

# Magnolia Heights

## Gracious Retirement Living

485 East Central Street • Franklin, MA 02038 • Phone (508) 520-3471 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### AUGUST 2020

#### MAGNOLIA HEIGHTS STAFF

Managers..... ROBERT & SAMANTHA ONOFRIO  
Assistant Managers ..... CHARLES &  
LORETTA "SIS" GOULDING  
Executive Chef ..... JASON CARFAGNA  
Activity Coordinator ..... MAUREEN BECKERMAN  
Administrative Assistant ..... CAROLYN PEREIRA  
Transportation ..... PETER CHENEVERT

#### TRANSPORTATION

**Monday & Friday, 10 a.m.-Noon and  
2-4 p.m.:** Local Shopping & Errands

**Tuesday & Thursday, 9 a.m.-Noon and  
2-4 p.m.:** Doctor Appointments

**Wednesday, 10 a.m.-4 p.m.:** Special Outing

**Friday, 8:30 a.m.:** Mass at St. Mary's Wrentham

**HAWTHORN**  
SENIOR LIVING

### Dining Room Reopening

Welcome back to the Dining Room! It's great to see residents eating together again (while maintaining social distance). Please remember that for now, there should only be two people at each table.

Many of you have been sitting with a different person at every meal. What a great opportunity to meet new people! Bon appetit!





## Meet Our New Assistant Managers: Loretta and Charles

Hello,

We are Charles and Loretta Goulding. We both love sports and listening to music. We are avid hockey fans and root for the Tampa Bay Lightning. We have three children, a son, Kody, who is 26, and twin daughters, Kady and Kyla, who will be 15 this year, and a granddaughter, Chloe, who is 2. We have a golden retriever, Buc, who will turn 8 on July 19. Charles was born in Jamestown, New York. Loretta was born in Elmira, New York. We have lived in New York, Florida, North Dakota, Arkansas and now Massachusetts. We both love the cold and snow. We enjoy being outdoors and love spending time together. Our dream is to retire to northern Maine and have a farm that rescues animals and to be able to sustain our home with veggies and fruits that we grow ourselves.

We look forward to getting to know all of you!



## National S'mores Day: August 10th

What is National S'mores Day?

This day recognizes the gooey and delicious dessert called S'mores, which is made up of a roasted marshmallow layered with chocolate bar and put in between two pieces or bars of graham crackers.

History of National S'mores Day

The term S'more is actually a contraction of the words Some More. The first S'more recipe recorded can be found in a book of recipes published by a company called Campfire Marshmallows during the early 1920s. Hence, such treat is actually not modern. It has been in existence for quite some time already. It was also popular among Boy Scouts and Girl Scouts especially since they always do camping and grill marshmallows around the bonfire.

After one eating, people crave for more of this treat saying "I want some more."

Because of people's love for S'mores, the National Confectioners Association sponsored S'mores Day, which we celebrate the 10th of August every year.

Weather permitting, we will enjoy making and eating s'mores here at Magnolia Heights on Monday, August 10th at 2:30 p.m. at the fire pit. See you there!





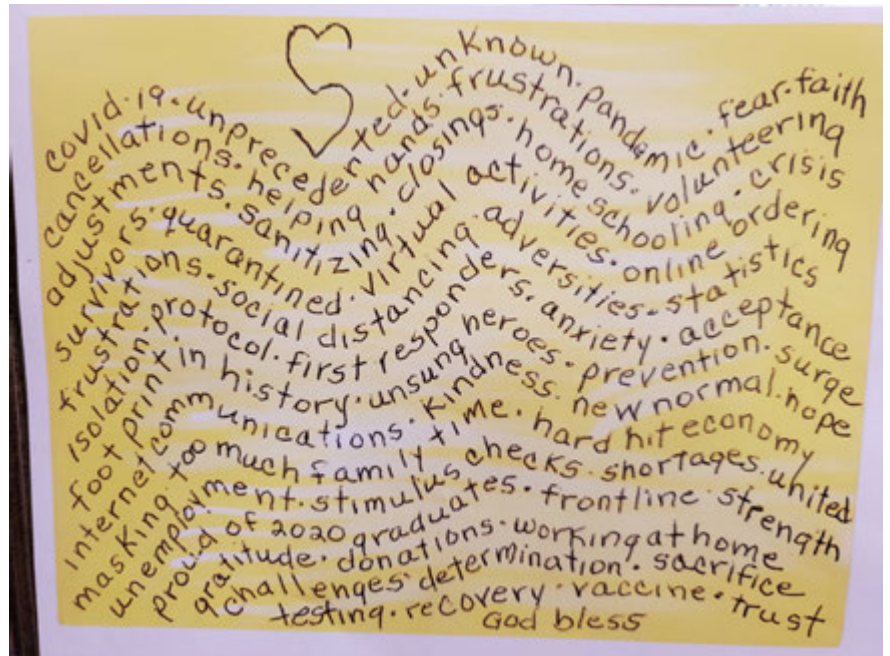


## Cheryl's Card

Talented resident Cheryl Holder designed this unique card so she could share it with relatives and friends. She compiled a list of words that were inspired by the ongoing pandemic, and carefully wrote them out. It took her approximately one and a half hours to complete — if she made any mistakes, she would have to start all over again.

