

Magnolia Heights

Gracious Retirement Living

485 East Central Street • Franklin, MA 02038 • Phone (508) 520-3471 • www.seniorlivinginstyle.com

NOVEMBER 2019

MAGNOLIA HEIGHTS STAFF

Assistant Managers NICK LANGEL &
JULIE OLSON
Executive Chef JASON CARFAGNA
Activity Coordinator MARY NUTTING
Maintenance GERRY GIGUERE
Transportation PETER CHENEVERT

TRANSPORTATION

**Monday & Friday, 10 a.m.-Noon and
2-4 p.m.:** Local Shopping & Errands

Tuesday & Thursday, 9 a.m.-Noon and 2-4 p.m.:
Doctor Appointments

Wednesday, 10 a.m.-4 p.m.:
Special Outing

Friday, 8:30 a.m.:
Mass at St. Mary's Wrentham

HAWTHORN
SENIOR LIVING

Meet Our New Assistants!

Nick Langel and Julie Olson have come here from Arizona where Nick was the manager of the maintenance crew at our sister community, The Peaks. He enjoyed his work there but when it was suggested to him that he might want to consider a community management position he thought about it and discussed it with Julie. They decided they'd like to try it, so when offered a position here they gladly said yes. They've only been together for about a year and a half but at their age Julie says "you just know," so making this decision was easy.



They are originally from Iowa, which is where they met, and between them they have seven children. Julie has three and Nick has four and Julie also has five grandchildren ranging from infant to 10 years old. They enjoy Facetiming with their families to keep in touch.

Nick and Julie are big sports fans and love watching games on TV. Julie's favorite sport to watch is baseball and Nick's is football. They also love to travel around the U.S. and Julie proudly admits that Disney is her favorite destination. Nick's favorite area is Colorado, especially Denver. (I think he's a Broncos fan.)

This is their first time to New England and they are really enjoying the colors of the fall and look forward to exploring more of our state and our region.

Other jobs Julie has had include hotel and casino manager and office manager at Home Instead. Nick spent a lot of time working with pigs and for many years, he owned his own pig farm.

They both agree that they really love interacting with the residents and staff and like that they don't have to sit at a desk all day.

Please welcome Nick and Julie and help them get to know you better by remembering to wear your name tags. It's a big help when there are almost 150 people to get to know.



A Visitor from Georgia

We recently had a visitor here from Sanford Estates, another Hawthorn community in Roswell, Georgia. Jim Stroup set out on a trip in August with the intention of visiting as many Hawthorn communities as he could along the east coast. He stays in the guest suite at each community and as of his visit here, he had visited one in Florida, South Carolina, North Carolina and Virginia, and two in Pennsylvania and planned to visit here and Beverly, Massachusetts and finish in Portland, Maine before heading out to Ohio and then south towards home. Jim is an avid fisherman and tries to find someone to go fishing with him when possible. When he's not doing that he's sightseeing and checking out the surrounding area. He took the train from Franklin into Boston and had a great day. He stopped into the store across the street and found a group of men that get together regularly for coffee and conversation and stopped to chat with them. He spent a lot of time enjoying meals and conversation with many of the residents here. He's enjoying his travels and seeing more of this country and meeting many wonderful people.

Safe travels Jim! We're glad you stopped by.



Our Plymouth Harbor Cruise

We'd been looking forward to this for a couple of months and finally the day came for us to head to Plymouth Harbor. The weather was cool, cloudy and breezy but that didn't dampen our spirits. We were all excited to finally be going and meeting up with residents from our sister community Fairview Estates in Hopkinton. When we departed the captain spoke over the loudspeaker and told us about the highlights and history of the harbor as we cruised along. We could watch the paddles rolling around, pushing us along our way. Many residents had never been on a paddle boat so this was a first for them. After the one-hour cruise, we drove up the street and enjoyed lunch at the Tavern on the Wharf restaurant. The food was plentiful and delicious and everyone had a wonderful time.





