

ASHTON GARDENS

Gracious Retirement Living

830 Ocean Avenue • Portland, Maine 04103 • Phone (207) 541-3999 • www.seniorlivinginstyle.com

JULY 2020

ASHTON GARDENS STAFF

Managers RICK & RACHEL HITCHINGS

Assistant Managers STERLING WRIGHT
& KAITLYN PENNEBAKER

Community Sales ANGELA FALL

Activity Coordinator JANET TAYLOR

Maintenance Coordinator JEFF PETERS

Transportation BLAINE REYNOLDS

TRANSPORTATION

Monday, 10:45 a.m.: Errands at The Falmouth Shopping Center

Tuesday, 8 a.m.-3 p.m.: Medical Appointments — Portland & Falmouth

Wednesday, 8 a.m.-4 p.m.: Community Outings

Thursday, 8 a.m.-3 p.m.: Medical Appointments — Portland, South Portland & Scarborough

Friday, 8-3 p.m.: Mass at St. Pius & Errands at Northgate Shopping Center

HAWTHORN
SENIOR LIVING

The Month of July

It may be the seventh month on our current calendar, but many historical “firsts” happened during its 31 days.

For example, the United States’ patent office was set up, and though it is said, “There is nothing new under the sun,” evidently a lot of people believed they had devised something which no one else had ever done before, and wanted it officially recognized.

Also, women’s rights were officially recognized. (Wow, Henry Tudor would have had a real problem with that!)

Neil Armstrong took a walk around the neighborhood and ended up on the moon! (You know what they say — a man never likes to ask for directions.)

Edmund Hillary reached the top of Mount Everest. (Probably when his nose began to bleed, he realized how high he’d climbed.)

Hillary Clinton was born in July and she’s still climbing ...

Ernest Hemingway was born and wrote a few nice books (until he hit a really serious writer’s block and killed himself).

Oh well, the best thing that happened was our nation was officially born! Happy Birthday to the USA!

Prayer on Fourth of July

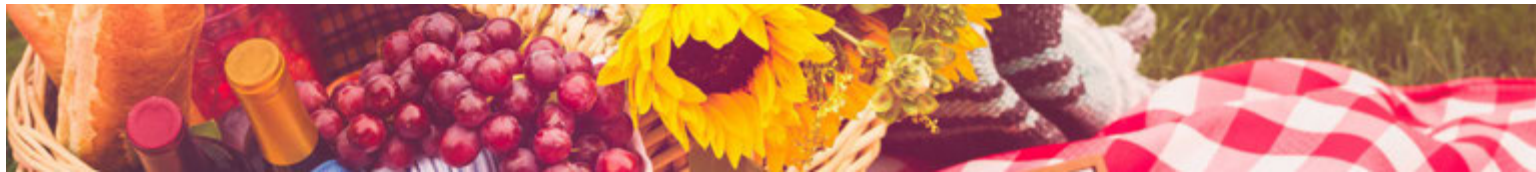
This is the birthday of our land:
May all her days be in God’s hand.

May all her ways between the seas
be ways of quietness and peace.

May her good flag shine high and bright,
And all the nations trust its light.

For peace and blessing may she stand,
America our land!





Resident Spotlight: Mary Pottle McDonald

Mary McDonald was born in Perry, Maine which is near Eastport. She had three brothers and was brought up on a dairy farm. Her father had many cattle and delivered milk into Eastport every day. She described him as a very hard worker. Even though Mary would have liked to have a sister, she was excused from outdoor farm work since her three brothers took care of that.

She rode the school bus to school in Perry every day. School was a two-room elementary building that housed two classrooms — one with grades 1 to 4, and the other 5 to 8 with seven girls and two boys in her classroom. Then onto the bus ride into Eastport for High School. Mary recalls that her best friend lived about 3 miles away and the girls rode their bicycles back and forth. So much time was spent biking to each other's homes that it is a vivid memory of those days.

Mary met John, who was to be her future husband at Eastport High School. He was two grades ahead of her and a friend of her brother's who was 2 grades ahead also. Mary and John dated through high school and really hit it off. John went on to teachers college in Machias. He was enrolled in the four year program and she in the three.

When a friend mentioned to John, "You should have a little ice cream parlor for the school summer break," that was the beginning. Then another friend, this one from Eastport suggested, "Let's try it," so with the help of John's father, they built a little building and picked Perry as a good place to start a business. They rented a piece of land and in 1953, Polar Treat was born.

