <div>4:00 Book Club, L</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Workout with Renee, AC</div> <div>10:30 Bible Study, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>3:00 Horse Racing, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div> <div>7:00 “The Carol Burnett Show,” MT</div> <div></div>	<div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div> <div>4:00 “The Carol Burnett Show,” MT</div> <div>7:00 Bingo, AC</div>	<div>10:30 Donuts in the Round, AC</div> <div>11:00 Gardening</div> <div>2:00 Bananagrams, DR</div> <div>2:00 Movie: “Waterboy,” MT</div> <div>2:00 Cottonwood Movies, MT</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bocce Ball, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> <div>7:15 Fabulous Fireside Fun, FP</div>
<div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:00 Klondikes with the Kuckucks, DR</div> <div>7:00 Rummikub, TV</div> <div>7:00 Movie: “The Longest Yard,” MT</div>	<div>9:30 Alpharetta Adult Activity Center, Lobby</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Laney, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>3:00 Four Aces Poker Club, DR</div> <div>3:00 Penny Poker, DR</div> <div>4:00 “The Carol Burnett Show,” MT</div> <div>7:00 Bingo, AC</div>	<div>10:00 Workout with Renee, AC</div> <div>11:00 Garden Club</div> <div>11:30 St. Aidan’s Talk, L</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Electronic Trivia, TV</div> <div>2:30 Craft: Rock Painting, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> <div>7:00 “The Carol Burnett Show,” MT</div>	<div>PATRIOT DAY</div> <div>9:00 Cottonwood Walkers, Lobby</div> <div>9:30 Outing: Land of 1000 Hills Coffee House, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>10:30 Brain Busters, AC</div> <div>12:25 Trivia, DR</div> <div>2:00 “The Carol Burnett Show,” MT</div> <div>2:00 Music with Marty, AT</div> <div>3:00 “I Remember When,” AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Workout with Renee, AC</div> <div>10:30 Bible Study, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>3:00 Paint Pour Craft, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div> <div>7:00 “The Carol Burnett Show,” MT</div>	<div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour with Adoun, AC</div> <div>4:00 “The Carol Burnett Show,” MT</div> <div>7:00 Bingo, AC</div>	<div>10:30 Donuts in the Round, AC</div> <div>11:00 Gardening</div> <div>2:00 Bananagrams, DR</div> <div>2:00 Movie: “Friday Night Lights,” MT</div> <div>2:00 Cottonwood Movies, MT</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bocce Ball, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> <div>7:15 Fabulous Fireside Fun, FP</div>
<div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:00 Klondikes with the Kuckucks, DR</div> <div>7:00 Rummikub, TV</div> <div>7:00 Movie: “The Blind Side,” MT</div>	<div>9:30 Alpharetta Adult Activity Center, Lobby</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Laney, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>3:00 Four Aces Poker Club, DR</div> <div>3:00 Penny Poker, DR</div> <div>4:00 “The Carol Burnett Show,” MT</div> <div></div>	<div>10:00 Workout with Renee, AC</div> <div>11:00 Garden Club</div> <div>11:30 St. Aidan’s Communion, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:30 Craft: Fall Wreaths, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> <div>7:00 “The Carol Burnett Show,” MT</div>	<div>9:00 Cottonwood Walkers, Lobby</div> <div>9:30 Outing: Alpharetta History Museum, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>10:30 Brain Busters, AC</div> <div>12:25 Trivia, DR</div> <div>2:00 “The Carol Burnett Show,” MT</div> <div>3:00 “I Remember When,” AC</div> <div>4:00 Book Club, L</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div></div>	<div>10:00 Workout with Renee, AC</div> <div>10:30 Bible Study, CH</div> <div>10:30 Chef/Resident Meeting, AC</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>3:00 Horse Racing, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div> <div>7:00 “The Marvelous Mrs. Maisel,” MT</div>	<div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div> <div>4:00 “The Marvelous Mrs. Maisel,” MT</div> <div>7:00 Bingo, AC</div>	<div>10:30 Donuts in the Round, AC</div> <div>11:00 Gardening</div> <div>2:00 Bananagrams, DR</div> <div>2:00 Movie: “We Are Marshall,” MT</div> <div>2:00 Cottonwood Movies, MT</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bocce Ball, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> <div>7:15 Fabulous Fireside Fun, FP</div>
<div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:00 Klondikes with the Kuckucks, DR</div> <div>7:00 Rummikub, TV</div> <div>7:00 Movie: “Radio,” MT</div>	<div>AUTUMN BEGINS</div> <div>9:30 Alpharetta Adult Activity Center, Lobby</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Laney, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>3:00 Four Aces Poker Club, DR</div> <div>3:00 Penny Poker, DR</div> <div>4:00 “The Marvelous Mrs. Maisel,” MT</div> <div></div>	<div>10:00 Workout with Renee, AC</div> <div>11:00 Garden Club</div> <div>11:30 St. Aidan’s Talk, L</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Electronic Trivia, TV</div> <div>2:30 Craft: Fall Flower Jars, AC</div> <div>3:30 Rummikub, DR</div> <div>7:00 Bingo, AC</div> <div>7:00 “The Marvelous Mrs. Maisel,” MT</div> <div></div>	<div>9:00 Cottonwood Walkers, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>10:30 Brain Busters, AC</div> <div>12:25 Trivia, DR</div> <div>2:00 “The Marvelous Mrs. Maisel,” MT</div> <div>2:00 Resident/Management Mtg., AC</div> <div>3:00 “I Remember When,” AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Workout with Renee, AC</div> <div>10:30 Bible Study, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>3:00 Horse Racing, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div> <div>7:00 “The Marvelous Mrs. Maisel,” MT</div>	<div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Jeanne, AC</div> <div>11:15 Bible Sharing, AC</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div> <div>4:00 “The Marvelous Mrs. Maisel,” MT</div> <div></div>	<div>10:30 Donuts in the Round, AC</div> <div>11:00 Gardening</div> <div>2:00 Bananagrams, DR</div> <div>2:00 Movie: “Jerry Maguire,” MT</div> <div>2:00 Cottonwood Movies, MT</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bocce Ball, AC</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> <div>7:15 Fabulous Fireside Fun, FP</div>
<div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>9:00 Televised Church Service: Lakewood Church, MT</div> <div>10:30 Alpharetta First United Methodist, Lobby</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:00 Klondikes with the Kuckucks, DR</div> <div>7:00 Rummikub, TV</div> <div>7:00 Movie: “Facing the Giants,” MT</div> <div></div>	<div>9:30 Alpharetta Adult Activity Center, Lobby</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise with Laney, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>3:00 Four Aces Poker Club, DR</div> <div>3:00 Penny Poker, DR</div> <div>4:00 “The Marvelous Mrs. Maisel,” MT</div> <div>7:00 Bingo, AC</div> <div></div>					



