

Colonial Gardens

Gracious Retirement Living

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

OCTOBER 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

October Is Breast Cancer Awareness Month

Please join us in bringing attention to Breast Cancer Awareness by wearing pink or something pink EVERY Wednesday this October.

Activities to raise awareness:

Walk for a cure:

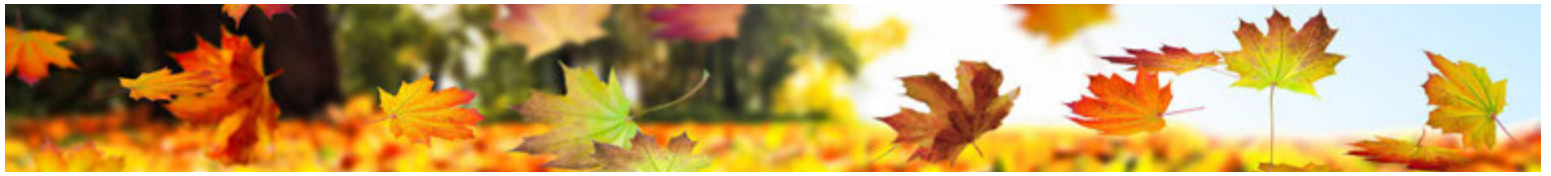
Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping: Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Give back: If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.

ON WEDNESDAYS
WE WEAR
PINK

*Quote from the movie
"Mean Girls"*



Bingo Bonanza

Open to all and the community, Colonial Gardens hosted a Bingo Bonanza in August. Eight games in total were played over the course of an hour. Winners took home prizes instead of cash. Small prizes included travel mugs and desktop fountains. The bigger prizes at the end were an air fryer and a new TV! Peter sat in the middle of the dining room, mic in hand, as our bingo caller. Some residents who never played before joined in the fun. Assistant Manager Angela was nice enough to help residents who have a hard time seeing find the numbers called. If two people won the same round, a winner would be picked by cutting a deck of cards, highest number takes the prize, runner-up gets a gift bag of goodies. At the end of the fun, many insulated tote bags were handed out for those who did not take home a big prize. But in the end, everyone is a winner!



Betty and her son



Lovely Linda



*Winner winner,
chicken dinner!*



*Assistant Manager Angela helping
those with difficulty seeing*



Two prizes for one win!



The bingo crowd gathers

Gardens

This year's garden is full of tomatoes, veggies and even some flowers!





Fall Centerpieces

"An apple a day keeps the doctor away!" Well, not if you bite this apple, you'll go straight to the doctor!

As real as our Fall Centerpieces look, they are FAKE caramel apples! Without all the add-ons the apples looked good enough to eat. Twigs were inserted and glued in the apple to make them easier to hold. Our "caramel sauce" was a mixture of Mod Podge and brown paint. After painting a thick coat on the apple, they got dunked or sprinkled with "nuts." Our nuts were dried corn cobs often used as small animal or bird cage litter. The apples stood up on their own as long as a slight breeze didn't pass by. To prevent them from falling over, they were glued to gold bases. Bringing the centerpiece all together was shiny orange pipe cleaner and some fall-colored flowers on top. It was a messy craft with a lot of clean-up after, but in the end it was worth it!



Lena helps the best she can.



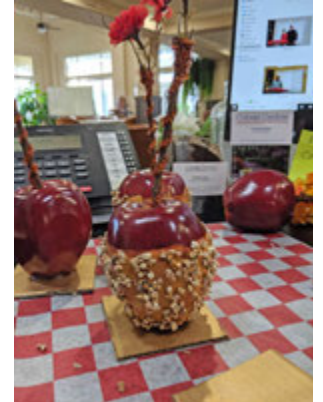
Pat had a blast with the "nuts."



Deniece cannot get over how cute they are.





Working like a fine-oiled machine



Finished product!



