

FAIRVIEW ESTATES

Gracious Retirement Living



132 East Main Street • Hopkinton, MA 01748 • Phone (508) 435-8370 • www.seniorlivinginstyle.com

NOVEMBER 2020

FAIRVIEW ESTATES STAFF

Managers.....SUE & DUNCAN PELTASON
Assisted Managers..... MARCIE & DAVID MORETTI
Executive Chef..... MOLLY SMITH
Marketing..... KATHRYN KOENIG
Sous Chef JASON RIVERA
Activity Coordinator MIKE KING
MaintenanceJEFFREY RUTTER
Bus Driver REGGIE OLIVIERA

TRANSPORTATION

Monday - Friday, 9 a.m.-2:30 p.m.:
Doctor Appointments

**Monday & Friday, Based on
Availability:** Shopping/Errands

Wednesday, 9 a.m.-2:15 p.m.: Outing if Available

Friday, 2:30 p.m.: Mystery Bus Ride

HAWTHORN
SENIOR LIVING

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



Rita's Birthday

Thanks to all who contributed to the success of Rita's 100th birthday celebration. It was a spectacular time with the food, cake, family, music and parade.



More Outside Entertainment

Beautiful weather, 61 degrees and not a cloud in the sky. Good music, John Guido on the keyboard. What more could one ask for? Ice cream. Yes, we had a good time with John and his music. As the colder weather approaches hopefully we can return to some inside entertainment. And maybe some dancing too. We have a lot of happy feet that want to move to the music again.





Thanksgiving 2020

Turkey, stuffing and cranberry sauce. Squash, apple and pecan pies. The Macy's Parade. Meeting old friends at high school football games. Watching college ball games after having eaten too much. Falling asleep on the couch or in the recliner. Family.

This year a lot of that will be different. My family hasn't discussed plans yet, but I don't think that we will be having the usual 15 to 20 guests. A little less cooking. We usually go to my daughter's house. She roasts a turkey in the oven while my stepson deep fries one outside. People will bring the usual fixings. I get the job of the stuffings. I do a traditional bread stuffing, although I have to make a small batch without onions for a picky sister and brother-in-law. I also make a cornbread, sausage and cranberry stuffing that is to die for. Just don't tell management at Fairview that I can cook.

Since this is Thanksgiving I do reflect on the good things in my life. I've started a new life with a wonderful woman who I am hoping to spend a long retirement with. I have two beautiful daughters and four grandchildren whom I adore. I have a good roof over my head and a job that I love, most of the time. I am fairly healthy and hopefully will live a long life enjoying my elder years on Cape Cod.

I also reflect on those in my life who are no longer here. My first wife of 35 years, my parents and relatives. But thinking back on them I also give thanks for the time that I had with them, for all the wonderful moments that are embedded forever in my heart and head.

I guess that Thanksgiving is what you make of it. What are you thankful for?



Fall Blooms

Hats off to Ann Rutter and her green thumb! Her recent pickings of her late blooms filled up her cart. Aren't they a beautiful sight?



