

# Colonial Gardens Gracious Retirement Living

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

## NOVEMBER 2019

### COLONIAL GARDENS STAFF

Managers.....FRED & LISA RASH  
Assistant Managers .....JEREMY & TAMMY RODRIGUEZ  
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-Friday, 9 a.m.-3 p.m.:** Appointments

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

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

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

**Sunday, 8:40 a.m.:** St. Richard's

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

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

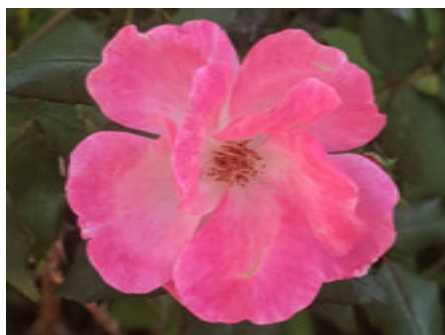
**HAWTHORN**  
SENIOR LIVING

## Our Flowers

Warm weather, plenty of rain, but also plenty of sun gave the perfect trifecta for flowers and plants around the grounds of Colonial Gardens. Some plants around the cottages were nibbled on by the wild rabbits during dusk and dawn. Our large umbrella plant is in the Activity Room. It was handed down from a resident who is no longer here, and Josephine takes care of it now.



*Umbrella Plant in Activities Room*



*Flowers in our courtyard*



*The cottage has beautiful flowers.*







## Horse Racing

Grab your quarters and your pom-poms, we're off to the horse races! Thursdays at 2:30 p.m. is horse racing at Colonial Gardens. Six games take place over the span of an hour. Residents only need one quarter per race, but can only bet up to five horses at once. There are a lot of laughs and smiles as people cheer on their horse. Some ladies stand up, clap and cheer. Others stay silent and tentative. Some people are superstitious about changing their numbers and others have their favorite numbers. The more people who attend, the bigger the pot! But if more than one person wins, the pot is divided evenly. There is a lot of fun to be had down at the race track!



*Ladies cheer on their horse.*



*We have a winner!*

## Vintage Car Show

When the 100-plus degree heat came rolling in this July, the decision to move our Vintage Car Show to September was made. It would have become an ambulance show instead! Moving it was the best choice, that allowed 32 cars to come in on a beautiful fall afternoon.

Cesar worked the grill, giving beautiful char marks on the hot dogs, while Chris and Carmella put the dogs together to feed the masses. John Ross played music that spread the dancing bug to Juanita, Mary D. and Jane! The cars brought out many memories for the residents. Merry was excited to share that she used to own one of the cars that was being shown. Alice was over the moon, with her daughter explaining how her husband had the same car, but it was black with a red interior. Their smiles were infectious and their stories heartwarming. The weather couldn't have been better if we had picked it ourselves. Residents voted for their favorite cars, and the top three one gift card prizes. This has been the second year John Ross and Bob Newhall brought the car show to Colonial Gardens, and we look forward to many more!



*"I used to have this car!" said Merry.*





*"My husband had this car!" said Alice.*



*Family came to enjoy the cars.*



*Linda admires the beauty.*



*Bringing friends together*



*Happy couple*



*Chris, Carmella and Cesar serving hot dogs.*



# NOVEMBER 2019

## Birthdays

Dorothy Brennan, 1st  
 Bob Cyr, 6th  
 Ethel Farmer, 6th  
 Mary Dolan, 7th  
 Jane Larcom, 7th  
 Arthur DeRosa, 10th  
 Marie Crist, 10th  
 Rosalie Spathanas, 10th  
 Joann Hart, 18th  
 Dodie Levine, 18th  
 Alfred Eisenhaure, 18th  
 Helen Wellinger, 22nd  
 Petie Jones, 22nd  
 Elva Houldon, 25th  
 Norma Corwin, 29th  
 Peter Tokarz, 30th