OCTOBER 2019 Birthdays		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Judy Othote, 3rd Jean Haskell, 4th Joe Perkins, 6th Marjorie Doty, 7th Richard Gray, 9th Ruth Britton, 9th Shirley Goodwin, 10th Gail Capachietti, 10th Warren Anderson, 10th Carl Litchfield, 14th Bill Hamilton, 16th Herbert Gatewood, 21st Joe Lombardo, 24th Frank Countie, 26th Florence Leone, 27th Leone Florence, 27th Ann Horrigan, 30th				1 9:30 Morning Exercise with Christa, AR 11:00 Team Trivia, AR 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:30 Chair Yoga with Jo Ann, AR 3:30 Craft Group, AR	2 Wear Pink 9:30 Chicken Fat & Balance, AR 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 Painting Nails, LB 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR	3 9:30 Morning Exercise with Christa, AR 10:30 Resident Store Open, ARH 11:00 Book Club, CON 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 4:00 Singalong Hour, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 	4 9:30 Cardio Drumming, AR 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:00 Poetry Hour with Tami, CON <i>2:15 Flinch with Jane and Rosanne, DR</i> 2:30 Knit & Chat, AR 3:00 Catholic Communion, CH 4:00 Happy Hour with Steve O'Connell, AR 	5 2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
		6 *Rides to Church! 10:00 Wii Bowling, AR 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR 	7 9:30 Zumba Gold with Ana, FR 9:30 Hand Workouts, AR 10:00 Decorative Painting with Bobbi, AR 1:30 Valerie Roy Jewelry Show, AR 2:00 Movie Matinee, MT 2:30 Hand Massages with Lotion, LB 3:30 Bingo, AR 	8 YOM KIPPUR BEGINS AT SUNSET 9:30 Morning Exercise with Christa, AR 10:00 Valerie Roy Jewelry Class, DR 11:00 Team Trivia, AR 1:30 Encompass BP Clinic, LB 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:00 Resident Store Open, AR 3:30 Craft Group, AR	9 Wear Pink 9:30 Chicken Fat & Balance, AR 10:00 Acrylic Painting with Karen, AR 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 Painting Nails, LB 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR 	10 9:30 Morning Exercise with Christa, AR 10:30 Resident Store Open, ARH 2:00 Brian Corcoran Performs, AR 2:00 Cribbage Group, CR 2:00 Protestant Church Service, CH 2:00 Movie Matinee, MT 3:00 Sundaes!, AR 4:00 Singalong Hour, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 	11 9:30 Cardio Drumming, AR 11:00 Team Trivia, AR 2:00 Movie Matinee, MT <i>2:15 Flinch with Jane and Rosanne, DR</i> 2:30 Knit & Chat, AR 3:00 Catholic Communion, CH 4:00 Happy Hour with Paul Cavitt, AR	12 10:00 Grandma's Attic 2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
		13 *Rides to Church! 10:00 Wii Bowling, AR 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR	14 COLUMBUS DAY 9:30 Hand Workouts, AR 10:00 Decorative Painting with Bobbi, AR 2:00 Movie Matinee, MT <i>2:30 Hand Massages with Lotion, LB</i> 3:30 Bingo, AR 	15 9:30 Morning Exercise with Christa, AR 11:00 Team Trivia, AR 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:30 Reiki with Jo Ann, CON 3:30 Craft Group, AR	16 Wear Pink 9:30 Chicken Fat & Balance, AR 11:00 Long Word Game, ATR 12:00 Lunch Music with Steve Hershman, DR 2:00 Scrabble/Quiddler, DR 2:00 Movie Matinee, MT 2:30 Painting Nails, LB 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR 7:00 A Night with Elvis, AR 	17 9:30 Morning Exercise with Christa, AR 10:30 Resident Store Open, ARH 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 4:00 Singalong Hour, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR	18 9:30 Cardio Drumming, AR 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:00 Poetry Hour with Tami, CON <i>2:15 Flinch with Jane and Rosanne, DR</i> 2:30 Knit & Chat, AR 3:00 Catholic Communion, CH 4:00 Happy Hour with Ray Novack, AR	19 2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
		20 *Rides to Church! 10:00 Wii Bowling, AR 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR	21 9:30 Zumba Gold with Ana, FR 9:30 Hand Workouts, AR 10:00 Decorative Painting with Bobbi, AR 2:00 Movie Matinee, MT <i>2:30 Hand Massages with Lotion, LB</i> 3:30 Bingo, AR 	22 9:30 Morning Exercise with Christa, AR 11:00 Team Trivia, AR 1:30 Encompass BP Clinic, LB 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:00 Resident Store Open, AR 3:30 Craft Group, AR	23 Wear Pink 9:30 Chicken Fat & Balance, AR 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 Painting Nails, LB 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR	24 9:30 Morning Exercise with Christa, AR 10:30 Resident Store Open, ARH 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 3:00 Resident Meeting, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 	25 Monthly Birthday Party 9:30 Cardio Drumming, AR 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:00 Episcopal Service, CH <i>2:15 Flinch with Jane and Rosanne, DR</i> 2:30 Knit & Chat, AR 3:00 Catholic Communion, CH 4:00 Monthly Birthday Party with Joe Boccia, AR	26 2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR 
Locations Activity Room Hall, First Floor, ARH 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 Residents Kitchen, First Floor, RK Salon, Fourth Floor, S TV Room, Second Floor, TR		27 *Rides to Church! 10:00 Wii Bowling, AR 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR 	28 9:30 Hand Workouts, AR 10:00 Decorative Painting with Bobbi, AR 2:00 Movie Matinee, MT <i>2:30 Hand Massages with Lotion, LB</i> 3:30 Bingo, AR	29 9:30 Morning Exercise with Christa, AR 11:00 Team Trivia, AR 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:30 Chair Yoga with Jo Ann, AR 3:30 Craft Group, AR	30 Wear Pink 9:30 Chicken Fat & Balance, AR 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 Painting Nails, LB 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR 	31 HALLOWEEN Halloween Party 9:30 Morning Exercise with Christa, AR 10:30 Resident Store Open, ARH 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR		



