

Colonial Gardens

Gracious Retirement Living

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

MAY 2020

COLONIAL GARDENS STAFF

Managers..... FRED & LISA RASH
Assistant Managers JEREMY & TAMMY RODRIGUEZ
Executive Chef..... NATHANAEL HUBISZ
Activity Coordinator CHRISTA LEGER
MaintenanceCESAR VIEIRA & CARMELLA MOISE
TransportationJIM 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, 9:40 a.m.: St. Mary's

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

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

HAWTHORN
SENIOR LIVING

Poetry by Margie

A Heartfelt Thank You to the
Whole Crew!

What can I say to all of you,
Who continue to do what
you do,

When the world we know is
falling apart,
And causing fear in me
and you?

We're all in this together,
But our future is out of
our view,

As each one of us looks to a higher power,
To watch over me and you.

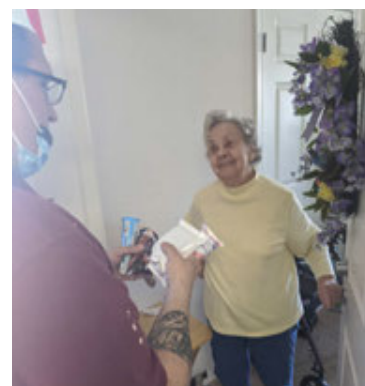
To bring us through this nightmare,
And restore our earth to harmony
And to pick up the pieces of what is left,
Of this world for you
and me.

Thank you guys for what
you do,

From your hearts that
are full of love,
And I know when this is
all over,

You'll receive blessings
from up above.

—Margie Robinson



*Cesar, surprising Margie
with ice cream!*

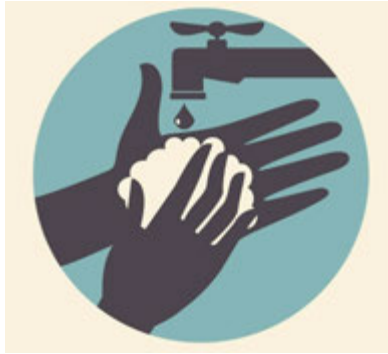




Sing While You Wash Your Hands!

“Tomorrow” from Annie

The sun'll come out
Tomorrow
Bet your bottom dollar
that tomorrow
There'll be sun
Just thinkin' about
Tomorrow
Clears away the cobwebs
and the sorrow
'Til there's none.



Scrub for 20 seconds

“It’s the Hard Knock Life” from Annie

It’s the hard knock life for us
'stead o' treated
We get tricked
'stead o' kisses
We get kicked
It’s the hard knock life
Got no folks to speak of so
It’s the hard knock row we hoe
Cotton blankets
'stead o' wool
Empty bellies
'stead o' full
It’s the hard knock life.

“Seasons of Love” from Rent

525,600 minutes
525,000 moments so dear
525,600 minutes
How do you measure, measure a year?

“My Favorite Things” from The Sound of Music

Raindrops on roses
And whiskers on kittens
Bright copper kettles and warm woolen mittens
Brown paper packages tied up with strings
These are a few of my favorite things
Cream-colored ponies and crisp apple strudels
Doorbells and sleigh bells
And schnitzel with noodles
Wild geese that fly with the moon on their wings
These are a few of my favorite things.

“Do Re Mi” from The Sound of Music

Doe, a deer, a female deer
Ray, a drop of golden sun

Me, a name I call myself
Far, a long, long way to run
Sew, a needle pulling thread
La, a note to follow Sew
Tea, a drink with jam and bread
That will bring us back to Do (oh-oh-oh).

“A Spoonful of Sugar” from Mary Poppins

A spoonful of sugar helps the medicine go down
The medicine go down
Just a spoonful of sugar helps the medicine go down
In a most delightful way.

“Do You Hear the People Sing?” from Les Misérables

Do you hear the people sing?
Singing the song of angry men
It is the music of a people who will not be slaves again
When the beating of your heart
Echoes the beating of the drums
There is a life about to start when tomorrow comes.

