COTTONWOOD — ESTATES —
Gracious Retirement Living

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

OCTOBER 2019

COTTONWOOD ESTATES STAFF

Managers..... JIM & LAURIE KUCKUCK
Assistant Managers ..... GEORGE & JOYCE BENDALL
Executive Chef..... JONATHAN ELAM
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

Purple Power

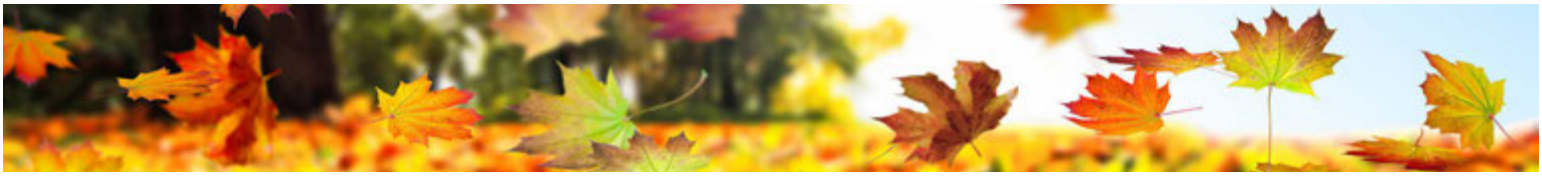
The color purple is a sure sign that a food is rich in antioxidants, particularly anthocyanins. These have been linked to health benefits such as reduced inflammation, lower blood pressure and better memory function. Here are some popular purple vegetables to add to your plate.

Eggplant — The star ingredient in eggplant Parmesan, ratatouille and baba ghanoush, this veggie is a good source of fiber, manganese and several B vitamins. Its glossy purple skin provides the most nutrients.

Cabbage — Purple cabbage, also called red cabbage, provides dishes with crunch and packs a powerful nutritional punch. The cruciferous pick contains more than 30 different anthocyanins, plus high levels of vitamins A, C and K.

Cauliflower — Purple cauliflower is said to have a sweeter, nuttier taste than its white counterpart, but both kinds are low in calories and have significant amounts of fiber, folate, and vitamins B-6, C and K.

Purple varieties of carrots, potatoes, asparagus, artichokes and kale, as well as red onions, are other vegetable sources of anthocyanins.



Bat Appreciation Month

Despite their scary reputation, bats have an extremely important role in our environment, managing insect populations and pollinating plants. That is why October is Bat Appreciation Month! Here are some fun facts about bats that you may not know:

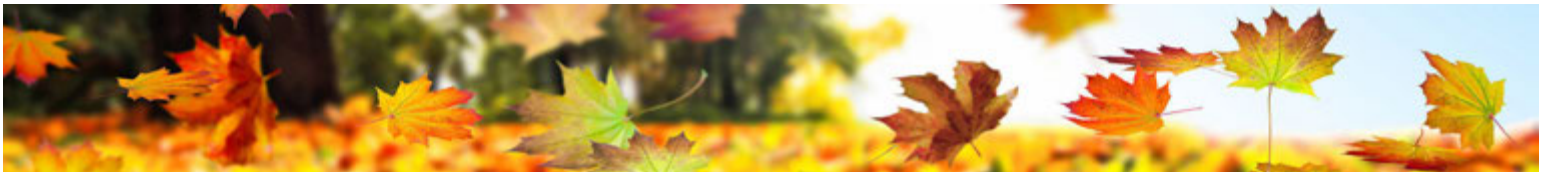
A species of fruit bat known as a flying fox is intrigued by the photographer.

1. Some species of bats can live up to 40 years!
2. Bats are the only mammal naturally capable of true and sustained flight.
3. The United States is home to an estimated 48 species of bats.
4. One of the largest bats is the Giant Golden-Crowned Flying Fox weighing up to four pounds with a wingspan of up to five feet, seven inches.
5. North America's largest urban bat colony is found on the Congress Avenue Bridge in Austin, Texas. It is home to an estimated 1,500,000 Mexican Free-Tailed bats. This colony of bats eats approximately 10,000 to 30,000 pounds of insects each night. It is estimated 100,000 tourists visit the bridge annually to watch the bats leave the roost at twilight.
6. Bats play a major role in pollinating plants and dispersing seeds.
7. Nearly 70% of bats are insectivores.
8. Almost 40% of American bat species are in severe decline, with some already listed as endangered or threatened.
9. Three U.S. states have an official state bat. Texas and Oklahoma have named the Mexican Free-Tailed bat their state bat, and Virginia has dubbed the Virginia Big-Eared bat their state bat.
10. Scientists estimate bats in the U.S. have saved us somewhere between $3.7 and $54 billion in pest control services every year.