Activities With Arete Rehab

We have been so fortunate to work alongside Arete Rehab for many months. They have come in and educated our staff more on the warning signs when someone may need a little more help as things that were once easy become a little more difficult. Nancy has been nice enough to lead three activities that help residents stay as independent as possible for as long as possible. A few months ago, she led a Fall Prevention Clinic that came with plenty of hand-outs, examples and goodies of dark chocolate and cherries! One afternoon, Nancy brought in drumsticks, empty five-gallon buckets, rain sticks and a thunder maker! With her as conductor and the residents in a circle, together they made sweet music while practicing rhythm. Nancy's latest visit she brought paints, brushes and paper so residents could create masterpieces. It was after supper and right before people went to be for the night. Nancy and Arete Rehab have been a pleasure to have around.



Men paint, too.



Stepping outside the comfort zone



Pure happiness



Caroline showing off her work



Ethel is proud.



Ann is so talented.



Luau

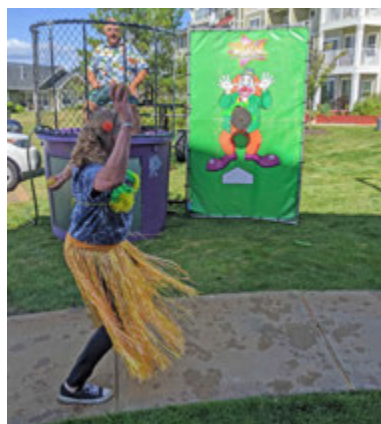
Oi kai ka lau e hana I ola honua. “Live your life while the sun is still shining.” — Hawaiian Proverb

There is no better way to wind down summer than with a Luau and someone getting wet! Served buffet style, lunch consisted of pulled pork, chicken skewers, bacon-wrapped pineapple and more followed by coconut macaroons and white chocolate macadamia nut cookies. A best dressed contest turned up a tie between Ms. Hawaii 2020 and Mr. Pineapple with Ms. Hawaii coming out on top.

The day started off cool with lots of clouds with a dunk tank in the courtyard. Along came the sun and so did the fun! Residents gathered around the dunk tank as the brave climbed to the edge. Residents took turns throwing the ball, sinking Chris to the murky, cold depths of the tank. When he came down, manager Fred went up! Lisa had fun dunking him and the residents all had a good laugh. But they were all hesitant when Christa sat on the edge until Chris sent her under! It was a fun way to end the summer.



Full house!



Managers Lisa and Fred hard at work



Ms. Hawaii 2020 vs. Mr. Pineapple Best Dressed



Beautiful couple



Cute couple



Even those who run the show get wet!



Go Alice! Dunk Chris!

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

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