It's Time to Start Our 2019 Gingerbread House Project

Every year, all of the Hawthorn communities participate in a gingerbread house contest. It's time to start thinking about our theme and design and plan how to create it. If you have any ideas to share, please see me or drop a note in the green box on my desk (Please make sure you include your name!)



We will have our own contest to see which idea people like best and the winner will get a \$25 gift card! Once we have a theme, we will need a group of helpers to figure out how to make it and what we will need for supplies and then the fun will begin. There are prizes for Most Creative, Best Vintage/Classic House as well as Best Resident Involvement so let's put our thinking caps on and get creative and come up with something that will be fun to make and get lots of residents wanting to take part. To me that's the best part, watching everyone come together, talk, laugh and have fun!

Please get your ideas to me by November 8th and we will vote on November 12th to see which idea wins!

Supporting Breast Cancer Fundraisers

We've been raising money to support the Breast Cancer Foundation during Breast Cancer Awareness Month and Bebe came to me one day to show me her walking hat and all the pins on it, most of them from breast cancer walks she did when she lived in Cleveland, Ohio. Bebe belonged to a walking club there and did a lot of walking and hiking and took part in many fundraising walks. Bebe is also wearing one of our pink ribbon pins made by residents to help raise money. Congrats to you Bebe and thanks for sharing with us!



Bebe proudly wears her walking hat.



That's a lot of lot of pins Bebe!

Celebrating Our Veterans

Veterans Day originated as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I. That means this year celebrates 100 years of celebrating this day and the men and women veterans of our armed services. Congress passed a resolution in 1926 for an annual observance and it became a national holiday beginning in 1938. On Monday, November 11th we will have a special celebration of our veterans at 2 p.m. in our activities room so please join us after dinner as we recognize those individuals.

Did you know that the hand salute given by members of the military is a long-standing tradition and a gesture symbolizing honor, respect and commitment?

According to some historians, the modern military salute can be traced back thousands of years. During Roman times, a citizen would often approach another with their right hand in the air to indicate they were unarmed and could be trusted. Another theory points to the medieval era, when a knight would greet a king or fellow knight by raising his helmet's visor to show his face. Like the Romans, the knight would also display an open hand with no weapon.

These customs likely influenced the practice of removing one's hat as a sign of respect to a superior officer. For practical purposes, this action evolved to merely touching the brim of the hat. By 1820, saluting by raising the right hand to eye level with the palm facing down had become standard in the U.S. military.

NOVEMBER
2019

Birthdays

Lou Lancisi, 8th
Laura Tavares, 12th
Ralph Wye, 13th
Pat Nigro, 14th
Peg Connor, 16th
Charles McColgan, 18th
Janet Paxton, 23rd
Barbara House, 23rd
Norma Cooper, 30th

Anniversaries

Bill & Kay McKenna,
11/7/1964
Bill & Lillian Conway,
11/29/1952

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro Kitchen, Bistro
Bocci Court, BC
Chapel, Chpl
Computer Room, CR
Dining Room, DR
Exercise Room, EX
Fireplace, FP
Library, Lib
Lobby, LBY
Movie Theatre, MT
Private Dining Room, PDR
Shuffleboard Court, SC
TV Room, TV

Care Solutions, Inc.

