



COTTONWOOD — ESTATES — Gracious Retirement Living

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

JULY 2020

COTTONWOOD ESTATES STAFF

Managers..... JIM & LAURIE KUCKUCK
Assistant Managers MICHAEL & ENDIA SIMMS
Executive Chef JONATHAN ELAM
Marketing..... SEÂN JOHNSON
Activity Coordinator YOHANNA L.J. STOREY
Maintenance MARK SIMMS
Transportation THOMAS BABER

TRANSPORTATION

Monday, 9:30 a.m. and 2 p.m.:

Windward Pkwy. Shopping

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

Doctor Appointments

Wednesday, TBD: Outing

Friday, 9:30 a.m.: Northpoint Pkwy. Shopping



HAWTHORN SENIOR LIVING

Janet Mesa

Janet Mesa was born in Havana, Cuba, and came to the United States 64 years ago, due to the Fidel Castro Revolution. She is very proud to be an American citizen and loves her country.

Mesa was a graduate from the school of Fine Arts in Havana, as professor in Painting Drawing Fine Arts. Art has always been a passion for Janet Mesa; it brings her joy. So she has made it her mission to bring the joy of art to others.

She is very happy to be living here at Cottonwood Estates, and loves to volunteer as a teacher of Art Relaxation, for everyone in the Community to enjoy. I have had the pleasure to attend her class one day and found it be very inspiring and relaxing. She implements relaxing instrumental music in her class, that helps the colors on your canvas comes to life. She is a well known artist in our community and is a devoted Christian who loves the Lord.

If you would like to experience a soothing, calming, inspiring Art Class and get to know Janet Mesa, please join the Art Relaxation Class. Currently the class is being held in the Activity Room every Thursday at 4 p.m. Janet is looking forward to meeting you.

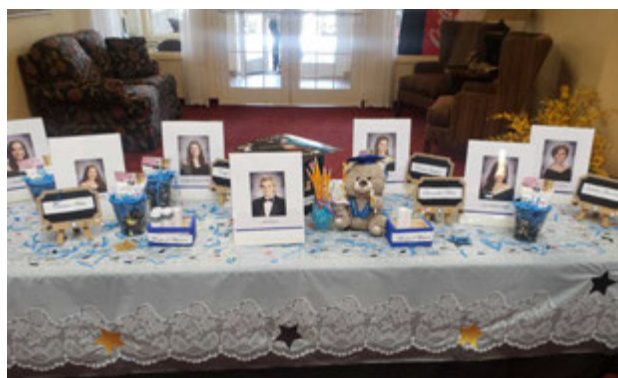
And remember — you don't have to be an artist to enjoy Art Relaxation.



Our Art Collection



Join us for Art Relaxation.



Graduating Seniors Table



Janet Mesa's Art Relaxation Class



Graduating Class of 2020



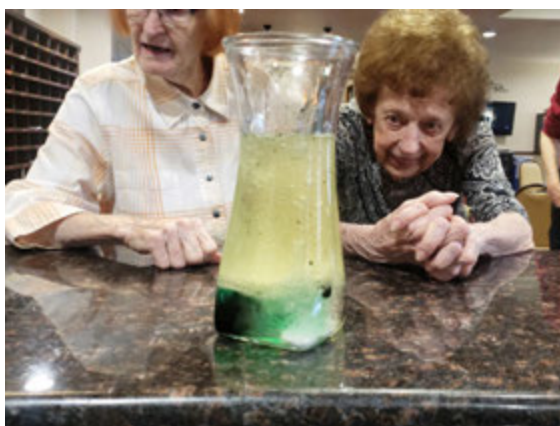
Birdhouse craft



Birdhouse



Amazing experiments



Look at this!



Yohanna sitting in the mist



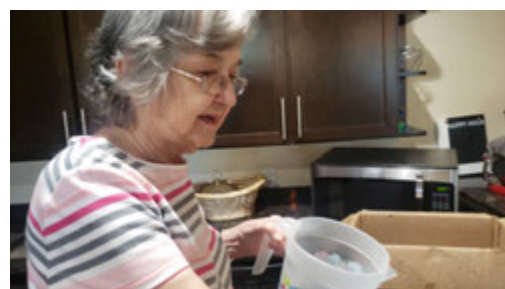
We love Vincent.



Dancing in the fog



Mad Science Week



Hey, Sybil!

