

CAMELLIA GARDENS

Gracious Retirement Living

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AUGUST 2020

CAMELLIA GARDENS

Managers.....DENISE & MARTIN TOWNSEND
Executive Chef..... ELLIE MURPHY
Activity CoordinatorSHAYNA QUATTROPANI
MaintenanceSCOT CASTLE

HAWTHORN
SENIOR LIVING

Getting to Know Chef Ellie

Meet Camellia Garden's Executive Chef, Ellie Murphy, or for short, Chef El. Chef El grew up in Florida and moved to Lake Winnepesaukee when she was 17 years old. Shortly after moving to New Hampshire, she met her husband and had four kids, two girls and two boys. Chef El moved to Hawaii with her husband and daughter, and her second daughter was born in Hawaii. The family lived there for two years before coming back to New Hampshire. It was then that Chef El started her catering company with a full kitchen on a truck! She was able to cater fun and incredibly unique events. Some events took place at Mount Washington and even at Ruggles Mine in New Hampshire. One of the biggest events she ever catered was during an ice storm in 1998, when she provided food for the electric company 24 hours a day for 10 days straight! Already successful in the catering business, Chef El went to college at 38 years old and obtained three degrees — one in Culinary Arts, another in Restaurant Management and the last in Small Business Management. Chef El lived in New Hampshire until May, when she started as the Executive Chef here at Camellia Gardens and move to Hudson, Massachusetts. She loves her new apartment and calling Hudson home.



Chef El in the Bistro Kitchen

(Continued inside.)



Getting to Know Chef Ellie (Continued)

Chef El's favorite foods to cook and eat is any type of comfort food. She prefers salty foods over sweets, and loves to snack on chips and dip. If she had to pick her favorite dessert, it would be anything with caramel. One fun fact, her guilty pleasure when she doesn't want to cook is Kentucky Fried Chicken!



Chef Ellie with her guitar



Chef Ellie with a delicious meal

When Chef El is not in the kitchen cooking, you can find her enjoying music. She is a talented singer and musician playing both the guitar and piano. You may even spot her performing here at Camellia Gardens! Chef El loves talking to residents and getting to know each and every one here.

Afternoon Fair

Senior Citizens Day is Friday, August 21st, and what better way to celebrate than acting like a kid? Camellia Gardens will be hosting an Afternoon Fair on August 21st, from 2 to 4 p.m., in the Activity Room and outside in the back of the building. There will be fair games and food for all to enjoy. Come join in on the fun!

Below are just a few fun fair facts:

1. Both the Texas State Fair and the Minnesota State Fair claim to have invented the corn dog.
2. A giant butter sculpture of a cow has been an Iowa State Fair institution since 1911.
3. What popular State Fair food has the most calories? The giant turkey leg! This fair food favorite has a whopping 1,136 calories and 54 grams of fat.
4. Each year the Midwest Dairy Association names a new Dairy Princess at the Minnesota State Fair. The Dairy Princess' official title is Princess Kay of the Milky Way. A sculpture of the winner is carved out of a 90 lb. block of butter!
5. The earliest funnel cakes came from the Pennsylvania Dutch.
6. The Minnesota State Fair is known for their many kinds of food on a stick.
7. California's State Fair is home to the oldest wine competition in North America, with over 2,800 entries a year.
8. In 2018, Ohio's State Fair was the first to serve burgers sandwiched between two donuts and topped with onions and green peppers.
9. Dr. Pepper was originally debuted at a State Fair. The popular soda was unveiled at the 1904 World's Fair in St. Louis.
10. You might think of cheese when you think of Wisconsin, but the most popular food at the Wisconsin State Fair is hands down the cream puffs. Over 350,000 of them are sold every year.