Dandy Candy Facts

Whether chocolaty, chewy or crunchy, candy is a favorite treat. Indulge in these tidbits about some popular sweets.

- About 65% of American candy brands have been around for over 50 years.
- Candy corn was originally called "chicken feed," since it resembled the corn kernels fed to livestock.
- The Snickers bar was named after a racehorse that once belonged to the Mars family, whose company makes the candy bars.
- More than 60 million Tootsie Rolls are produced every day.
- M&M's are one of the most popular sweets requested by NASA astronauts.
- Milky Way candy bars are named for a popular 1920s malted milkshake, not for our home galaxy.
- When the 3 Musketeers bar debuted in 1932, it came in three pieces of flavored nougat — chocolate, vanilla and strawberry. Vanilla and strawberry were phased out due to World War II rationing.
- Pez candies got their name from the German word for peppermint, pfefferminz."

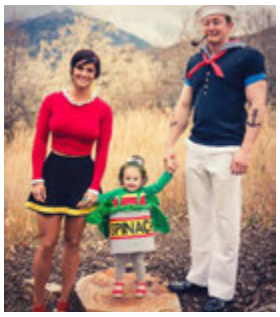


Breast Cancer Awareness Month

USPS has an easy way for you to donate to breast cancer research! You can support breast cancer research by affixing a special stamp to your mail. The U.S. Postal Service has been selling a stamp commemorating breast cancer awareness for the past 15 years. The agency has raised $75 million so far for research programs at the National Institutes of Health and the Department of Defense. You can purchase your stamps and do a good deed at the same time!

Monster Mash Ball!

Get ready for the 2019 Cottonwood Monster Mash Ball! It's a costume party so dress up and bring your creepiest and scariest friends! We'll be serving yummy hors d'oeuvres followed by lots of music, dancing, and good times. There will be a photo booth set up to capture the magic in this wonderful night. Everyone attending will automatically be entered into a drawing for the best costume and winners will receive prizes! Don't miss it ... or else. MUAHAHAHAHAAA!



Kim's Nails

Say hello to Kim! Kim is an independent manicurist who offers her manicure and pedicure services here at Cottonwood Estates. She is a true artist and does a wonderful job! She works by appointment only so make sure to call Kim at 915-526-6060 if you would like to make an appointment. She also offers special prices on various services on Fridays. The Friday specials are as follows: Spa Manicure: $12, Gel Manicure: $20, Spa Pedicure: $25, Nail Trim: $6, Toe Trim: $10, Toe Trim with Polish: $15, New Acrylic Set: $25, Acrylic Fills: $20, Gel Polish is $5 extra on acrylics. Please make sure to pay Kim with either cash or a check. Your hands and feet never take a day off so take care of them!

OCTOBER 2019

Birthdays

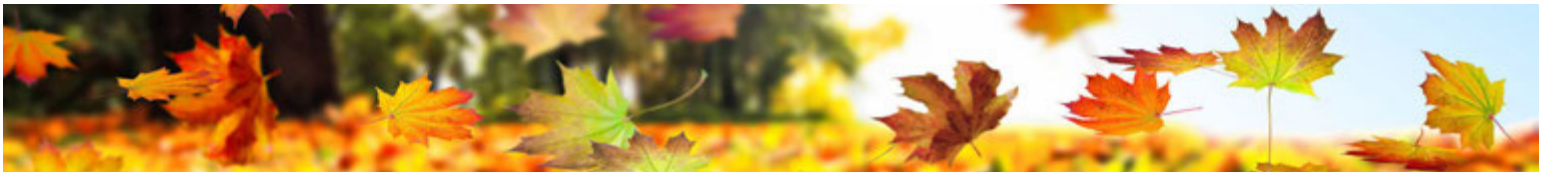
Georgette Silagy, 16th
Ruby Boney, 23rd
Peggie Beatty, 27th
Charles Tryon, 31st