Graduates of 2020

Congratulations on your hard work and achievements. Due to this unpredicted Covid-19 pandemic you weren't able to have a graduation ceremony and/or a prom. We here at Cottonwood sympathize with you and understand your frustration. We at Cottonwood would like to extend our hearts and say congratulations. This is the time of your life to live it up and make your mark in this world; however, the tough decisions about your future will make some of the biggest impacts in your life. So whatever you do, wherever you go and whatever you say, "Make It Count!" Make your voice heard, make your stand count, and show yourself approved.

Congratulations, Class of 2020, you did it!

JULY 2020

Birthdays

Lois McNinch, 9th
Bonnie Shellebarger, 14th

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

“Be bold, be
brave enough
to be your
true self.”
—Queen Latifah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 Exercise, AC 1 11:00 Documentary, MT 2:30 Bingo & Movie 3:30 Arts & Crafts, AC 4:00 Book Club, L 4:00 Wild Board Games, AC 7:00 Kings Corner, DR 7:00 Movie Night, MT 7:00 Dominoes, TV	10:00 Exercise, AC 2 10:30 Bible Study, CH 10:30 Patriotic Singalong, AT 2:00 Mahjong, BR 2:30 Bingo & Movie 3:00 Blood Pressure, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Movie Night, MT	10:00 Exercise with Jeanne, AC 3 10:35 Daily Chronicle, FP 11:00 Bible Sharing with Ravenna, MT 2:00 Hearts, BR 2:30 Bingo & Movie 4:00 Happy Hour, AC 7:00 Movie Night, MT 7:00 Bingo, AC	INDEPENDENCE DAY 4 10:30 Donuts in the Round, AC 11:00 Chatting with Endia, AC 2:00 Saturday Matinee Movie, MT 6:45 St. Thomas Aquinas Eucharist, CH 7:30 Bingo, AC
9:00 Televised Church Service: Lakewood Church, MT 5 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:30 Klondikes with the Kuckucks, AC 7:00 Rummikub, TV 7:00 Sunday Night Movie, MT	10:00 Yoga with Yohanna, AC 6 10:30 Knitting & Crocheting, DR 11:00 Daily Chronicle, FP 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Windward Pkwy. Shopping, Lobby 2:30 Bingo & Movie 3:00 Afternoon Tea and Biscuits, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:00 Strength Training with Legacy, AC 7 10:35 Daily Chronicle, FP 11:00 Cooking Healthy, AC 11:30 St. Aidan's Communion, CH 1:45 Bridge Club, BR 2:30 Bingo & Movie 2:30 Afternoon Meditation, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Movie Night, MT	10:00 Exercise, AC 8 11:00 Documentary, MT 2:30 Bingo & Movie 3:30 Arts & Crafts, AC 4:00 Wild Board Games, AC 7:00 Kings Corner, DR 7:00 Movie Night, MT 7:00 Dominoes, TV	10:00 Exercise, AC 9 10:30 Bible Study, CH 10:35 Daily Chronicle, FP 2:00 Mahjong, BR 2:30 Bingo & Movie 3:00 Blood Pressure, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Movie Night, MT 	10:00 Exercise with Jeanne, AC 10 10:35 Daily Chronicle, FP 11:00 Bible Sharing with Ravenna, MT 2:00 Hearts, BR 2:30 Bingo & Movie 4:00 Happy Hour, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:30 Donuts in the Round, AC 11 11:00 Chatting with Endia, AC 2:00 Saturday Matinee Movie, MT 6:45 St. Thomas Aquinas Eucharist, CH 7:30 Bingo, AC
9:00 Televised Church Service: Lakewood Church, MT 12 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:30 Klondikes with the Kuckucks, AC 7:00 Rummikub, TV 7:00 Sunday Night Movie, MT	10:00 Yoga with Yohanna, AC 13 10:30 Knitting & Crocheting, DR 11:00 Daily Chronicle, FP 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Windward Pkwy. Shopping, Lobby 2:30 Bingo & Movie 3:00 Afternoon Tea and Biscuits, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:00 Strength Training with Legacy, AC 14 10:35 Daily Chronicle, FP 11:00 Cooking Healthy, AC 11:30 St. Aidan's Talk, L 1:45 Bridge Club, BR 2:30 Bingo & Movie 2:30 Afternoon Meditation, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Movie