

COTTONWOOD — ESTATES — Gracious Retirement Living

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

JANUARY 2020

COTTONWOOD ESTATES STAFF

Managers..... JIM & LAURIE KUCKUCK
Assistant Managers ... MICHAEL & ENDIA SIMMS
Executive Chef..... JONATHAN ELAM
Marketing..... SEÂN JOHNSON
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

HAWTHORN
SENIOR LIVING

The Chinese Zodiac

The Lunar New Year, also called Chinese New Year or the Spring Festival, is celebrated in several Asian countries, and begins January 25th. Based on the Chinese lunar calendar, 2020 is the Year of the Rat, one of the symbolic animals of the Chinese zodiac.

Historians say China's zodiac system was likely developed more than 2,000 years ago, but it remains an important part of Lunar New Year festivities. The zodiac consists of 12 animals, including the dog, horse, rooster and tiger, and each represents a different year in a 12-year cycle.

Similar to Western astrological signs, each animal is associated with personality traits, strengths and weaknesses, and

one of five elements: wood, fire, earth, metal and water. A person is matched to an animal based on their birth year. You can find your Chinese zodiac sign using charts, easily available online.

In Chinese culture, it's considered bad luck when your zodiac animal's year comes around. However, a popular way to prevent misfortune is to wear red clothing or accessories, since red is a lucky color in China.





Dahlonega Gold Museum

Last month, we went on an outing to the Dahlonega Gold Museum, which was originally the Lumpkin County Courthouse. We enjoyed our visit and learned a lot about the history of the gold rush in Georgia.



In local lore, the story goes that a man named Benjamin Parks was hunting in the woods, and tripped over a rock. Parks inspected the rock, which he discovered to be a large gold nugget. Not long after, in 1828, Dahlonega became home to the first major gold rush, bringing men from miles around to seek their fortunes. Even the name, “Dahlonega,” is actually from the Cherokee word “Dalonige,” meaning “yellow” or “gold.”

Did you know Georgia’s state capitol, built in 1889, first had its dome gilded (covered with very thin gold called “gold leaf”) in 1958? They used 20 ounces of gold for the project. At today’s gold prices, that’s over \$30,000! All of the gold used for the project came from Dahlonega.





A Canned Classic

Warm, comforting, and “M’m! M’m! Good,” Campbell’s brand of chicken noodle soup has been a mealtime staple for over 80 years.

Recipes for both chicken soup and broth with noodles have been around for hundreds of years. Yet, combining the two wasn’t common until 1934, when Campbell’s head chef Ernest Lacoutiere created the food company’s new product. Called Noodle With Chicken Soup, a can sold for about 10 cents.

Although an instant bestseller, the condensed soup’s popularity really heated up a few years later, when radio audiences heard its name misread on air as Chicken Noodle Soup. Because of the flub, orders began pouring in from grocery stores as people wanted to try the “new” flavor. Campbell’s officially changed the soup’s name in 1938.

Through the decades, the soup continued to be a favorite with both adults and kids, whether as a convenient meal, a home remedy for the common cold or as a quick way to warm up on a chilly day.

Today, Campbell’s makes and sells more than 200 million cans of its chicken noodle soup each year.



Bourbon Street Grille

Last month, we stopped for a bite at The Bourbon Street Grille in Dahlonega. Talk about some good eating! The atmosphere is fantastic and the food is even better! It’s a great place to bring friends and family.



JANUARY
2020

Birthdays

Madeline Livatino, 10th
Roger Umnuss, 13th
Yvonne Bryant, 14th
Truman Vasko, 18th
Cindy Richards, 27th
Chris Werthwan, 29th

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

Northside
Chapel

Family Owned
and Operated
Funeral Directors
and Crematory
12050 Crabapple Road
Roswell, GA 30075
www.northsidechapel.com
770-645-1414