## 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>DAYLIGHT SAVING TIME ENDS</b> 3  *Rides to Church! 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR	9:30 <b>Balloon Volleyball, AR</b> 4 10:00 Decorative Painting with Bobbi, AR 11:00 <b>Gingerbread House Meeting, CON</b> 1:30 <b>Valerie Roy Jewelry Show, AR</b> 2:00 Movie Matinee, MT 2:30 <i>Hand Massages with Lotion, LB</i> 3:30 Bingo, AR	<b>ELECTION DAY</b> 5 9:30 Morning Exercise with Christa, AR 10:30 <b>Resident Store Open, CR</b> 11:00 Team Trivia, AR 1:30 <b>Encompass BP Clinic, LB</b> 1:30 <b>Michelle's Fashions, AR</b> 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 3:30 <b>Craft Group: Gingerbread House, RK</b>	9:30 Chicken Fat & Balance, AR 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 <i>Manicures with Christa, LB</i> 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR 	9:30 Morning Exercise with Christa, AR 11:00 Book Club, CON 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 3:30 <b>Resident Store Open, CR</b> 4:00 <b>Music with Adam Bergeron, AR</b> 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 7:00 <b>Resident Store Open, CR</b> 	9:30 <i>Cardio Drumming, AR</i> 1 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:00 Poetry Hour with Tami, CON 2:15 <i>Flinch, Card Game, DR</i> 2:30 <b>Knit &amp; Chat, AR</b> 3:00 Catholic Communion, CH 4:00 <b>Happy Hour with Adam McCauley, AR</b> 	2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
10  *Rides to Church! 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR 	<b>VETERANS DAY</b> 11 9:30 <b>Balloon Volleyball, AR</b> 10:00 Decorative Painting with Bobbi, AR 2:00 Movie Matinee, MT 2:30 <i>Hand Massages with Lotion, LB</i> 3:30 Bingo, AR	9:30 Morning Exercise with Christa, AR 12 10:00 <b>Valerie Roy Jewelry Class, DR</b> 10:30 <b>Resident Store Open, CR</b> 11:00 Team Trivia, AR 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:30 <b>Chair Yoga with Jo Ann, AR</b> 3:30 <b>Craft Group: Gingerbread House, RK</b>	9:30 Chicken Fat & Balance, AR 13 10:00 <b>Acrylic Painting with Karen, AR</b> 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 <i>Manicures with Christa, LB</i> 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR	9:30 Morning Exercise with Christa, AR 14 10:00 <b>Campbell Funeral Home: Preparation Presentation, AR</b> 2:00 Movie Matinee, MT 2:00 Protestant Church Service, CH 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 3:00 <b>Pie Social with Management, AR</b> 3:30 <b>Resident Store Open, CR</b> 4:00 Karaoke, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 7:00 <b>Resident Store Open, CR</b>	9:30 <i>Cardio Drumming, AR</i> 15 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:00 Poetry Hour with Tami, CON 2:15 <i>Flinch, Card Game, DR</i> 2:30 <b>Knit &amp; Chat, AR</b> 3:00 Catholic Communion, CH 4:00 <b>Happy Hour with Mary Beth Maes, AR</b>	2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
17  *Rides to Church! 10:00 <b>Craft Fair, AR</b> 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR	9:30 <b>Balloon Volleyball, AR</b> 18 10:00 Decorative Painting with Bobbi, AR 2:00 Movie Matinee, MT 2:30 <i>Hand Massages with Lotion, LB</i> 3:30 Bingo, AR 	9:30 Morning Exercise with Christa, AR 19 10:30 <b>Resident Store Open, CR</b> 11:00 Team Trivia, AR 1:30 <b>Encompass BP Clinic, LB</b> 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:30 <b>Craft Group: Gingerbread House, RK</b>	9:30 Chicken Fat & Balance, AR 20 11:00 Long Word Game, ATR 12:00 <b>Dinner Music with Steve Hershman, DR</b> 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 <i>Manicures with Christa, LB</i> 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR 7:00 <b>Illusionist Show with Phil Smith, AR</b>	9:30 Morning Exercise with Christa, AR 21 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 3:00 <b>Resident Meeting, AR</b> 3:30 <b>Resident Store Open, CR</b> 4:00 Karaoke, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 7:00 <b>Resident Store Open, CR</b>	9:30 <i>Cardio Drumming, AR</i> 22 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:00 <b>Episcopal Service, CH</b> 2:15 <i>Flinch, Card Game, DR</i> 2:30 <b>Knit &amp; Chat, AR</b> 3:00 Catholic Communion, CH 4:00 <b>Happy Hour with Bill Foley, AR</b> 	2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
24  *Rides to Church! 12:30 Dinner, DR 2:00 Movie Matinee, MT 3:00 Bingo, AR	9:30 <b>Balloon Volleyball, AR</b> 25 10:00 Decorative Painting with Bobbi, AR 1:30 <b>Accessories &amp; Beyond, AR</b> 2:00 Movie Matinee, MT 2:30 <i>Hand Massages with Lotion, LB</i> 3:30 Bingo, AR 	9:30 Morning Exercise with Christa, AR 26 10:30 <b>Resident Store Open, CR</b> 11:00 Team Trivia, AR 1:45 Bridge Group, CR 2:00 Movie Matinee, MT 2:30 <b>Craft Group: Gingerbread House, RK</b> 2:30 <b>Reiki with Jo Ann, CON</b>	9:30 Chicken Fat & Balance, AR 27 11:00 Long Word Game, ATR 2:00 Movie Matinee, MT 2:00 Scrabble/Quiddler, DR 2:30 <i>Manicures with Christa, LB</i> 3:00 Bible Study with Pastor Kevin, CON 3:30 Bingo, AR	<b>THANKSGIVING DAY</b> 28 9:30 Morning Exercise with Christa, AR 2:00 Movie Matinee, MT 2:00 Cribbage Group, CR 2:30 Horse Racing, AR 3:30 <b>Resident Store Open, CR</b> 4:00 Karaoke, AR 7:00 Corn Hole with Tami, AR 7:00 Poker Night, CR 7:00 <b>Resident Store Open, CR</b>	<b>Monthly Birthday Party</b> 29 9:30 <i>Cardio Drumming, AR</i> 11:00 Team Trivia, AR 2:00 Movie Matinee, MT 2:15 <i>Flinch, Card Game, DR</i> 2:30 <b>Knit &amp; Chat, AR</b> 3:00 Catholic Communion, CH 4:00 <b>Monthly Birthday Party with Jim Moses, AR</b> 	2:00 Movie Matinee, MT 3:30 Bingo, AR 7:00 Poker Night, CR
						30  