Kristin Braley, RN
(508) 366-1766

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>DAYLIGHT SAVING TIME ENDS 3</div> <div>8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>9:45 Ageless Grace, AR 4 10:00 Men’s Club, TV 11:00 Brain Game, AR 2:00 Chair Yoga, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Chair Volleyball, AR 4:00 Knit & Chat, Lib 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>ELECTION DAY 5</div> <div>9:45 Balance with Lisa, AR 11:00 The Brain Game, AR 2:00 Mah Jongg, TV 2:00 Movie, MT 2:00 Exercise with Judith, EX 3:00 Bean Bag Baseball, AT 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>9:45 Stretch & Tone with Mary, AR 6 10:30 Communion Service, Chpl 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>9:45 Tai Chi with Connie, EX 7 10:30 Pokeno with Kate, AR 11:00 Blood Pressure Clinic, AT 11:30 Meditation, Chpl 2:00 Movie, MT 2:00 Drumming, AR 3:00 Chair Volleyball, AR 6:45 Bingo, AR 6:45 Movie, MT </div>	<div></div> <div>8:45 St. Mary’s for Mass 1 9:45 Chair Yoga with Annette, EX 2:00 Texas Hold ‘Em, TV 2:00 Movie, MT 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 5:15 Men’s Night, AR 6:45 Bingo, AR</div>	<div></div> <div>11:00 Exercise with Judith, EX 2 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 4:00 Natalya Plays Piano, DR 6:45 Bingo, AR 6:45 Movie, MT</div>
<div></div> <div>10</div> <div>8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>VETERANS DAY 11</div> <div>9:45 Ageless Grace, AR 10:00 Men’s Club, TV 11:00 Brain Game, AR 2:00 Veterans Celebration, AR 2:00 Chair Yoga, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Chair Volleyball, AR 4:00 Knit & Chat, Lib 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>9:45 Balance with Lisa, AR 12</div> <div>11:00 The Brain Game, AR 2:00 Mah Jongg, TV 2:00 Movie, MT 2:00 Exercise with Judith, EX 3:00 Bean Bag Baseball, AT 6:45 Bingo, AR 6:45 Movie, MT </div>	<div></div> <div>13</div> <div>9:45 Stretch & Tone with Mary, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 6:45 Bingo, AR 6:45 Movie, MT </div>	<div></div> <div>14</div> <div>9:45 Stretch & Tone with Mary, AR 10:30 Pokeno with Kate, AR 11:00 Blood Pressure Clinic, AT 11:30 Meditation, Chpl 2:00 Drumming, AR 2:00 Movie, MT 3:00 Chair Volleyball, AR 4:00 Mike Dardis, DR 6:45 Bingo, AR 6:45 Movie, MT </div>	<div></div> <div>15</div> <div>8:45 St. Mary’s for Mass 9:30 Therapy Dog Ben Visits, AT 9:45 Chair Yoga with Annette, EX 2:00 Texas Hold ‘Em, TV 2:00 Movie, MT 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 5:15 Ladies’ Night, AR 6:45 Bingo, AR</div>	<div></div> <div>16</div> <div>11:00 Exercise with Judith, EX 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 6:45 Bingo, AR 6:45 Movie, MT </div>
<div></div> <div>17</div> <div>8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>18</div> <div>9:30 Hearing Solutions, CR 9:45 Ageless Grace, AR 10:00 Men’s Club, TV 11:00 Brain Game, AR 11:00 Pretty Things Jewelry Show, AT 2:00 Chair Yoga, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Chair Volleyball, AR 4:00 Knit & Chat, Lib 6:45 Bingo, AR 6:45 Movie, MT </div>	<div></div> <div>19</div> <div>9:45 Balance with Lisa, AR 10:30 Silk Scarves with Connie, AR 11:00 The Brain Game, AR 2:00 Exercise with Judith, EX 2:00 Movie, MT 2:00 Mah Jongg, TV 3:00 Bean Bag Baseball, AT 6:30 Dessert Social with Bill Burke, AR 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>20</div> <div>9:45 Stretch & Tone with Mary, AR 11:00 Brain Game, AR 2:00 Chaplain Bob, Veterans’ Movie, MT 2:00 Movie, MT 2:00 Bridge Club, BR 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>21</div> <div>9:45 Tai Chi with Connie, EX 10:30 Pokeno with Kate, AR 10:30 Silk Scarves with Connie, Bistro 11:00 Blood Pressure Clinic, AT 11:30 Meditation, Chpl 2:00 Drumming, AR 2:00 Movie, MT 3:00 Chair Volleyball, AR 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>22</div> <div>8:45 St. Mary’s for Mass 9:45 Chair Yoga with Annette, EX 2:00 Texas Hold ‘Em, TV 2:00 Movie, MT 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>23</div> <div>11:00 Exercise with Judith, EX 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 6:45 Bingo, AR 6:45 Movie, MT </div>
<div></div> <div>24</div> <div>8:00 Sun. Mass, Ch. 56, MT 10:30 Scrabble, TV 2:00 Movie, MT 4:00 Pat Durkin, DR 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>25</div> <div>9:45 Ageless Grace, AR 10:00 Men’s Club, TV 11:00 Brain Game, AR 2:00 Chair Yoga, EX 2:00 Movie, MT 2:00 Bridge Club, TV 3:00 Chair Volleyball, AR 4:00 Knit & Chat, Lib 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>26</div> <div>9:45 Balance with Lisa, AR 10:30 Susie’s Accessories, AT 11:00 The Brain Game, AR 2:00 Mah Jongg, TV 2:00 Movie, MT 2:00 Exercise with Judith, EX 3:00 Bean Bag Baseball, AT 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>27</div> <div>11:00 Brain Game, AR 2:00 Movie, MT 2:00 Bridge Club, BR 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>28</div> <div>THANKSGIVING DAY Happy Thanksgiving! 9:00 Macy’s Parade on TV, MT 2:00 Movie, MT 6:45 Bingo, AR 6:45 Movie, MT</div>	<div></div> <div>29</div> <div>8:45 St. Mary’s for Mass 2:00 Texas Hold ‘Em, TV 2:00 Movie, MT 3:00 Bean Bag Baseball, AT 4:00 Knit & Chat, Lib 6:45 Bingo, AR 6:45 Movie, MT </div>	<div></div> <div>30</div> <div>11:00 Exercise with Judith, EX 11:30 Rosary with Kay, Chpl 2:00 Canasta, AR 2:00 Movie, MT 3:30 Wii Bowling, AR 4:00 Chris Waters, AT 6:45 Bingo, AR 6:45 Movie, MT </div>