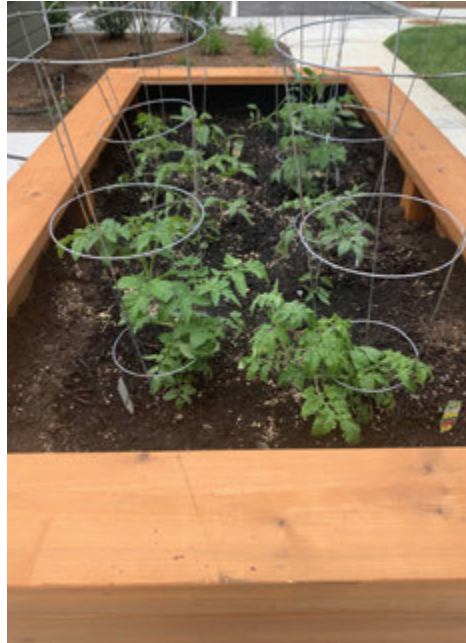


Garden Boxes Still Available

Garden Club has started and you will see some beautiful flowers, herbs and vegetables in the garden boxes. Plants, flowers, herbs and vegetables along with gardening tools and equipment will be provided! We still have some boxes available to reserve; see Shayna at the Activities Desk for more details. Garden Club meets every Wednesday, at 10:30 a.m.



Andrea and her flowers ready to plant



Dick's vegetable garden



Bonnie getting ready to start planting

New Activities Spotlight

Walking Group — Join us every Wednesday, at 9:30 a.m., for our daily exercise. Wednesdays will now feature a walking group that can enjoy the beautiful outdoors, or indoors in case of rain!

Veterans' Club — All veterans are welcome to come together and meet every Monday, at 11 a.m., in the TV Room. Any and all topics of life can be discussed.

Jewish and Israeli Life Chat — Meets every Friday, at 11 a.m., in the TV Room.

Virtual Sunday Mass — Catholic Mass streamed from Our Lady of Fatima in Sudbury, Massachusetts every Sunday, at 10 a.m., in the Theater.

Blood Pressure Clinic — Come have your Blood Pressure checked on Tuesday, August 4th and Tuesday, August 18th, at 9:30 a.m., in the Activities Room. This is great timing right after breakfast and before the morning exercise class!

Bean Bag Baseball — Compete against others to toss the bean bag and score a home run! Games can be played individually or teams can be formed. Bean Bag Baseball will take place every Monday, at 3 p.m., in the Activity Room.

AUGUST 2020

Birthdays

Manfred Hegemann, 14th
Ruth Soybel, 24th

Locations

4th Floor Patio, 4P
Activity Room, AR
Atrium, AT
Billiard Room, BR
Bistro, BI
Chapel, CH
Dining Room, DR
Fire Pit, FP
Gardens, GD
Gym, GYM
Lobby, LB
PC Area, PC
Private Dining Room, PDR
Reading Room, RR
Theater, TR
TV Room, TV

Stop in the Reading Room anytime over the weekend to pick up word games and puzzles to complete at your leisure.

“A dog is a window to Mother Nature.”