After John and Mary were married, they bought out the friend's interest and Polar Treat was theirs. Starting the business was not without snags though. John was drafted into the service and they had to hire a manager to help until he returned. When he returned, a teaching job was waiting for him when a retiring teacher waited for John to come home and step into his job. The business located on Route 1 was thriving until the state decided to reroute the highway. They then had to move the stand. The move was hard on the little building and since it was shaky, a new and bigger Polar Treat made its debut.

By now, Mary could only work part time because she was now the mother of three sons. In those days, most families looked forward to a "Sunday Ride" and cars would line up to get their ice cream treat and business was thriving. Along with their boys, they hired high school and college help. First, they had one soft serve machine that had vanilla and chocolate flavors. This was followed by another which added another flavor and soon a hard serve one that added many flavors (coffee with hot fudge was very popular). Vanilla was necessary for milk shakes. Oh yes!

In 2002, when they had 50 years in, they retired and sold the place. Polar Treat is still a thriving stopping place where people enjoy a delicious ice cream treat.

In time, John was living in a Falmouth nursing home and Mary in a nearby retirement home. When John passed away, the family looked for a more suitable retirement home for Mary and that brought her to Ashton Gardens.

We wonder how she'll like our ice cream machine — will she add hot fudge to our treats? Wait and see!



Polar Treat Ice Cream Shop



New and Improved Polar Treat



Polar Treat Ice Cream Shop

Tai Chi at Ashton Gardens

Every Monday and Friday, at 11 a.m., Tai Chi is instructed by Phil.

Phil took Tai Chi from Susan Cromwell who treated Phil for acupuncture.

Susan teaches Tai Chi at Maine Center

for Taijiquan & Qigong on Forest Ave. in Portland. Phil has been participating in her classes for approximately five years and feels he has grown in so many ways. I also have since taken classes with Ian Gamble and Jason Ames, both of whom have taught me much more than Tai Chi. The changes in my life have been profound. I have expanded my meditation practice and learned two complete Tai Chi forms and many Qigong practices. Also, my religious life has been transformed. I call myself a Christian Daoist. Since Taoism allows diversity of concept of God, they fit together nicely. My core beliefs are that life is the journey not the destination, God is energy and energy is in everything, and it is important to just do the next right thing. Using meditation to live in the moment is vitally important, as is grounding oneself. Self-awareness and a sense of place come from this practice of which Tai Chi is a vital part. Continued learning is necessary because we never know it all. We can only continue to learn and become closer to achieving our best, but our best is always out there waiting for us. An example of this is: Last year I took a class that I had taken 14 years ago. My approach was so different and I found the class very enriching. This is a sample of lifelong learning and growing in ways I could not have known then. The classes I teach here are such a joy for me. It is a way to spread the joy and the message of where we can go together.



Phil speaking to Joanne about his Tai Chi Class

JULY 2020

Birthdays

Pat Beliveau, 3rd
Bill Oliver, 5th
Tony Palanza, 8th
Faith Varney, 8th
Paulette Dugas, 13th
Betty Jane "BJ" Shreve, 16th
Carol Weeks, 16th
Bill Walker, 17th
Phil Burns, 17th
Virginia "Ginny" Dunn, 19th
Miles Nugent, 19th
Anna Lecomte, 21st
Ray Moughalian, 25th
Joyce Luongo, 26th
Hannah Machesney, 28th
Rita Scott, 30th
Mike Butler, 31st
Maureen McQuinn, 31st

Locations

Activity Room, AR
Atrium, ATM
Back Patio, BP
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Dining Room Fireplace, DRFP
Exercise Room, ER
Fireplace DR, FPDR
Front Lobby, Lobby
Library, LBY
Massage Therapy, Rm 201
Movie Theater, MT
Outing, OUT
Piano/Lobby, PL
Private Dining Room, PDR
Resident Kitchen, RK
To Be Determined, TBD
TV Room, TV

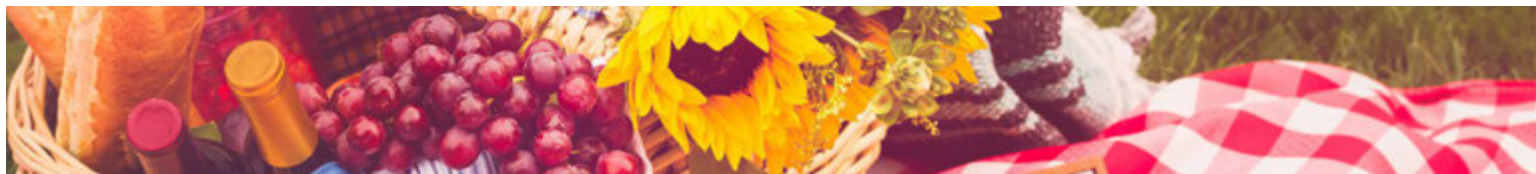
Community Wellness

Kindred at Home
Tina Pedersen,
Home Health Specialist
Office: 207-772-0954
Mobile: 207-894-4642