We are in the process of having it enlarged and laminated. Look for it to be displayed in the Activity Room.

Beautiful work, Cheryl.



## Show and Tell

Show and Tell (Bring and Brag) has been a fun way to get to know our residents. People have shared mementos, collections, photos, crafts and stories. If you don't have anything to share, just stop by and listen. It's very interesting and a lot of fun!





AUGUST  
2020

Birthdays

Bill Conlon, 1st  
Janet Melanson, 9th  
Virginia Karamanian, 14th  
Barbara Solov, 16th  
Julia Brocklebank, 18th  
Sandra Morris, 18th  
Linda Fish, 24th  
Paul Walker, 26th

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Bistro Kitchen, Bistro  
Bocce Court, BC  
Chapel, Chpl  
Computer Room, CR  
Dining Room, DR  
Exercise Room, EX  
Fireplace, FP  
Library, Lib  
Lobby, LBY  
Movie Theatre, MT  
Private Dining Room, PDR  
Shuffleboard Court, SC  
TV Room, TV

Care Solutions,  
Inc.,

Elaine Ormond, RN,  
508-366-1766

“A dog is  
a window  
to Mother  
Nature.”  
—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 10:00 Indoor/Outdoor Walking, LBY 11:00 Rock Painting, AR 2:00 Movie, MT 3:00 Bingo, AR	3 10:00 Balance Class, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 <b>Kerplunk, AR</b> 3:00 Knit & Chat, AR 7:00 Bingo, AR	4 10:30 Exercise, AR 11:00 Conversation Starters, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Show & Tell, AR	5 10:30 Exercise, AR 11:00 <b>Magnolia Store Open, AR</b> 2:00 <b>Horse Racing, AT</b> 2:00 Movie, MT 3:00 Brain Game, AR 7:00 Bingo, AR	6 10:30 Exercise, AR 11:00 <b>Blood Pressure Clinic, AT</b> 2:00 Movie, MT 3:00 Knit & Chat, AR 3:30 Beach Ball Volleyball, AR	7 10:30 Ageless Grace, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 <b>Book Club, Lib</b> 4:00 Wii Bowling, AR 7:00 Bingo, AR	8 10:00 Indoor/Outdoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Conversation Starters, AR 6:45 Let's Reminisce, AR
9 10:00 Indoor/Outdoor Walking, LBY 11:00 Rock Painting, AR 2:00 Movie, MT 3:00 Bingo, AR 	10 10:00 Balance Class, AR 10:30 Exercise, AR 11:00 Brain Game, AR 2:00 Let's Make S'mores 2:00 Movie, MT 3:00 Knit & Chat, AR 7:00 Bingo, AR	11 10:30 Exercise, AR 11:00 Trivia 11:00 Conversation Starters, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Show & Tell, AR	12 10:30 Exercise, AR 11:00 <b>Magnolia Store Open, AR</b> 2:00 <b>Horse Racing, AT</b> 2:00 Movie, MT 3:00 Brain Game, AR 6:45 Featured Movie 7:00 Bingo, AR	13 10:30 Exercise, AR 11:00 <b>Blood Pressure Clinic, AT</b> 2:00 Movie, MT 3:00 Knit & Chat, AR 3:30 Beach Ball Volleyball, AR	14 10:30 Ageless Grace, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Hangman, AR 4:00 Wii Bowling, AR 6:45 Featured Movie 7:00 Bingo, AR 	15 10:00 Indoor/Outdoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Conversation Starters, AR 6:45 Let's Reminisce, AR
16 10:00 Indoor/Outdoor Walking, LBY 11:00 Rock Painting, AR 2:00 Movie, MT 3:00 Bingo, AR 	17 10:00 Balance Class, AR 10:30 Exercise, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 <b>Kerplunk, AR</b> 3:00 Knit & Chat, AR 7:00 Bingo, AR	18 10:30 Exercise, AR 11:00 Trivia 11:00 Conversation Starters, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Show & Tell, AR 	19 10:30 Exercise, AR 11:00 <b>Magnolia Store Open, AR</b> 2:00 <b>Horse Racing, AT</b> 2:00 Movie, MT 3:00 Brain Game, AR 6:45 Featured Movie 7:00 Bingo, AR	20 10:30 Exercise, AR 11:00 <b>Blood Pressure Clinic, AT</b> 2:00 Movie, MT 3:00 Knit & Chat, AR 3:30 Beach Ball Volleyball, AR	21 10:30 Ageless Grace, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Hangman, AR 4:00 Wii Bowling, AR 6:45 Featured Movie 7:00 Bingo, AR	22 10:00 Indoor/Outdoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Conversation Starters, AR 6:45 Let's Reminisce, AR
23 10:00 Indoor/Outdoor Walking, LBY 11:00 Rock Painting, AR 2:00 Movie, MT 3:00 Bingo, AR	24 10:00 Balance Class, AR 10:30 Exercise, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 <b>Kerplunk, AR</b> 3:00 Knit & Chat, AR 7:00 Bingo, AR 	25 10:00 Exercise, AR 10:30 Exercise, AR 11:00 Exercise, AR 11:00 Trivia 11:00 Conversation Starters, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Show & Tell, AR	26 10:30 Exercise, AR 11:00 <b>Magnolia Store Open, AR</b> 2:00 <b>Horse Racing, AT</b> 2:00 Movie, MT 3:00 Brain Game, AR 6:45 Featured Movie 7:00 Bingo, AR 	27 10:30 Exercise, AR 11:00 <b>Blood Pressure Clinic, AT</b> 2:00 Movie, MT 3:00 Knit & Chat, AR 3:30 Beach Ball Volleyball, AR	28 10:30 Ageless Grace, AR 2:00 Movie, MT 3:00 Knit & Chat, AR 3:00 Hangman, AR 4:00 Wii Bowling, AR 6:45 Featured Movie 7:00 Bingo, AR	29 10:00 Indoor/Outdoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Conversation Starters, AR 6:45 Let's Reminisce, AR
30 10:00 Indoor/Outdoor Walking, LBY 11:00 Rock Painting, AR 2:00 Movie, MT 3:00 Bingo, AR	31 10:00 Balance Class, AR 10:30 Exercise, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 <b>Kerplunk, AR</b> 3:00 Knit & Chat, AR 7:00 Bingo, AR					