“If you love life,
don’t waste time,
for time is what
life is made up of.”
—Bruce Lee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>9:00 Televised Church Service: Lakewood Church, MT 5</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 Sunday Night Movie, MT</div>	 <div>9:30 Alpharetta Adult Activity Center, Lobby 6</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>2:00 Notary Public Service, AC</div> <div>3:00 Penny Poker, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Strength Training with Legacy, AC 7</div> <div>10:00 Exercise, AC</div> <div>11:30 St. Aidan’s Communion, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:30 Cottonwood Crafting, AC</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div>	<div>NEW YEAR’S DAY 1</div> <div>Wonderful Wednesday Outing! Details TBA</div> <div>10:00 Exercise, AC</div> <div>4:00 Book Club, L</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div>7:00 Wednesday Night Movie, MT</div>	<div>10:00 Strength Training with Legacy, AC 2</div> <div>10:00 Exercise, AC</div> <div>10:30 Bible Study, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>9:30 North Point Pkwy. Shopping, Lobby 3</div> <div>10:00 Exercise, AC</div> <div>11:00 Bible Sharing with Ravenna, TV</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div>	<div>10:30 Donuts in the Round, AC 4</div> <div>11:30 “I Remember When,” AC</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>4:00 Pinochle, TV</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:30 Bingo, AC</div>
<div>9:00 Televised Church Service: Lakewood Church, MT 12</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 Sunday Night Movie, MT</div>	<div>9:30 Alpharetta Adult Activity Center, Lobby 13</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>2:00 Notary Public Service, AC</div> <div>3:00 Penny Poker, DR</div> <div>7:00 Bingo, AC </div>	<div>10:00 Strength Training with Legacy, AC 14</div> <div>10:00 Exercise, AC</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>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR </div>	<div>15</div> <div>Wonderful Wednesday Outing! Details TBA</div> <div>10:00 Exercise, AC</div> <div>4:00 Book Club, L</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div>7:00 Wednesday Night Movie, MT</div>	<div>16</div> <div>10:00 Exercise, AC</div> <div>10:30 Bible Study, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>17</div> <div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>11:00 Bible Sharing with Ravenna, TV</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC </div>	<div>10:30 Donuts in the Round, AC 18</div> <div>11:30 “I Remember When,” AC</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>4:00 Pinochle, TV</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:30 Bingo, AC </div>
<div>9:00 Televised Church Service: Lakewood Church, MT 19</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 Sunday Night Movie, MT</div>	<div>MARTIN LUTHER KING JR. DAY 20</div> <div>9:30 Alpharetta Adult Activity Center, Lobby</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>2:00 Notary Public Service, AC</div> <div>3:00 Penny Poker, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Strength Training with Legacy, AC 21</div> <div>10:00 Exercise, AC</div> <div>11:30 St. Aidan’s Communion, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Resident/Management Meeting, AC</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div>	<div>22</div> <div>Wonderful Wednesday Outing! Details TBA</div> <div>10:00 Exercise, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div>7:00 Wednesday Night Movie, MT</div>	<div>10:00 Strength Training with Legacy, AC 23</div> <div>10:00 Exercise, 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>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>24</div> <div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>11:00 Bible Sharing with Ravenna, TV</div> <div>2:00 Hearts, BR</div> <div>4:00 Happy Hour, AC</div>	<div>10:30 Donuts in the Round, AC 25</div> <div>11:30 “I Remember When,” AC</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>4:00 Pinochle, TV</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:30 Bingo, AC</div>
<div>9:00 Televised Church Service: Lakewood Church, MT 26</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 Sunday Night Movie, MT</div>	<div>9:30 Alpharetta Adult Activity Center, Lobby 27</div> <div>9:30 Windward Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>10:30 Knitting & Crocheting, DR</div> <div>2:00 <i>Ambassadors Assembly, CH</i></div> <div>2:00 Windward Pkwy. Shopping, Lobby</div> <div>2:00 Notary Public Service, AC</div> <div>3:00 Penny Poker, DR</div> <div>7:00 Bingo, AC </div>	<div>28</div> <div>10:00 Strength Training with Legacy, AC</div> <div>10:00 Exercise, AC</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>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div>	<div>29</div> <div>Wonderful Wednesday Outing! Details TBA</div> <div>10:00 Exercise, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div> <div>7:00 Wednesday Night Movie, MT </div>	<div>30</div> <div>10:00 Exercise, AC</div> <div>10:30 Bible Study, CH</div> <div>2:00 Mahjong, BR</div> <div>2:00 Blood Pressure Check, AC</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>31</div> <div>9:30 North Point Pkwy. Shopping, Lobby</div> <div>10:00 Exercise, AC</div> <div>11:00 Bible Sharing with Ravenna, TV</div> <div>2:00 Hearts, BR</div>	



Ever Been to Tuscany?

Tuscany is a region in central Italy known for its landscapes, history, artistic legacy, and influence on high culture. Collette, a prestigious travel company, is hosting a trip to Tuscany from September 10th to September 18th of 2020.

A special presentation on this trip including pricing, itinerary, highlights, lodging and transportation information will be on Thursday, January 9th, at 2 p.m. here at Cottonwood. All residents of Cottonwood

have received a travel brochure for the trip, but if more are needed, you can pick them up in the Activity Center. More brochures will also be distributed at the presentation. This is not just for residents. We welcome you to bring any friends and family to the presentation that may be interested in learning more about the Tuscany trip. See you on January 9th!



Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.





Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

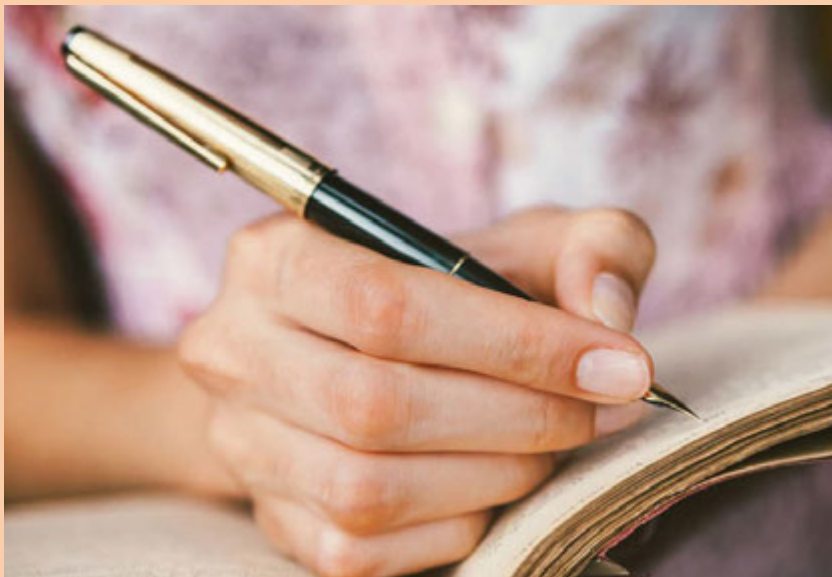
Daily journal: This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal: Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal: Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal: Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

Keepsake journal: Geared toward parents and grandparents, keepsake journals contain questions and prompts that encourage you to record your memories and life experiences for loved ones.



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!



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— ESTATES —
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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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