“Mamma Mia” from Mamma Mia!

Mamma mia, here I go again
My my, how can I resist ya?
Mamma mia, does it show again,
My my, just how much I missed ya?
Yes I’ve been broken-hearted
Blue since the day we parted
Why why, did I ever let you go?

“I’m Gonna Wash that Man Right Outta My Hair” from South Pacific

I’m gonna wash that man right outta my hair
And send him on his way.
Get the picture?
I’m gonna wave that man right outta my arms
And send him on his way.



Broadway music



Ice Cream Cart

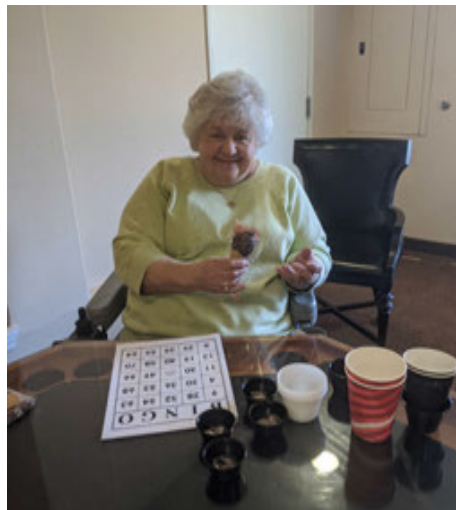
Did you hear that iconic ice cream truck music fill the halls? Or maybe it was the wacky horn followed by laughs? Whichever it was, something got you up and to the apartment door to check out Colonial Gardens' Ice Cream Cart! Manager Fred pushed the cart up and down the halls of Colonial and around the cottages. The Maintenance team, Cesar and Carmella, handed out handfuls of cool treats like ice cream cones, slushies, ice cream sandwiches and sugar-free Popsicles. Many were surprised to hear a knock on their door shortly after 2 p.m. Some heard all the commotion and were eagerly waiting at their doors for a sweet and delicious treat. There are many more fun things to come with this cart as the weather warms up. The cart could transform into a hot dog cart one time or maybe an ice cream soda cart! In the summer, it could become a hydration station out in the courtyard. The possibilities to have fun are limitless!



Cheers to the cottages!



Smiles!



Bingo and ice cream



Knock, knock ... surprise!

May Birthdays!

Happy Birthday to all those born in May:

- Jimmy Magill, May 1st
- Dottie Marley, May 3rd
- Larry Mello, May 4th
- Jean Bittner, May 8th
- Miny Stouch, May 13th
- June Gunn, May 27th
- Jean O'Hare, May 30th



May Anniversary

Winnie & Dan Kane, 5/18/2019

Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

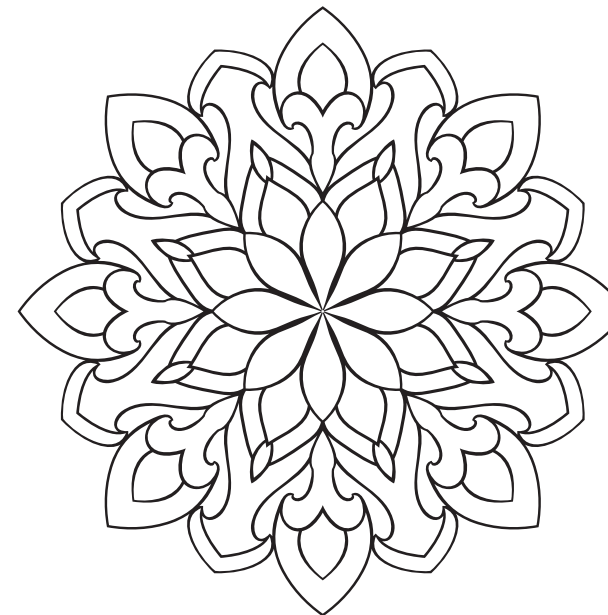


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

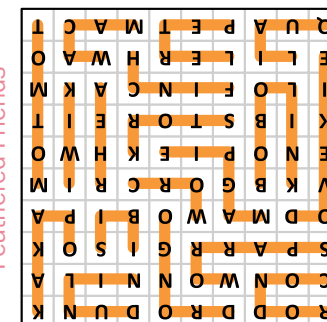
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