Night, MT 	10:00 Exercise, AC 15 11:00 Documentary, MT 2:30 Bingo & Movie 3:30 Arts & Crafts, AC 4:00 Book Club, L 4:00 Wild Board Games, AC 7:00 Kings Corner, DR 7:00 Movie Night, MT 7:00 Dominoes, TV	10:00 Exercise, AC 16 10:30 Bible Study, CH 10:35 Daily Chronicle, FP 2:00 Mahjong, BR 2:30 Bingo & Movie 3:00 Blood Pressure, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Movie Night, MT	10:00 Exercise with Jeanne, AC 17 10:35 Daily Chronicle, FP 11:00 Bible Sharing with Ravenna, MT 2:00 Hearts, BR 2:30 Bingo & Movie 4:00 Happy Hour, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:30 Donuts in the Round, AC 18 11:00 Chatting with Endia, AC 2:00 Saturday Matinee Movie, MT 6:45 St. Thomas Aquinas Eucharist, CH 7:30 Bingo, AC
9:00 Televised Church Service: Lakewood Church, MT 19 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:30 Klondikes with the Kuckucks, AC 7:00 Rummikub, TV 7:00 Sunday Night Movie, MT	10:00 Yoga with Yohanna, AC 20 10:30 Knitting & Crocheting, DR 11:00 Daily Chronicle, FP 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Windward Pkwy. Shopping, Lobby 2:30 Bingo & Movie 3:00 Afternoon Tea and Biscuits, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:00 Strength Training with Legacy, AC 21 10:35 Daily Chronicle, FP 11:00 Cooking Healthy, AC 11:30 St. Aidan's Communion, CH 1:45 Bridge Club, BR 2:00 Resident/Management Meeting, AC 2:30 Afternoon Meditation, AC 2:30 Bingo & Movie 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Movie Night, MT	10:00 Exercise, AC 22 11:00 Documentary, MT 2:30 Bingo & Movie 3:30 Arts & Crafts, AC 4:00 Wild Board Games, AC 7:00 Kings Corner, DR 7:00 Movie Night, MT 7:00 Dominoes, TV	10:00 Exercise, AC 23 10:30 Bible Study, CH 10:35 Daily Chronicle, FP 2:00 Mahjong, BR 2:30 Bingo & Movie 3:00 Blood Pressure, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Movie Night, MT	10:00 Exercise with Jeanne, AC 24 10:35 Daily Chronicle, FP 11:00 Bible Sharing with Ravenna, MT 2:00 Hearts, BR 2:30 Bingo & Movie 4:00 Happy Hour, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:30 Donuts in the Round, AC 25 11:00 Chatting with Endia, AC 2:00 Saturday Matinee Movie, MT 6:45 St. Thomas Aquinas Eucharist, CH 7:30 Bingo, AC
9:00 Televised Church Service: Lakewood Church, MT 26 2:00 Pokeno, AC 2:00 Kings in the Corner, DR 3:30 Klondikes with the Kuckucks, AC 7:00 Rummikub, TV 7:00 Sunday Night Movie, MT	10:00 Yoga with Yohanna, AC 27 10:30 Knitting & Crocheting, DR 11:00 Daily Chronicle, FP 2:00 <i>Ambassadors Assembly, CH</i> 2:00 Windward Pkwy. Shopping, Lobby 2:30 Bingo & Movie 3:00 Afternoon Tea and Biscuits, AC 7:00 Movie Night, MT 7:00 Bingo, AC	10:00 Strength Training with Legacy, AC 28 10:35 Daily Chronicle, FP 11:00 Cooking Healthy, AC 11:30 St. Aidan's Talk, L 1:45 Bridge Club, BR 2:30 Bingo & Movie 2:30 Afternoon Meditation, AC 3:30 Rummikub, DR 4:00 Dominoes, DR 7:00 Movie Night, MT	10:00 Exercise, AC 29 11:00 Documentary, MT 2:30 Bingo & Movie 3:30 Arts & Crafts, AC 4:00 Wild Board Games, AC 7:00 Kings Corner, DR 7:00 Movie Night, MT 7:00 Dominoes, TV	10:00 Exercise, AC 30 10:30 Bible Study, CH 10:35 Daily Chronicle, FP 2:00 Mahjong, BR 2:30 Bingo & Movie 3:00 Blood Pressure, AC 4:00 Art Relaxation, DR 7:00 Euchre, BR 7:00 Movie Night, MT	10:00 Exercise with Jeanne, AC 31 10:35 Daily Chronicle, FP 11:00 Bible Sharing with Ravenna, MT 2:00 Hearts, BR 2:30 Bingo & Movie 4:00 Happy Hour, AC 7:00 Movie Night, MT 7:00 Bingo, AC	



Happy Independence Day, America!

On this beautiful day America declared the independence of the 13 colonies in 1776. After winning the American Revolution, fighting against Great Britain and severing their political ties; America was finally free. The Declaration of Independence was issued by adoption of the Continental Congress.