## Six Reasons You Shouldn't Be Afraid to Try Something New

Here's why you should never be afraid to try new things, or at least why you should challenge yourself and try them even if you are a bit scared:

### 1. Because You Don't Want to Live With Regrets

Have you ever been presented with something new and daunting and said no, only to walk away wishing you had said yes? It's especially awful to watch other people gleefully doing/ excelling at something you were too afraid to try, because it gives you the distinct sense that you've completed failed yourself by being a scaredy-cat. The best way to not regret the things you didn't do is to do them.

### 2. Because You Never Know What You Might Find

You might not like the new thing after you try it, but that just means you've ticked one more thing of the list — and if it ever comes around again, you can be decisive in saying no because you already tried it and it didn't work for you. And if you do like the new thing you've tried, well, then you've opened yourself up to a whole new world of wonder. But you'll never know if you never try.

### 3. Because It Will Give You Self Confidence

There's something really rewarding about trying something new. Even if you fail at it, or don't like it, it doesn't matter. Being bold and trying will instill in you a sense of self. Because whatever

it is you're trying, you'll survive. You'll come out more seasoned, and with more experience. Those things will make you feel empowered, like a person who isn't afraid, and who achieves, even in the smallest of victories.

### 4. Because You'll Be More Interesting

The more things you try, the more things you know about, and the more dynamic you'll become both for yourself, and in socializing too.

### 5. Because You Only Live Once

When something new isn't life threatening, then what have you got to lose? There's really only room to grow and gain, and considering you only get one shot at this, you might as well make the most of it.

### 6. Because No One Ever Accomplished Anything by Letting Their Fear Conquer Them

Nothing can be accomplished when you're constantly cowering away from life and new challenges. Try more things and be more open to different things in order to succeed at living a full and fun life. Don't let "no" and "I can't" define your existence. Embrace new things with open arms and positivity, because you never know where a scary-seeming task might lead you. It could be somewhere awesome!

Anniversary



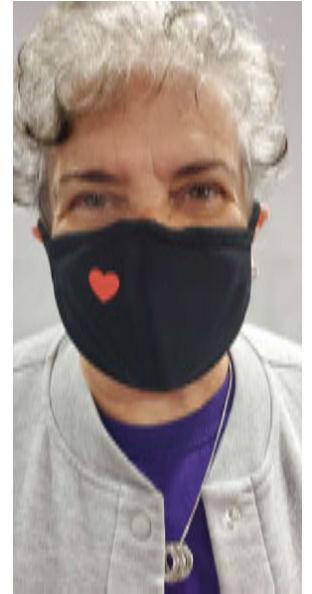
Dolores & Bill







## The Many Masks of Gina



## Around the Community



Gracious Retirement Living

485 East Central Street  
Franklin, MA 02038



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

**Magnolia Heights**  
Gracious Retirement Living

**508-520-3471**