The Queen of Fall Flowers

Chrysanthemums provide a splash of color in fall flowerbeds and centerpieces. Celebrate this seasonal favorite with a bouquet of floral facts:

- Native to China, the flower was grown as early as 1400 B.C. and used as an herbal remedy.
- The first chrysanthemums had small yellow blooms, inspiring their name, which comes from the Greek words meaning “gold flower.”
- Today, mums are available in nearly any color. Common hues include yellow, orange, red, purple and white.
- There are 40 wild species of chrysanthemum, with thousands of cultivated varieties.
- The flower is a symbol of joy, love, loyalty and longevity.
- Chrysanthemums are treasured in Chinese and Japanese culture. Both countries hold annual festivals honoring the flower and feature it in their artwork and literature.
- The chrysanthemum is one of the top-selling potted plants in the U.S. and is often called the “queen of fall flowers.”
- Mums are air-purifying houseplants. The blooms also contain a substance that can repel certain insects.
- The chrysanthemum is the traditional flower for a 13th wedding anniversary, as well as the birth flower for November.



Credit: Gardenia Creating Gardens, “Chrysanthemum ‘Cheryl Pink’,” Retrieved from www.gardenia.net/plant/Chrysanthemum-Cheryl-Pink

Painting With Bob Ross

With his soothing voice and ability to turn a blank canvas into a beautiful painting in just 30 minutes, Bob Ross mesmerized millions of fans who tuned in to his TV show, “The Joy of Painting.”

Ross took up oil painting while serving in the U.S. Air Force. The Florida native was stationed in Alaska when he saw snow and mountains for the first time, and both served as inspiration for his paintings. He practiced the “wet-on-wet” technique, in which oil paints are applied on top of one another without waiting for each layer to dry.

After 20 years in the military, Ross returned to civilian life and held painting workshops in shopping malls, then launched his show on public television in 1983. Wearing jeans and a button-down shirt and sporting his signature curly hairstyle, Ross guided viewers through his quick process of painting a landscape, making it look effortless. Audiences were drawn to his soft-spoken voice and words of encouragement, which included gems such as, “We don’t make mistakes. We just have happy accidents.”

Ross hosted “The Joy of Painting” for 11 years. He also taught classes and created a line of art supplies and how-to videos. Today, certified Bob Ross instructors carry on his legacy by teaching classes to budding artists.



Credit: Joe Kloc, Newsweek Magazine. Retrieved from www.newsweek.com/2014/10/10/soothing-sounds-bob-ross-274466.html



New Activity Coordinator

Hello Cottonwood Estates! My name is Laney Britt and I will be your new activity coordinator! I would like to start by saying how excited I am to be in this position and to spend time with our Cottonwood family. This opportunity is very special to me as I have already established relationships with so many of you. I look forward to planning new and exciting events that everyone can enjoy!



I was born in Dahlonega, Georgia and grew up on a small farm. As a result, I have an ingrained love of nature and being outdoors. My favorite things to do are to go on outings with my dog, swimming at the lake, hiking, and fishing. I also love to spend time with my wonderful family. I moved to Alpharetta in 2010 and absolutely love it. What a wonderful city to live in!

Now that I am your activity coordinator, I want all residents to know that the activity center has an open-door policy. I have a suggestion box on my desk if you want to drop by with an idea. Furthermore, if you are bored and need something to do, just come on by and we'll figure out something fun! I look forward to making memories with all of you!

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.

Cottonwood's Behind-The-Scenes Photographer

Say hello to Pat! Many of the pictures that you see in this newsletter were taken by this lovely woman. She not only has an artistic eye but a love for taking photos. Thank you Pat for capturing our memories so that we may cherish them forever! We also want to recognize Pat for helping to orchestrate activities. She is always willing to jump in and help out! What a team player!



COTTONWOOD
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Gracious Retirement Living

255 Vaughan Drive
Alpharetta, GA 30009



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.

678-242-0334

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