

# Southern Pines

## GRACIOUS RETIREMENT LIVING

205 SE Service Road • Southern Pines, NC 28387 • Phone (910) 692-3367 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### AUGUST 2020

#### SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD  
Assistant Managers ..... STEVE & PENNY KANE  
Executive Chef.....ALEXANDER MIKOS  
Activity Coordinator ..... BETTY JACKSON  
Maintenance .....ALEX HEALY  
Bus Driver ..... MICHAEL MENTION

#### TRANSPORTATION

**Monday, 9 a.m.-1 p.m.:** Shopping

**Tuesday, 9 a.m.-1 p.m.:**  
Professional Appointments

**Wednesday, 9 a.m.-1 p.m.:** Shopping

**Thursday, 9 a.m.-1 p.m.:**  
Professional Appointments

**HAWTHORN**  
SENIOR LIVING

### We Scream for Peaches and Ice Cream

For our Mystery Bus Trip, we ended up at Ben's Peaches and Ice Cream Stand. This was very exciting, as it has been the first time in months we have been able to get off the bus. We still had to wear masks and kept social distance, though that didn't take away from the sunshine and clear blue skies. We got to shop for peaches, strawberries, blackberries and finished the trip off with some of Ben's homemade ice cream. It was my first time being on the bus as the new Activity Director, and it was so much fun! I enjoyed getting to know Michael and the residents a bit more as we shared a sweet treat.

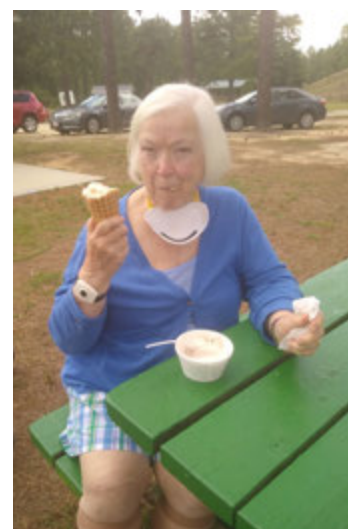
If you missed out on Ben's this time, not to worry! This is a trip we plan on doing a few times through the season, as it is out in the open and an easy place to keep a safe distance from others.



*That is a big basket of peaches!*



*Enjoying some ice cream and sunshine*



*Miss Ruth enjoying some homemade ice cream*

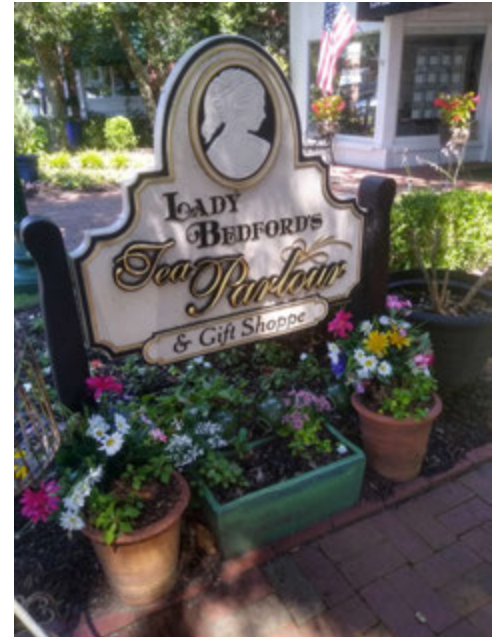


## A Trip to the Tea Room

For our bus trip Friday, we went to Lady Bedford's Tea Parlour. Lady Bedford's in Pinehurst, North Carolina is a unique change of pace when looking for a special breakfast, relaxing lunch or elegant afternoon. You can dine in a Victorian atmosphere with crystal, fine china, linen table cloths and napkins. There are over 60 high quality loose leaf teas to choose from, individually brewed at the time of your order. They offered a selection of sandwiches, salads, scones with lemon curd, Devonshire cream and fruit preserves, savories and desserts that aim to please the palette. We really enjoyed our time at this beautiful tea room and basically had the whole place to ourselves! I chose to take our residents to this restaurant because I know they hold a low capacity and are very clean. I felt it to be a safe venue during this pandemic and will continue to look for more like it. Thank you to everyone who came to join me for a spot of tea at Lady Bedford's.



*Enjoying a hot spot of tea and some cherry scones*



## Giving Yourself Permission to Fail Could Be the Best Thing You Ever Do

One of our favorite crafts this past month was painting bird houses. They were just plain wooden houses that we decided to jazz up a bit. It was fun to get a little messy and leave with a darling gift for a friend, or even keep to add color to a yard or porch. A lot of residents seemed unsure when having a blank bird house placed in front of them. So many questions. What colors to use, what to paint, will I mess it up? Despite the long pause and hesitation, every house came out beautiful! This project taught us to give ourselves permission to fail. That is when the best artwork is done. It is also when the most fun is had!