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

"Exploring the unknown requires tolerating uncertainty."
—Brian Greene

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Strength Training with Legacy, AC 11:30 St. Aidan's Communion, CH 1:45 Bridge Club, BR 2:30 Spooky Hanging Candles Decor, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Bingo, AC	2 "Downton Abbey" At Regal Cinemas Avalon, Time TBA, Lobby 10:00 Exercise, AC 3:00 "I Remember When," AC 4:00 Book Club, L 7:00 Kings Corner, DR 7:00 Dominoes, TV 7:00 Movie: "Hocus Pocus," MT	3 10:00 Strength Training with Legacy, AC 10:30 Bible Study, CH 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR	4 9:30 North Point Pkwy. Shopping, Lobby 10:00 Exercise, AC 11:00 Bible Sharing with Ravenna, TV 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Bingo, AC	5 10:30 Donuts in the Round, AC 2:00 Bananagrams, DR 2:00 Movie: "Hachi," MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP
6 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:00 Klondikes with the Kuckucks, DR 7:00 Rummikub, TV 7:00 Movie: "Casper," MT	7 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Exercise, AC 10:30 Knitting & Crocheting, DR *2:00 Ambassadors Assembly, CH* 2:00 Windward Pkwy. Shopping, Lobby 3:00 Penny Poker, DR 7:00 Bingo, AC	8 **YOM KIPPUR BEGINS AT SUNSET** 10:00 Strength Training with Legacy, AC 11:30 St. Aidan's Talk, L 1:45 Bridge Club, BR 2:00 Electronic Trivia, TV 2:30 Pumpkin Decor with Jen and Pen, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Bingo, AC	9 10:00 Exercise, AC 1:30 Fernbank IMAX Theater, "Great Bear Rainforest," Lobby 3:00 "I Remember When," AC 7:00 Kings Corner, DR 7:00 Dominoes, TV 7:00 Movie: "The Bounty Hunter," MT	10 10:00 Strength Training with Legacy, AC 10:30 Bible Study, CH 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC **3:00 Jammin' with Jeanette, AT** 4:00 Art Relaxation, DR 7:00 Euchre, BR	11 9:30 North Point Pkwy. Shopping, Lobby 10:00 Exercise, AC 11:00 Bible Sharing with Ravenna, TV 2:00 Hearts, BR 4:00 Happy Hour with Adoun, AC 7:00 Bingo, AC	12 10:30 Donuts in the Round, AC 2:00 Bananagrams, DR 2:00 Movie: "Beetlejuice," MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP
13 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:00 Klondikes with the Kuckucks, DR 7:00 Rummikub, TV 7:00 Movie: "Aladdin," MT	14 **COLUMBUS DAY** 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Exercise, AC 10:30 Knitting & Crocheting, DR *2:00 Ambassadors Assembly, CH* 2:00 Windward Pkwy. Shopping, Lobby 3:00 Penny Poker, DR 7:00 Bingo, AC	15 10:00 Strength Training with Legacy, AC 11:00 Cottonwood Connections Kickoff, AC 11:30 St. Aidan's Communion, CH 1:45 Bridge Club, BR 2:30 Craft: Halloween Window Decor, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Bingo, AC	16 Alpharetta Arts Center, Time TBA, Lobby 10:00 Exercise, AC 3:00 "I Remember When," AC 4:00 Book Club, L 7:00 Kings Corner, DR 7:00 Dominoes, TV 7:00 Movie: "The Haunted Mansion," MT	17 10:00 Strength Training with Legacy, AC 10:30 Bible Study, CH 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 4:00 Art Relaxation, DR **6:30 Rooted Music Performance, AT** 7:00 Euchre, BR	18 9:30 North Point Pkwy. Shopping, Lobby 10:00 Exercise, AC 11:00 Bible Sharing with Ravenna, TV 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Bingo, AC	19 10:30 Donuts in the Round, AC 2:00 Bananagrams, DR 2:00 Movie: "Halloweentown," MT 3:00 Bocce Ball, AC 3:00 Paris Dancers, DR 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP
20 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:00 Klondikes with the Kuckucks, DR 7:00 Rummikub, TV 7:00 Movie: "Phenomenon," MT	21 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Exercise, AC 10:30 Knitting & Crocheting, DR *2:00 Ambassadors Assembly, CH* 2:00 Windward Pkwy. Shopping, Lobby 3:00 Penny Poker, DR 3:00 Music with Marty, AT 7:00 Bingo, AC	22 10:00 Strength Training with Legacy, AC 11:30 St. Aidan's Talk, L 1:45 Bridge Club, BR 2:00 Electronic Trivia, TV 2:30 Wicked Garden Decor Craft, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Bingo, AC	23 10:00 Historic Atlanta Bus Tour, Lobby 10:00 Exercise, AC **2:00 Resident/Management Meeting, AC** 3:00 "I Remember When," AC 7:00 Kings Corner, DR 7:00 Dominoes, TV 7:00 Movie: "The Jerk," MT	24 10:00 Strength Training with Legacy, AC 10:30 Bible Study, CH **11:00 Resident/Chef Meeting, AC** 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR **7:00 Bridging Generations Halloween Decor, AC**	25 9:30 North Point Pkwy. Shopping, Lobby 10:00 Exercise, AC 11:00 Bible Sharing with Ravenna, TV 2:00 Hearts, BR 4:00 Happy Hour, AC 7:00 Bingo, AC	26 10:30 Donuts in the Round, AC 2:00 Bananagrams, DR 2:00 Movie: "Practical Magic," MT 3:00 Bocce Ball, AC 6:45 St. Thomas Aquinas Eucharist, CH 7:00 Bingo, AC 7:15 Fabulous Fireside Fun, FP
27 9:00 Televised Church Service: Lakewood Church, MT 10:30 Alpharetta First United Methodist, Lobby 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:00 Klondikes with the Kuckucks, DR 7:00 Rummikub, TV 7:00 Movie: "Baby Boom," MT	28 9:30 Alpharetta Adult Activity Center, Lobby 9:30 Windward Pkwy. Shopping, Lobby 10:00 Exercise, AC 10:30 Knitting & Crocheting, DR *2:00 Ambassadors Assembly, CH* **2:00 Music with Debra, AT** 2:00 Windward Pkwy. Shopping, Lobby 3:00 Penny Poker, DR 7:00 Bingo, AC	29 10:00 Strength Training with Legacy, AC **11:00 Paparazzi Jewelry, AT** 1:45 Bridge Club, BR 2:30 Craft: Poppin' Pinecones, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Bingo, AC	30 9:30 Chattahoochee Nature Center, Lobby 10:00 Exercise, AC 3:00 "I Remember When," AC 7:00 Kings Corner, DR 7:00 Dominoes, TV 7:00 Movie: "The Great Outdoors," MT	31 **HALLOWEEN** 10:00 Strength Training with Legacy, AC 10:30 Bible Study, CH 2:00 Mahjong, BR 2:00 Blood Pressure Check, AC 4:00 Art Relaxation, DR 6:00 Monster Mash Ball, DR 7:00 Euchre, BR		