## Reiki with JoAnn

JoAnn has a very extensive background of healing, Yoga and some nursing. On top of her Chair Yoga Class, she does Reiki, pronounced “ray-key,” on the residents. Reiki is a Japanese healing technique based on channeling energy into a person by means of touch, to activate the natural healing processes of the patient’s body and restore physical and emotional well-being. It also helps reduce stress and promote healing. JoAnn does Reiki every other Tuesday in the Conference Room, where it is quiet and she can focus without distraction. She encourages everyone to try it once, and the process still works if you fall asleep while relaxing. When the sun is bright and there is no chill in the air, she has even taken the residents outside, using the fresh air as a resource for her healing. She is an amazing person whom the residents love, and we are happy to have her here.



*JoAnn takes Pat’s negative energy away.*



*JoAnn teaches Chair Yoga and Reiki.*



*Mind over matter*



*Pat, Lee and Lena, enjoying the sun.*





## Oven-Baked Clay Pins

What started as clay beads blossomed into back-to-back craft days of clay pins!

Residents began the process by warming the clay in their hands and kneading it until it became soft like Play-Doh. A handful of the women said moving the clay from firm to soft worked their hands, fingers and wrists in good way that made everything feel good. Armed with a rolling pin, the residents turned the soft dough into rounds about a quarter of an inch in thickness. Little metal cookie cutters were used to



*Clay blocks, kneaded clay, cookie cutter*



*Painted and glazed by residents*



*Pin backs*



*Mixing clay makes a marbled look.*

press out shapes of pumpkins, leaves, bats, cats and more. Some people got really crafty and made designs by hand. Cut-out pieces were then baked in the oven for 15 minutes at 275 degrees. Once they were cooled, the pins were painted with a design, glazed and left to dry. A little bit of crazy glue with a pin on the back brought the whole thing together. Residents who made them were welcome to take what they made, but extras were made to be sold at Grandma's Attic.

## Activities Suggestions

We want to hear from you!

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

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



*Grab your thinking caps.*

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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