—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 9:30 Word Games, RR 10:00 Virtual Sunday Mass, TR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR	3 9:30 Chair Yoga, AR 11:00 Veterans' Club, TV 2:00 Movie Matinee, TR 2:00 Bingo, AR 3:00 Bean Bag Baseball, AR	4 9:30 Exercise Bands, AR 9:30 Blood Pressure Clinic, AR 11:00 Armchair Travel, TV 2:00 Movie Matinee, TR 2:00 Reminiscing Group, RR 3:00 Stretching, AR	5 9:30 Walking Group, AT 10:30 Garden Club, GD 2:00 <i>Movie & Popcorn, TR</i> 3:00 Current Events, TV 4:00 Crosswords, AR	6 9:30 Exercise Bands, AR 11:00 Jeopardy!, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 4:00 Stretching, AR	7 9:30 Chair Yoga, AR 10:30 Trivia Tic Tac Toe, AR 11:00 Jewish & Israeli Life Chat, TV 2:00 Movie Matinee, TR 2:00 Virtual Darts, AR 3:00 Group Chat & Happy Hour, AR	8 9:30 Word Games, RR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR
9 9:30 Word Games, RR 10:00 Virtual Sunday Mass, TR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR	10 9:30 Chair Yoga, AR 11:00 Veterans' Club, TV 2:00 Movie Matinee, TR 2:00 Bingo, AR 3:00 Bean Bag Baseball, AR	11 9:30 Exercise Bands, AR 11:00 Armchair Travel, TV 2:00 Movie Matinee, TR 2:00 Flower Arranging, AR 3:00 Stretching, AR	12 9:30 Walking Group, AT 10:30 Garden Club, GD 2:00 <i>Movie & Popcorn, TR</i> 3:00 Current Events, TV 4:00 Crosswords, AR	13 9:30 Exercise Bands, AR 11:00 Jeopardy!, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 4:00 Stretching, AR	14 9:30 Chair Yoga, AR 10:30 Trivia Tic Tac Toe, AR 11:00 Jewish & Israeli Life Chat, TV 2:00 Movie Matinee, TR 2:00 Virtual Darts, AR 3:00 Group Chat & Happy Hour, AR 	15 9:30 Word Games, RR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR
16 9:30 Word Games, RR 10:00 Virtual Sunday Mass, TR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR	17 9:30 Chair Yoga, AR 11:00 Veterans' Club, TV 2:00 Movie Matinee, TR 2:00 Bingo, AR 3:00 Bean Bag Baseball, AR	18 9:30 Exercise Bands, AR 9:30 Blood Pressure Clinic, AR 11:00 Armchair Travel, TV 2:00 Movie Matinee, TR 2:00 Reminiscing Group, RR 3:00 Stretching, AR	19 9:30 Walking Group, AT 10:30 Garden Club, GD 2:00 <i>Movie & Popcorn, TR</i> 3:00 Current Events, TV 4:00 Crosswords, AR	20 9:30 Exercise Bands, AR 11:00 Jeopardy!, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 4:00 Stretching, AR	21 9:30 Chair Yoga, AR 10:30 Trivia Tic Tac Toe, AR 11:00 Jewish & Israeli Life Chat, TV 2:00 Movie Matinee, TR 2:00 Afternoon Fair, AR	22 9:30 Word Games, RR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR
23 9:30 Word Games, RR 10:00 Virtual Sunday Mass, TR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR	24 9:30 Chair Yoga, AR 11:00 Veterans' Club, TV 2:00 Movie Matinee, TR 2:00 Bingo, AR 3:00 Bean Bag Baseball, AR 	25 9:30 Exercise Bands, AR 11:00 Armchair Travel, TV 2:00 Movie Matinee, TR 2:00 Paint by Number, AR 3:00 Stretching, AR	26 9:30 Walking Group, AT 10:30 Garden Club, GD 2:00 <i>Movie & Popcorn, TR</i> 3:00 Current Events, TV 4:00 Crosswords, AR	27 9:30 Exercise Bands, AR 11:00 Jeopardy!, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 4:00 Stretching, AR	28 9:30 Chair Yoga, AR 10:30 Trivia Tic Tac Toe, AR 11:00 Jewish & Israeli Life Chat, TV 2:00 Movie Matinee, TR 2:00 Virtual Darts, AR 3:00 Group Chat & Happy Hour, AR 4:00 Book Club, RR	29 9:30 Word Games, RR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR
30 9:30 Word Games, RR 10:00 Virtual Sunday Mass, TR 11:00 Virtual Bowling, AR 2:00 Movie Matinee, TR	31 9:30 Chair Yoga, AR 11:00 Veterans' Club, TV 2:00 Movie Matinee, TR 2:00 Bingo, AR 3:00 Bean Bag Baseball, AR					



Fourth of July Celebration

Camellia Garden's Red, White and Blue Barbecue was a wonderful day! Dressed in red, white and blue, residents had the option to dine outside at dinner and enjoy not only the beautiful weather, but also the delicious menu our Culinary team cooked up. The feast included barbecued chicken, ribs and hot dogs. A fun time was had all around!



Nettie wearing her red, white and blue to celebrate the Fourth



Jan and Jerry Peters, Edward Henry and Edna Kruskowski enjoy their barbecue.



Bonnie and Mary soaking up the sunshine

Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the "The Survey of the Roads of the United States of America" was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the "Official Automobile Blue Book." Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years, led to an increase in driving and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.





Meet Bogie!

Introducing Camellia Garden's first K-9 resident ... Bogie! Bogie is Dick Decoteau's service dog so you will often see him on the outskirts of the Dining Room, at BINGO on Mondays, at the Garden Boxes or walking around the building. Bogie is as friendly as it gets and loves to meet new people. Don't be shy, say hello to Bogie and pet him the next time you see him!



Say Hello to Bogie!

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beach-goers dig holes in the sand to soak in their own hot tubs.



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When the world
is staying apart,
we are coming
together.

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