Thanksgiving Traditions

Think back over the years and try to remember as many Thanksgiving traditions you can recall. From watching parades and football games to family gatherings, decorating the house, preparing foods to favorite dishes, we all have memories of Thanksgiving celebrations.

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert. Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes. Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk and cook them over a fire.

Several generations later, in 1796, the first American cookbook Amelia Simmons' "American Cookery" offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash. I certainly am thankful for that because I love pumpkin and bake a lot with it.

I would love to share some of everyone's Thanksgiving favorites so I will be putting out a survey to find out what favorite foods and traditions you may have and I will tally the results and share them with you for all to enjoy.



Our Yard Sale Was a Success!

It's a lot of work but it's so nice to see residents come together to help make our Yard Sale a success. For months before, we start collecting donations of clothing, household goods, appliances, etc. Many residents find that it's a great motivation for cleaning closets and purging stuff they no longer need or use. As the saying goes, one man's junk is another man's treasure. Why not offer things to others who could use it? Especially if it makes money to help us have fun!

So after collecting and storing things for months, the real work begins about a week before the sale when we bring everything down to organize, tag and clean, if necessary.

It was fun to open the boxes and bags to find out what other people were giving away. This year, we had a ton of clothing, lots of kitchen wares, books, lamps and furniture. We also had a section for our knitters who had many articles on display for purchase. They donated their proceeds to our cause as well. Thank you ladies!

We had a beautiful day which brought a pretty good crowd of people throughout the day. In the end we made about \$1200!

I truly appreciate all the help I received to get everything set up and then at the end pack it all up. And thank you to all who made donations as well. It can't happen without those!





Our First Wellness Fair

We hosted a wellness fair with vendors offering information and items like hearing and low vision aids, equipment like a mini oxygen concentrator, a CPAP machine/cleaning device and diabetic footwear. The YMCA and Care Solutions shared info on programs and services they offer. We even had a company that offers CBD products that help with pain and healing. We had Tai Chi, Chair Yoga, exercise classes and some healthy snacks and drinks. We also had raffle prizes donated by vendors. Everyone who attended enjoyed it!



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Gracious Retirement Living

485 East Central Street
Franklin, MA 02038



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.

508-520-3471

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