Individual Care of Maine
Jennifer Rudin
Office: 207-613-9004
Call to make arrangements.
Located on the 4th floor,
Room 451

Hair by Melissa
Phone: 207-844-9073
Tuesday, Wednesday and
Thursday: 9 a.m.- 3 p.m.
Friday: 9 a.m.-12:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>8:45 Shopping @ Trader Joe’s, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, AR</div> <div>10:30 Mystery Ride, OUT</div> <div>2:00 Sitting with The Celebrity, AR</div> <div>2:15 Mystery Ride, OUT</div> <div>3:00 Crossword Puzzle, AR</div>	<div>2</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Spelling Bee, AR</div> <div>2:00 “Jeopardy!”: Whiteboard, AR</div> <div>3:00 Bingo, AR</div>	<div>3</div> <div>8:45 Mass @St. Pius, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:15 Errands @ Northgate Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>12:30 Order Out/Eat In, AR</div> <div>2:00 Stars N’ Stripes Trivia, AR</div> <div>3:00 Firecracker popsicles, AR</div> 	<div>4</div> <div>INDEPENDENCE DAY</div> <div>10:00 Morning Movies, MT</div> <div>10:15 Fourth of July Rock paintings, AR</div> <div>12:30 4th of July Barbecue, BP</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Saturday Night @ The Movies, MT</div>
<div>5</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Sunday Night @ The Movies</div> 	<div>6</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:30 Errands @ Falmouth Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>2:00 Categories, AR</div> <div>3:00 Hangman, AR</div> <div>3:30 “Ag” Interfaith Service, CH</div>	<div>7</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Charades, AR</div> <div>2:00 Fly Swatter Volleyball, AR</div> <div>3:00 Bingo, AR</div>	<div>8</div> <div>8:45 Shopping @ Trader Joe’s, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, AR</div> <div>11:00 Encouraging Prayer Serv., CH</div> <div>2:00 Fireside Chats, AR</div> <div>2:15 Mystery Ride, OUT</div> <div>3:00 Crossword Puzzle, AR</div> 	<div>9</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:00 Exercise with Janet, AR</div> <div>11:15 Spelling Bee, AR</div> <div>2:00 Scarf Movement, AR</div> <div>3:00 Bingo, AR</div>	<div>10</div> <div>8:45 Mass @St. Pius, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:15 Errands @ Northgate Shopping Ctr., OUT</div> <div>10:30 Book Club, CH</div> <div>11:00 Tai Chi with Phil, AR</div> <div>12:30 Order Out/Eat In, AR</div> <div>2:15 Trivia, AR</div> <div>3:00 Firecracker popsicles, AR</div>	<div>11</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Saturday Night @ The Movies, MT</div>
<div>12</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Sunday Night @ The Movies</div>	<div>13</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:30 Errands @ Falmouth Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>2:00 Pictionary, AR</div> <div>3:15 Writing Club, AR</div> 	<div>14</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Charades, AR</div> <div>2:00 Fly Swatter Volleyball, AR</div> <div>3:00 Bingo, AR</div>	<div>15</div> <div>8:45 Shopping @ Trader Joe’s, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, AR</div> <div>10:30 Mystery Ride, OUT</div> <div>2:00 Sitting with The Celebrity, AR</div> <div>2:15 Mystery Ride, OUT</div> <div>3:00 Crossword Puzzle, AR</div>	<div>16</div> <div>9:30 Exercise with Janet, AR</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Spelling Bee, AR</div> <div>2:00 “Jeopardy!”: Whiteboard, AR</div> <div>3:00 Bingo, AR</div> 	<div>17</div> <div>8:45 Mass @ St. Pius, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:15 Errands @ Northgate Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>2:00 Trivia, AR</div> <div>3:00 Firecracker popsicles, AR</div> 	<div>18</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Saturday Night @ The Movies, MT</div>
<div>19</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Sunday Night @ The Movies</div> 	<div>20</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:30 Errands @ Falmouth Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>2:00 Categories, AR</div> <div>3:15 Reading Hour, LBY</div>	<div>21</div> <div>9:30 Exercise with Janet, AR</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Charades, AR</div> <div>2:00 Fly Swatter Volleyball, AR</div> <div>3:00 Bingo, AR</div> 	<div>22</div> <div>8:45 Shopping @ Trader Joe’s, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>11:00 Encouraging Prayer Serv., CH</div> <div>2:00 Fireside Chats, AR</div> <div>2:15 Mystery Ride, OUT</div> <div>3:00 Crossword Puzzle, AR</div>	<div>23</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Spelling Bee, AR</div> <div>2:00 Scarf Movement, AR</div> <div>3:00 Bingo, AR</div>	<div>24</div> <div>8:45 Mass @St. Pius, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:15 Errands @ Northgate Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>12:30 Order Out/Eat In, AR</div> <div>2:00 Trivia, AR</div> <div>3:00 Firecracker popsicles, AR</div>	<div>25</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Saturday Night @ The Movies, MT</div> 
<div>26</div> <div>10:00 Shop @ The Top, Bistro</div> <div>10:00 Morning Movies, MT</div> <div>2:00 Afternoon Movies, MT</div> <div>6:30 Sunday Night @ The Movies</div> 	<div>27</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:30 Errands @ Falmouth Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>2:00 Pictionary, AR</div> <div>3:15 Reading Hour, LBY</div>	<div>28</div> <div>9:30 Exercise with Janet, AR</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Charades, AR</div> <div>2:00 Fly Swatter Volleyball, AR</div> <div>3:00 Bingo, AR</div> 	<div>29</div> <div>8:45 Shopping @ Trader Joe’s, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, AR</div> <div>10:30 Mystery Ride, OUT</div> <div>2:00 Sitting with The Celebrity, AR</div> <div>2:15 Mystery Ride, OUT</div> <div>3:00 Crossword Puzzle, AR</div>	<div>30</div> <div>9:30 Seated Theraband Stretch, AR</div> <div>10:15 Seated Theraband Stretch, AR</div> <div>11:15 Spelling Bee, AR</div> <div>2:00 Scarf Movement, AR</div> <div>3:00 Bingo, AR</div> 	<div>31</div> <div>8:45 Mass @ St. Pius, OUT</div> <div>9:30 Exercise with Janet, AR</div> <div>10:15 Exercise with Janet, ER</div> <div>10:15 Errands @ Northgate Shopping Ctr., OUT</div> <div>11:00 Tai Chi with Phil, AR</div> <div>2:00 Trivia, AR</div> <div>3:00 Firecracker popsicles, AR</div> 	



