

PROVIDENCE MEADOWS

Gracious Retirement Living

4123 Kuykendall Road • Charlotte, NC 28270 • Phone (704) 708-9931 • www.seniorlivinginstyle.com

JANUARY 2020

PROVIDENCE MEADOWS STAFF

Managers..... GARY & MELISSA MOSS
Executive Chef BEN HUBBLE
Sous Chef JASMINE WORTHINGTON
Maintenance WESLEY HARDY
Bus Driver CARMELLA WATSON

TRANSPORTATION

Monday & Wednesday, 10 a.m.: Shopping

Tuesday & Thursday,
9 a.m.-noon & 12:30-2 p.m.:

Medical Appointments

Friday, TBA: Trips

HAWTHORN SENIOR LIVING

Last Year's Special Moments

2019 was a year filled with challenges, changes and blessings. Here are some of all the special events, outings, or regular days in our Community. Let's keep up the good work together.

(Photos continued inside)



Cathy and Elena, enjoying Daniel Stowe Botanical Garden.



Midsummer Night Prom



Last Year's Special Moments (Continued)



Pat K., playing our Famous Beanbag Game



Spreading happiness



Brandy, the miniature horse, and Billie



The day that we all decided to wear red!

Let's Get Ready For our African Expedition 2020!

For the past 10 years, the Hawthorn Adventure is the big starter event of the year. In 2020, all the residents will be having a Safari expedition throughout northwest, northeast and southeast Africa.

We will start our safari with our African Social on Friday, January 17th, at 4 p.m., in the Activity Room. The next weeks after that, we will be visiting Morocco, Egypt and Tanzania.

Let's get ready to explore!





It Looked a Lot Like Christmas!

Thanks to all of the residents and employees who made our building inside and out look “a lot like Christmas.” We are blessed just by being able to live in this beautiful Community, surrounded by all these amazing neighbors and a great staff that will do anything to make our residents feel like they are home.

Happy New Year!



New Year's Resolutions

Every New Year's Eve when the clock strikes 12 a.m., most people create a list, either on paper or in their mind, about all those things that did not work in the past year, and come up with new resolutions to make their life better, happier or different. But how many of you keep those promises throughout the year? Why is it so hard sometimes?

Well, we have to create resolutions that are achievable and realistic.

1. **Be Healthy.** This is not only to look better. Having a healthier way of eating will help with your

physical appearance, your energy levels, and also your sleep. Also, getting regular check-ups is another way of being healthy.

2. **Be more engaged.** In a Community, it is really important to have a support network or social network that will provide a healthy social aspect of your life. Remember, quality, not quantity, is what is important. Also, engaged does not necessarily mean being in every activity. There should be a balance in everyone's personal schedule.



3. **Have short term goals:**

- a. Learn something new
- b. Read a book
- c. Be more active
- d. Be more creative, etc.

Last but not least, enjoy everything you are doing. Everyday is a blessing, and if you can achieve little goals, then you are doing great.

JANUARY 2020

Birthdays

Jean Cavallo, 1st
 Joanna Sloan, 1st
 Jack Kurzer, 5th
 Mary Jane Kelter, 7th
 Elsie Cunningham, 8th
 Marion Hogg, 10th
 Silvia Kelman, 10th
 Bo Cummings, 10th
 Mary Hoffman, 17th
 Herman Stutts, 18th
 Marble Carpenter, 20th
 Carolyn Warren, 30th

Locations

Activity Room, AR
 Atrium, A
 Billiards Room, BR
 Chapel, C
 Dining Room, DR
 Fitness Center, FC
 Grandma's Kitchen, GK
 Library, L
 Outside, O
 Television Room, TV
 Theater, TH

"Although no one can go back and make a brand new start, anyone can start from now and make a new ending."