The ‘Hay’day of Barn Dances

A barn, some music and a host of friends and family are all the makings for the social gathering known as a barn dance.

This tradition originated in rural Europe in the 1800s as an informal version of fancy upper- class balls. Immigrants brought the custom to America. Held to celebrate a special occasion such as a barn raising, wedding or the end of harvest season, barn dances were often attended by the entire community. Folks of all ages gathered in a large barn to socialize, eat and dance to the lively music of a band.

Over time, barn dances began to feature a caller, a person who hollered out dance steps to direct the crowd into organized movements. Square dancing and country line dancing have close ties to these rural celebrations.

Barn dances declined by the turn of the 20th century, but radio is credited with their revival in the 1920s, most notably the weekly broadcast of the WSM Barn Dance. The Nashville-based radio show played country music and later evolved into the Grand Ole Opry.

You can still find communities that host barn dances for people to mingle and kick up their heels to country and folk tunes.

Cranberry Vanilla Shea Butter Soap!

Cranberries are available October through December and are a holiday favorite. They also have many health benefits. They’re packed with antioxidants, are full of fiber, and they help to prevent gum disease! Hmmmm, what else can we do with cranberries besides eat them? Make soap, of course! Cranberries are wonderful for your skin. Acidic properties in cranberries act as an exfoliant and vitamins such as A and C help to boost collagen production. Here’s a recipe for a seasonal soap filled with these super berries!

Ingredients and Supplies Needed:

(Makes 4 Bars)

1 lb shea butter melt-and-pour soap base, cut into one-inch cubes (can be found at a local crafting store)

1/4 cup dried cranberries

20 drops vanilla soap fragrance

1 silicone soap mold

Instructions:

1. Cover the bottom of your soap mold with dried cranberries.
2. Add shea butter soap base to a microwaveable bowl. Microwave on high for 30 seconds, and then stir. Microwave an additional 10 seconds and stir. Continue to microwave in 10-second increments, stirring in between, until the soap is completely melted.
3. Stir in vanilla soap fragrance.
4. Pour into soap mold. Let sit at room temperature until set (about 40 minutes to one hour).
5. Carefully remove from soap mold by pushing on the bottom to release the soap.

Hawaiian Luau 2019 Was a Hit!

We had our 2019 Cottonwood Hawaiian Luau on August 22nd and what a party! The food was great, the hula dancer was phenomenal, and the company was amazing! Everyone left with full bellies, lots of laughs, new friends, and great photos!

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EQUAL HOUSING OPPORTUNITY