

The Carriage House

Gracious Retirement Living

4680 Bellwether Lane • Oxford, FL 34484 • Phone (352) 330-5987 • www.seniorlivinginstyle.com

MAY 2020

THE CARRIAGE HOUSE STAFF

Managers.....CATHY & EARL KNIGHT
Management Team.....ROD & JUDY JOBMAN
Executive Chef.....RICH OAKS
Community Sales.....DAPHNE DAVIS
Activity Coordinator.....CHERYL COLLINS
Bus Driver.....SANDY HECK
Bus Driver.....ALLAN HARRIS
Bus Driver.....DIANA CANCEL
Transportation.....BILL HECK

TRANSPORTATION

Monday & Friday, 9:15 a.m.: Walmart Shopping

Monday & Friday, 11 a.m.:

Publix, CVS, Walgreens & Banks

Monday & Friday, 12-3 p.m.: Local Doctor Appts.

Tuesday & Thursday, 9 a.m.-3 p.m.: Local Doctor Appts.

Wednesday, 9 a.m.-1 p.m.: Local Doctor Appts.

Wednesday, 9 a.m.-5 p.m.: Resident Outing

Sunday, 8:55 a.m.: New Covenant Methodist Church

Sunday, 9:15 a.m.: St. Mark's Catholic Church

Sunday, 9:45 a.m.: Live Oaks Church

HAWTHORN
SENIOR LIVING

Mother's Day, Sunday, May 10th

Please share photos of your mother, grandmother or significant figure in your life. We will display the photos for all to enjoy. Include your favorite advice or quote that you heard countless times. Chef Rich is planning a special meal that day and we will be giving flowers and a small gift to all the mothers in our Community.



Memorial Day, May 25, 2020

Our Memorial Day Celebration will take place on Monday, May 25th, from noon until 2 p.m. Chef Rich will be manning the grill for traditional favorites. Join us outdoors for horseshoes, bocce, shuffleboard and a ring toss game. All who participate will be entered into a prize drawing. To finish the picnic we will make red (strawberries), white (soft serve ice cream) and blue (blueberries) sundaes.





Resident Poet Jackee Day

Her poem “Deputizing America” was published in the Sunday, April 5, 2020, edition of The Villages Daily Sun.

Deputizing America

March came in like a lion
Roaring across the USA
Uninvited COVID-19 stormed in
How can we make it go away?
An army of Doctors and Nurses
Are Battling this fearful foe
Across America working people
Pitch in to deliver the fatal blow.
Here at home how can we help?
Listen to these commands
The dragon is at the gate
Stay home and wash your hands.

Growing Tomatoes by Jackee Day

He was a good looking dude
So I thought I’d take a chance
But I remembered just in time
To maintain my social distance.

The fiddlers were tuning up
Had a partner for the dance
But I couldn’t do the do-si-do
And maintain my social distance.

Friends said “Come to the beach!”
They would help with the finance
But of course I couldn’t go
And maintain my social distance.

I have never been a gardener
Now I’m putting out little plants
I can grow lovely tomatoes
And maintain my social distance.

Time to Write a Letter by Jackee Day

You open your mailbox
and you find it isn’t bare
There’s a plethora of bills
And advertisements there.

Here’s my suggestion to make
That mailbox situation better
Send a stamped envelope to a friend
They may send you back a letter.

Unlike a phone call or an e-mail
A letter’s message is twofold:
Something to treasure and reread
And that’s as good as gold.

Let’s Celebrate Our May Birthdays!

Bernie D. — May 3

Anne C. — May 4

Dottie T. — May 5

Jeanne W. — May 6

Roy E. — May 12

Thelma G. — May 19

Sarah G. — May 20

Carl B. — May 25

Doris M. — May 28

Carriage House tradition is a king-sized banana split for the birthday person.