As Americans, we have so much to be thankful for and proud of what our country has accomplished. Let us not forget those soldiers who died in battle for our nation to be free and safe thus far. It's because of our brave men and women that we have liberty. Let us reflect on the memorable event that America has successfully accomplished and seen — we've been a free

nation. The Constitution of the United States, Louisiana Purchase, Freedom of Speech, Democracy, Bill of Rights, Emancipation Proclamation, the 19th Amendment, 1920s Mainstream Music Evolution, World Wars I and II, Civil Rights Movements, Moon Landing of Apollo 11, the Rise of Sports, Vietnam War, Technology Revolution, and the Fight Against Terrorism.

Thanks to our constructive military and democracy we don't have to fear or face other countries' patriarchy and equality. We as Americans have the freedom to do what feels right to us as long as we pose no threat to other lives, freedom to speak what we feels right to us, Freedom to protest, freedom to reside wherever we choose, freedom to work anywhere, freedom to date whomever and so forth, freedom of religion, freedom to run as a political party and the freedom to vote for any candidate. In 2020, there are countries out there that are still unable to do these things. Yet we take these things for granted and demand more with no appreciation for what we already have.

It's a blessing that we live in a land of dreams that can become anyone's reality, with hard work and determination.

God bless America, the Land of the Free.



God bless America!

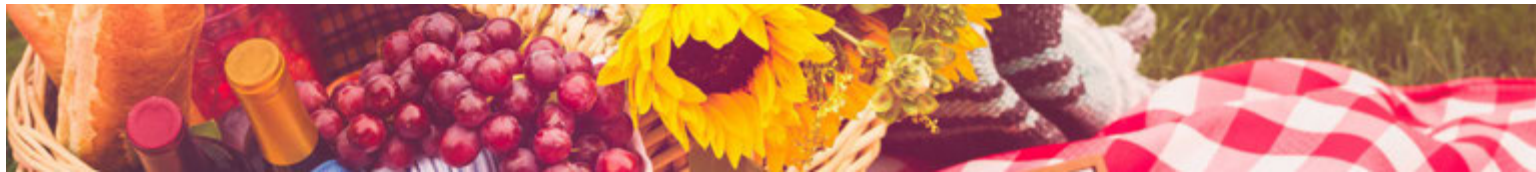
Ketchup on Some French Fry History

"Do you want fries with that?" It's a question that many folks answer with an enthusiastic "Yes!" In the U.S., french fries are so popular that the average person eats about 30 pounds of them each year.

Despite their name, it's difficult to determine the exact origin of french fries. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

U.S. President Thomas Jefferson, who spent time in France as an ambassador, is credited with introducing french fries to America when he requested that a White House dinner in 1802 include "potatoes served in the French manner." By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne technique, the cutting of food into long, thin strips. Both of these preparation methods likely led to the name french fried potatoes, which was eventually shortened to fries.

Whether as a side dish or snack, hot and crispy fries are now offered in a variety of options, including crinkle-cut, shoestring, waffle, curly and steak fries.



Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

“Yankee Doodle Dandy” (1942) — This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

“The Longest Day” (1962) — With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

“Glory” (1989) — Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

“Independence Day” (1996) — An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

“Miracle” (2004) — This feel-good film is the inspiring true story of the U.S. men’s hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

“Captain America: The First Avenger” (2011) — With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

“Hidden Figures” (2016) — Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.

In the Swim

When the summertime temperatures rise, one way to cool off is to put on your bathing suit and go for a swim. Soak up some facts about this wardrobe staple.

- Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns. Men’s suits covered their chests and legs.
- The term “swimming suit” was first used in 1921 in magazine ads created by Jantzen, an Oregon swimsuit manufacturer.
- In the 1930s, Olympic champion swimmer Johnny Weissmuller, who went on to acting fame as Tarzan, modeled one of the first brands of swim trunks.
- On July 5th, 1946, the bikini made quite a splash when it debuted in France. The two-piece design was very daring at the time.
- Movie actresses Rita Hayworth, Ava Gardner and Brigitte Bardot helped popularize the bikini.
- The invention of nylon and spandex made swimsuits more flexible and formfitting.
- Surfing culture and the beach party films of the 1950s and ‘60s sparked new and colorful swimsuit fashions for both women and men.
- Designers have dived into high-tech swimwear, or tech suits, with fabric blends that help competitive swimmers glide through the water faster.
- Some people now opt to wear swim shirts with a UPF rating, indicating a fabric’s ultraviolet protection factor, indicating how much of the sun’s UV rays it blocks.

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