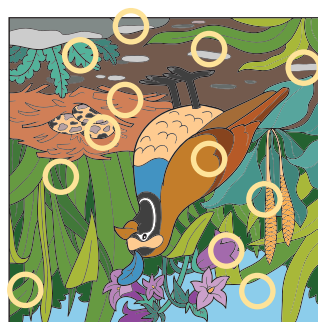
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Staff Spotlight

Here at Colonial Gardens, we have an amazing team of staff. That team includes three people who work with us as part of their day program. Those three people are Dakota, Chris and Eliza. During all this chaos, they have not been able to come and work. It is driving them crazy! Chris asks Judy, the job coach, to call every Monday to see if anything has changed. Dakota reaches out to coworkers on Facebook, telling us how much she misses us. Then there is Eliza. Eliza took a crafty path to tell us she misses us. She made signs for each of the managers and Christa. Each sign was beautifully decorated in stickers and a short phrase about being missed. Eliza and Christa have a connection outside of work, too. They both play basketball for Massachusetts Special Olympics. They are on two different teams, but see each other at the dinner and dance. We send our love to Dakota, Chris and Eliza, because we miss them just as much as they miss us!





Betty the Helper

Little Betty Blake likes to keep busy. She was an active participant in the African Expedition, even trying some kinds of tea knowing she is not a fan. The last couple of months, she began learning to paint in Bobbi's Decorative Painting Class. She is always looking forward to the next game of Bingo, keeping her quarters safe. When Thursday rolls around, Betty is laser-focused on Horse Racing in the afternoon. Next to winning, her favorite part of horse racing is taunting Christa when her horse has not moved in awhile. Her favorite phrases include, "Move, you lazy thing!" or "Yay!" with her legs out straight. Betty enjoys



her gambling, but has a heart of gold. When actions were set in place to sanitize everything in the building multiple times a day, she wanted to help. She asked Lisa for a bottle of solution, rags and some gloves.

Once Betty acquired the items she requested, she

went back to the Third Floor to sanitize the railings in the hallways. It was a small gesture to help staff and keep her friends healthy that made a huge impact on us all. Thank you, Betty!



Betty with a shaker

Save the Date

May 5th, Cinco de Mayo: Enjoy some mocktails!

May 10th, Mother's Day: Sip some tea while listening to the beautiful harp music by Shelly Otis.

May 15th, Happy Birthday, L. Frank Baum: Watch "The Wizard of Oz" in the movie theater at 2 p.m.

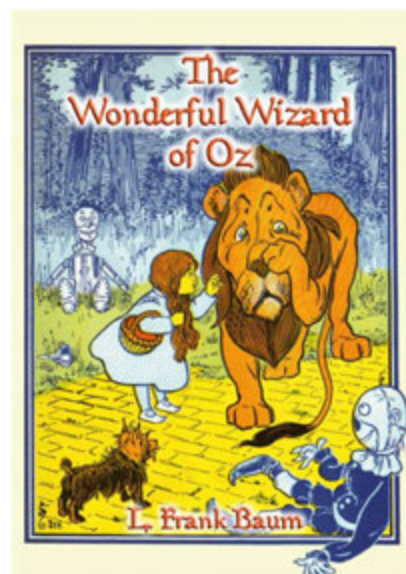
May 19th, Senior Citizen Day: Ice cream, ice cream! Come and get it!

May 25th, Memorial Day: Join us by the flagpole at 11:30 a.m., as we hold a biodegradable balloon release remembering those who never came home from battle.



June 12th, Fire and Ice Prom: You're invited to this year's Prom, Fire and Ice, from 6 p.m. to 8 p.m., and entertainment provided by the great Joey B-Bop!

June 21st, Father's Day: Come visit the reptile zoo, brought to you!



Colonial Gardens
Gracious Retirement Living

105 Cherry Hill Drive
Beverly, MA 01915



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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