Wear Red Fridays

Every Friday we wear our red T-shirts to “Remember Everyone Deployed.” We gather in the Dining Room at 12:15 p.m. to recite the Pledge of Allegiance and sing “America the Beautiful.” Now that meals are delivered to apartments we no longer gather together. But that does not stop our patriotic spirit! Instead, residents stand in their doorways at 12:15 p.m. and raise their voices for the pledge and singing. Staff members join in and voices young and old affirm our patriotism and support for all who are deployed.

Kentucky Derby 2020, Saturday, September 5th

This year’s Run for the Roses has been postponed from the first weekend in May to the first weekend in September. That gives us plenty of time to create fabulous Derby bonnets.





Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

Legacy Therapy Challenge to Keep Your Brain Fit

On April 3, Suzanne from Legacy Therapy distributed puzzles for residents while Cheryl delivered healthy snacks. Residents were invited to complete the puzzles and turn them in to be entered for a drawing. Doris M. was the winner of a Publix gift card, courtesy of Legacy Therapy.



Who Is This Masked Man?

Carriage House driver Allan has been a hero to our residents during this time by doing the errands and shopping. One day he had 16 orders from five different pharmacies and he delivered each one to their door. Thanks, Allan, for keeping our residents safe and providing this valuable service.



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 | KIWI |
| CONDOR | MACAW |
| GROW | MAGPIE |
| DOVEKIE | MOTMOT |
| DRONGO | PETREL |
| DUNLIN | QUAIL |
| FINCH | RHEA |
| IBIS | SPARROW |
| KAKAPO | 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.

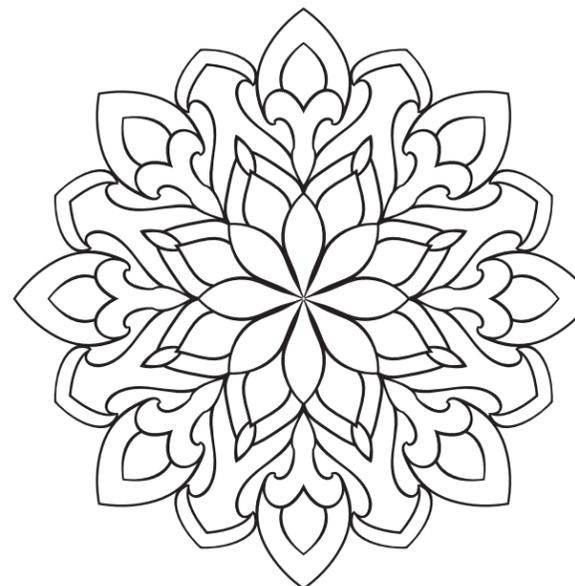


Simple Ways To Practice Mindfulness

- 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

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





Easter Coloring

Resident Connie Brewer colored these pictures to decorate the Easter Dinner service. She enjoys coloring for relaxation and creativity. Thanks, Connie!



Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof – Called the “garden of Europe,” this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles – Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden – The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este – The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.

Legacy Therapy Easter Egg Hunt

Suzanne from Legacy Therapy wore her bunny ears and hopped all around our Community hiding dozens of colorful plastic eggs. The eggs each contained a piece of Easter candy, except for one egg. The golden egg contained gold coins that the winner could exchange for an

Easter bag filled with fun prizes, including treats, scented lotion, a puzzle book and some colorful gel pens. Resident Ruthie B. was the winner! When asked how she found the golden egg, she replied that she was just lucky.

Thanks, Suzanne, for organizing a fun way for residents to walk the building and get exercise while also having a fun time.



Carriage House Heroes

Our driver Diana has been one of our heroes during the stay in place. One day she drove to five different pharmacies to pick up 21 prescriptions. All were delivered to the residents' doors that same day. What a great service, Diana! That is how we care for our residents!



The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.

Movie Theater

Every night at 7 p.m., we have a movie in the Theater.

Outing Day

Every Wednesday is Outing Day. Check the sign-up table for when and where.

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4680 Bellwether Lane
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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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