*Betty's Bird House*



*Anna Lou's house came out so pretty!*



*She thought she couldn't ... and look at how great it turned out!*



## Happy Father's Day!

We had a blast for Father's Day! During lunch, the men of our community received a small gift from the team here at Southern Pines Gracious Living. Afterwards, we had a few games set up in the Activity Room. The first game was called Morning Shave. This game is played by smearing shaving cream all over a balloon and having the player shave all the cream off. What is the catch? The balloon could pop with any stroke! We had many play the balloon game and we only had one pop. Mister Bill wasn't so lucky and got shaving cream everywhere! Luckily, Mister Bill was a very good sport, so we gave him a prize anyway.

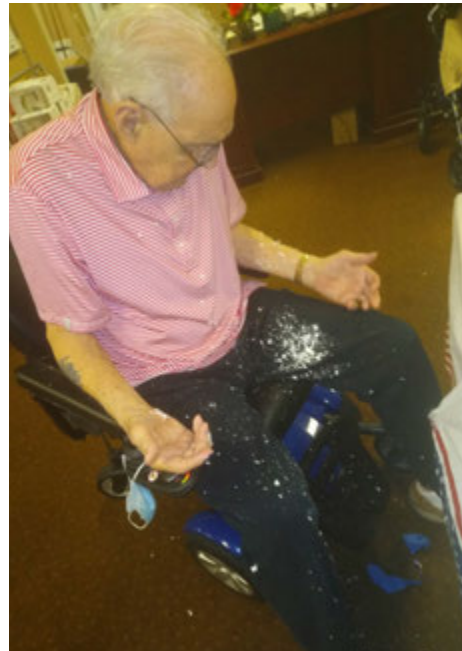


*Let's go duck hunting!*

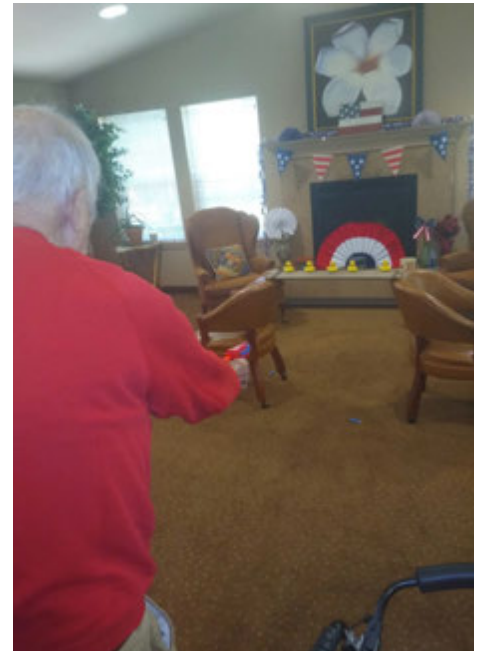
The second game we played was called Duck Hunting. For this game, we set up small yellow ducks on a plank. Then we give the player a foam dart gun and see if they can shoot the ducks from across the room. It was an unfortunate day to be a duck, because we had a lot of winners in this game. Our top shooter was Anna Lou. She got three ducks her first round! We had so much fun and a lot of laughs. We hope everyone had a wonderful Father's Day.



*Can you shave all the cream off without popping the balloon?*



*Not Mister Bill!*



*Tom got a few ducks!*

# AUGUST 2020

## Birthdays

Barbara Reed, 3rd  
 Dorothy Cullen, 4th  
 Betty Jackson, 9th  
 Nadene Peterson, 10th  
 Jimmy Diebold, 10th  
 Mary Margaret Cipoletti, 13th  
 Lou Ann Hoover, 13th  
 Sherri LaForge, 20th  
 Billie Rogers, 24th  
 Patsy Hall, 26th  
 Phyllis Cermele, 30th  
 Lonnie Hess, 30th  
 Jerry Beckmann, 31st

## Anniversaries














Carl & Cathy Kuhlmeier, 8/26/1951

## Locations

Activities Center, First Floor, AC  
 Atrium, A  
 Billiards, Second Floor, BL  
 Chapel, Third Floor, CH  
 Computer Room, Second Floor, CR  
 Dining Room, DR  
 Fitness Center, Third Floor, FC  
 Library, Second Floor, LIB  
 Lobby, L  
 Television/Cards, Second Floor, TV  
 Theater, Third Floor, TH