The AG Community Garden

Back in the fall, Mary Oliver came to me about the raised garden. She, Betty Jane (BJ), and some of the residents were going to make a community garden. Indeed they did and what a tremendous job they have done. The 78 tulips have come and gone however, they were absolutely breathtaking. Also, BJ had planted some on the corner of her apartment. Mary and BJ have taken on the responsibility of watering, decorating and planting the beds — some 25 daffodils, 25 crocuses and 48 zinnia with a herb garden. Some other beds have vegetables and a variety of other flowers. We are truly blessed to have such a beautiful and peaceful garden out back. When you're outdoors enjoying your walk around the Ashton Gardens community, check out the many treasures in the raised boxes.



BJ's tulips ...



Mary Oliver planted a whole box of tulips last fall.



BJ and Mary



Paul and Kathy planted some flowers and vegetables.

Music, Music, Music

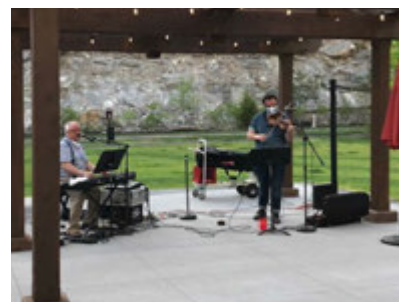
On a recent Friday night, June 5th to be exact, there arrived at our Gazebo a gentleman who started setting up what looked like music equipment. Could it be? Quick, run in and look at Janet's Event Board! Yes, a concert!

A gentleman and his son called The Carmine Duo were coming to serenade us with cool jazz.

For us quarantined residents, this was music from heaven. Quickly residents poured out onto porches or patios and claimed their seats just in time for Carmine on the keyboard and his son, Gabe, on the violin. They started with a Frank Sinatra favorite and moved on to other well-known selections. These two performers really knew their jazz and worked so well together. What's better than a lovely night with an outdoor concert and great performers? It reminded some residents of a very small-scale Tanglewood concert. Come again soon, Carmine and Gabe!



Residents up in the bird's nest listening to concert



Carmine and his son, Gabe playing the violin



Enjoying the hits of the Carmine Duo

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we are coming
together.

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