— Carl Bard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
10:30 Catholic Communion, C 5 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Bingo, AR 7:00 Movie!, TH  7:00 Movie Night, TH	9:30 Stretching, FC 6 10:00 Corn Hole, O 11:00 Bingo with Adriana, AR 2:00 Brain Games, AR 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	9:30 Knitting Club, L 7 10:00 Shake Your Body!, AR 11:00 Reminiscing, AR 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH 	NEW YEAR'S DAY 1 9:30 Stretching, FC 11:00 Bunco!, AR 2:00 Levine Hearing Aid Clean and Check Clinic, AR 3:00 Chair Yoga with Carey 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH 	10:00 Shake Your Body!, AR 2 10:30 Healthy Smoothie Social, GK 11:00 PM Hand Bell Choir Practice, AR 2:00 Bible Study 2:00 Live Entertainment: Paul Indelicato, AR 3:00 <i>Right at Home Wellness Check, AR</i> 3:00 Craft Time 4:00 Wii Bowling, AR 7:00 Movie Night, TH	9:30 Stretching, FC 3 10:00 Corn Hole 11:30 Line Dancing, AR 2:00 Bridge Club, BR 2:00 Trivia, AR 3:00 Beanbag Baseball, AR 4:00 Social Fridays! Mingle Time!, AR 7:00 Bingo with Gloria, AR 7:00 Movie Night, TH	11:00 Praying the Rosary, C 4 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 3:00 Wii Bowling for Beginners, AR 4:00 Bingo with Gloria, AR 7:00 Billiards, BR 7:00 Movie Night, TH
10:30 Catholic Communion, C 12 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Bingo, AR 7:00 Movie Night, TH	9:30 Stretching, FC 13 10:00 Corn Hole, O 11:00 Bingo with Adriana, AR 2:00 Brain Games, AR 3:00 Dominoes, AR 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	9:30 <i>Morning Chat with Coffee and Donuts, AR</i> 14 9:30 Knitting Club, L 10:00 Shake Your Body!, AR 11:00 Reminiscing, AR 1:45 Bingo with Right at Home, AR 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, FC 15 11:00 Bunco!, AR 11:45 Outing, O 2:00 Birthday Batch, AR 3:00 Chair Yoga with Carey 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH	9:30 <i>Resident/Activity Meeting, AR</i> 16 10:00 Shake Your Body!, AR 10:30 Healthy Smoothie Social, GK 11:00 PM Hand Bell Choir Practice, AR 1:45 Health Talk with Beth, AR 2:00 Bible Study 2:30 Boggle, AR 3:00 Craft Time 4:00 Wii Bowling, AR 7:00 Movie Night, TH	9:30 Stretching, FC 17 10:00 Corn Hole 11:30 Line Dancing, AR 2:00 Bridge Club, BR 2:00 Trivia, AR 3:00 Beanbag Baseball, AR 4:00 African Safari Social Party, AR 7:00 Bingo with Gloria, AR  7:00 Movie Night, TH	11:00 Praying the Rosary, C 18 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 3:00 Canasta, BR 3:00 Wii Bowling for Beginners, AR 4:00 Bingo with Gloria, AR 7:00 Billiards, BR 7:00 Movie Night, TH 
10:30 Catholic Communion, C 19 11:00 Presbyterian Service, TH 2:00 Sunday Matinee, TH 3:00 Sunday Worship, C 4:00 Bingo, AR 7:00 Movie Night, TH	MARTIN LUTHER KING JR. DAY 20 9:30 Stretching, FC 10:00 Corn Hole, O 11:00 Bingo with Adriana, AR 2:00 <i>Moroccan Brain Games (Team Points), AR</i> 4:00 Beach Volleyball, AR 7:00 Movie Night, TH 	9:30 Knitting Club, L 21 10:00 Shake Your Body!, AR 11:00 Reminiscing, AR 2:00 <i>Animal Scavenger Hunt! (Team Points)</i> 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, FC 22 11:00 Bunco!, AR 11:45 Outing, O 2:00 Moroccan Tea Party, AR 3:00 Chair Yoga with Carey 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH	10:00 Shake Your Body!, AR 23 10:30 Chef's Presentation, GK 11:00 PM Hand Bell Choir Practice, AR 2:00 Bible Study 3:00 <i>Moroccan Mosaics, AR</i> 4:00 Wii Bowling, AR 7:00 Movie Night, TH	9:30 Stretching, FC 24 10:00 Corn Hole 11:30 Line Dancing, AR 2:00 Bridge Club, BR 2:00 Trivia, AR 3:00 Beanbag Baseball, AR 4:00 Casablanca Social!, AR 7:00 Bingo with Gloria, AR 7:00 Movie Night, TH	11:00 Praying the Rosary, C 25 11:00 Bunco!, AR 2:00 <i>Community Store Open</i> 2:00 <i>Movie: Casablanca (Team Event), TH</i> 3:00 Canasta, BR 4:00 Bingo with Gloria, AR 7:00 Cribbage, AR 7:00 Billiards, BR 7:00 Movie Night, TH
10:30 Catholic Communion, C 26 11:00 Presbyterian Service, TH 2:00 <i>Sunday Matinee: Casablanca, TH</i> 3:00 Sunday Worship, C 4:00 Bingo, AR 7:00 Movie Night, TH	9:30 Stretching, FC 27 10:00 Corn Hole, O 11:00 Bingo with Adriana, AR 12:00 <i>Coffee with New Residents, DR</i> 2:00 Casablanca Trivia (Team Points), AR 3:00 Dominoes, AR 4:00 Beach Volleyball, AR 7:00 Movie Night, TH	9:30 <i>Morning Chat with Coffee and Donuts, AR</i> 28 9:30 Knitting Club, L 10:00 Shake Your Body!, AR 11:00 <i>Nile River Team Challenge!, AR</i> 1:45 Bingo with Right at Home, AR 3:00 Big Crossword, AR 4:00 Wii Bowling, AR 7:00 Billiards, BR 7:00 Movie Night, TH	9:30 Stretching, FC 29 11:00 Bunco!, AR 11:45 Outing, O 2:00 <i>Mummy Wrap Competition, AR</i> 3:00 Chair Yoga with Carey 4:00 Beanbag Baseball, AR 7:00 Movie Night, TH	10:00 Shake Your Body!, AR 30 10:30 <i>Resident/Chef Meeting, AR</i> 10:30 Healthy Smoothie Social, GK 11:00 PM Hand Bell Choir Practice, AR 2:00 Bible Study 3:00 <i>Pharaohs and Hieroglyphics Scavenger Hunt</i> 4:00 Wii Bowling, AR 7:00 Movie Night, TH 7:30 Prayer Service, C 	Gentlecare Nail Services in Your Apartment 31 9:30 Stretching, FC 10:00 Corn Hole 11:30 Line Dancing, AR 2:00 Trivia, AR 2:00 Bridge Club, BR 3:00 Beanbag Baseball, AR 4:00 Cleopatra's Social, AR 7:00 Bingo with Gloria, AR 7:00 Movie Night, TH	



Thanksgiving!

Our extended relatives came and spent Thanksgiving with all of us! Our family is big, is thankful, and is full of love!



The Kurzners and Vicki



Martha and family



Two ladies and a gentleman's table



The couple of the year!



The girls!



Judy and her amazing cousin



Paul and his broad Smile!



Silvia, showing her charm.



Fran and Roz



Veterans Day

We are thankful to have you all as part of our family. Thank you for your service!



Veterans' Table



Bob W.



Al



Pat



Joe



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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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