## Beauty Shop

(910) 603-1784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 10:00 Church Service, TH 7:00 Movie Night, TH	3 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC 	4 9:30 yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC 	5 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Games with Betty, AC 7:00 2 \$ Bingo, AC	6 9:30 yoga, AC 10:30 Coffee Topic, LIB 2:00 Color Therapy, AC	7 9:30 Mystery Ride 3:00 Crafts with Betty, AC	8 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
9 10:00 Church Service, TH 7:00 Movie Night, TH 	10 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC 	11 9:30 yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC	12 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Games with Betty, AC 7:00 2 \$ Bingo, AC	13 9:30 yoga, AC 10:30 Coffee Topic, LIB 2:00 Color Therapy, AC 	14 9:30 Mystery Ride 3:00 Crafts with Betty, AC	15 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 6:30 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
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## A Loving Message From Your Activity Coordinator

As we begin to slowly adjust to this new normal, our main goal is to keep you safe and healthy. Though the bus may be up and running and we can start having small outings, this does not mean we can go to all the fun places we had before just yet. As your Activity Coordinator, it is my job to come up with outings and activities that our management team deems suitable during this pandemic. That means places that are out in the open or allow only our group to occupy that space during that time. We are still only allowing a certain amount of people into each activity. Please sign up for all activities in the Activity Room to secure a spot. I will always take your thoughts and ideas into consideration, but our first priority is your health and safety. Please remember to wear a mask when leaving the building and continue to wash your hands frequently. Thank you for understanding.



## History of the Sparkler

According to the history of sparklers, the Chinese discovered and began manufacturing fireworks sometime near the sixth century AD. As fireworks became more complex and widely crafted, they quickly became a standard part of nearly every celebration in Asia. Today, we still use sparklers to celebrate and commemorate many of the holidays we observe. Obviously the Fourth of July comes to mind, but also New Year's, Diwali, and many other holidays. Wedding sparklers have also become very popular; adding a special touch and an interactive feel to the event.



Knowing for sure who created the first handheld sparkler is nearly impossible. However, it is widely accepted that the inventor was an architect named Callinicos of Heliopolis. He lived in 670 AD and created a device called a "cheirosiphon." In general, the "cheirosiphon" is the first and oldest handheld firework that we know of. However, it is thought to have been more similar to a small roman candle. Regardless, this handheld firework ultimately led to the more traditional style of sparkler as popularity and availability became widespread.

Of course, the history of sparklers doesn't end there. Every year, there are more and more varieties of sparklers that hit the market. There are new styles, shapes, colors, and more to constantly push the barriers of what we think is possible. There are sparklers for almost every occasion now, and there are several ways to use them that you never would dream of. Here is how they are being used in modern times.

Since the 1920s, America has been obsessed with fireworks on the Fourth of July. Almost every backyard in the country has a grill full of hot dogs and a vehicle full of fireworks on this holiday. Overall, sparklers are the most popular fireworks item in the country. Their contribution to Independence Day has made them into an iconic item that is adored by everyone.

## August 28th

Friday, August 28th, we will be having a Luau Party outside on our back patio. Come enjoy fun, drinks and entertainment! The party will start at 7 p.m.



## Crafts With Dottie

Are you interested in making necklaces like these? Miss Dottie is willing to teach us, we just have to have enough community members interested. If you are interested in this craft, stop by the Activities Room and let us know!



Necklaces by Dottie

## It Was a Happy Fourth of July!

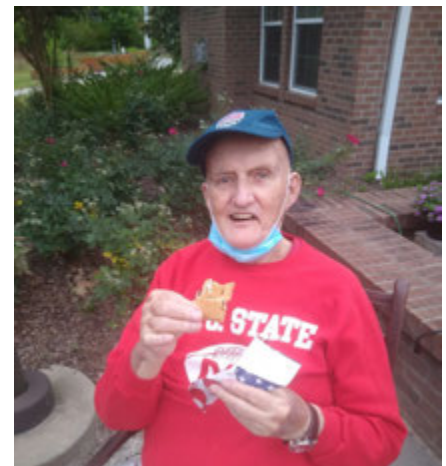
Usually our Fourth of July is barbecues and fireworks, flags and parades. Independence Day evokes so many images of the American summer. Its original purpose to celebrate the birth of the American nation on July 4, 1776 has given way to festivities that celebrate both America and the lives and freedoms that the accomplishments of American Independence have allowed. The commemoration of the signing of the Declaration of Independence is a time not only to reflect on what happened at America's founding, but also to look again at the nation's values and recommit oneself again to those ideals. Our Fourth looked a little different this year, but we still had a lovely patio to enjoy, S'mores to eat and magical moments to be had. Thank you to everyone who came out to have some fun, and a big thank you to the staff who came in on their time off to help make the night a hit!



*So thankful to the staff members who were able to come and lend a hand.*



*Our patio was covered in red, white and blue.*



*Tom enjoying a S'more*

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

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