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Locations

Activity Room, AC

Atrium, AT

Back Patio, BP

Dining Room, DR

Library, LI

Lobby, LB

Movie Theater, MT

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS 1</div> <div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>2</div> <div> <div>10:00</div> <div>Residents’ Closet Hour: 3rd Floor</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>ELECTION DAY 3</div> <div> <div>10:00</div> <div>Exercise Group — Ageless Grace, AC</div> <div>10:00</div> <div>Ageless Grace Exercise Class, AC</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> <div>🎂</div> </div>	<div>4</div> <div> <div>9:30</div> <div>Balance Class, AC</div> <div>10:00</div> <div>Residents’ Closet Open: 3rd Floor</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>5</div> <div> <div>9:30</div> <div>Blood Pressure Clinic, AC</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> <div>🎂</div> </div>	<div>6</div> <div> <div>10:00</div> <div>Yoga & Meditation</div> <div>10:00</div> <div>Residents’ Closet Hour: 3rd Floor</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>7</div> <div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>
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<div>22</div> <div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>23</div> <div> <div>10:00</div> <div>Residents’ Closet Hour: 3rd Floor</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>24</div> <div> <div>10:00</div> <div>Exercise Group — Ageless Grace, AC</div> <div>10:00</div> <div>Ageless Grace Exercise Class, AC</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> <div>🎂</div> </div>	<div>25</div> <div> <div>9:30</div> <div>Balance Class, AC</div> <div>10:00</div> <div>Residents’ Closet Open: 3rd Floor</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>THANKSGIVING 26</div> <div> <div>9:30</div> <div>Blood Pressure Clinic, AC</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>3:00</div> <div>Meet & Greet Social Hour, AC</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>27</div> <div> <div>10:00</div> <div>Yoga & Meditation</div> <div>10:00</div> <div>Residents’ Closet Hour: 3rd Floor</div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>3:30</div> <div>Book Club</div> <div>7:00</div> <div>Bingo, AC</div> </div>	<div>28</div> <div> <div>10:30</div> <div>Wii Bowling</div> <div>2:30 Featured Movie, MT</div> <div>7:00</div> <div>Bingo, AC</div> </div>
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—Willard Scott



It's Time for Football

Football season is among us. It's a little different this year, between Covid and no Tom Brady.

As a die-hard Pat's fan I don't know which is worse. It will be strange with either no fans or a select few in the stands. I've seen a few houses with a number of cars in the driveways during daytime, but a lot of people are still social distancing for the games. I was lucky this year that I opted out of an offer from an old boss to purchase a block of tickets for multiple Patriots games.

I've been a little bit of a fanatic. I used to wear my Brady jersey for every game. There was one time

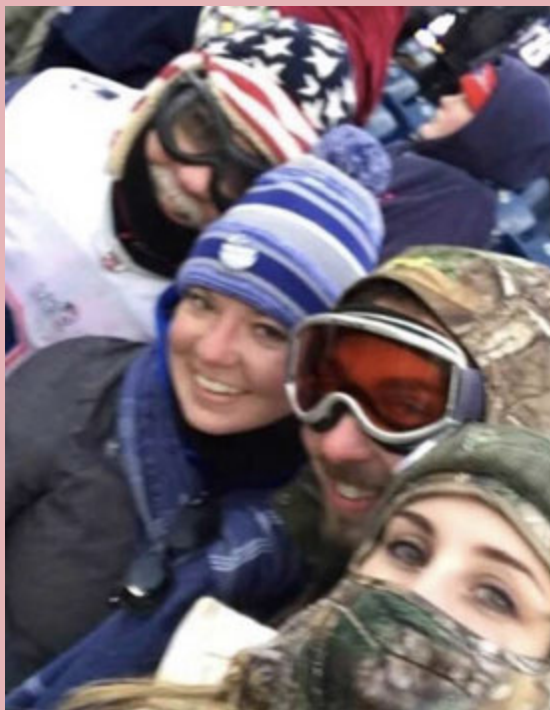
that I forgot it at home during a business trip to North Carolina and another time that I only had one arm through the sleeve as I groggily watched the game while recovering from having my gall bladder removed. I've been to games when the weather was fine and others where the beer iced up by the time you got back to your seat. My first game was 25 degrees with a 15 mile an hour wind and snow squalls. Patriots 49, Jets 3. What an experience!



My wife and I



The crew



I'm on the far left.



Not my wife and I (Look at my hands ... my wife took the picture.)



It helps to have a wife who managed the East Side Clubhouse at Gillette Stadium. Although she couldn't get me tickets to a game she did get my daughter and me into the clubhouse during one of the games. We stayed there during the first quarter, had a free meal and a couple of beers on Bob Kraft and then ventured out to the seats that I had paid for. I stayed late one night while she cleaned up and when she went downstairs I was able to see the outside of the locker room and the team's entryway onto the field. She wouldn't let me go into either one though. I've also had our pictures taken with the trophies and also a couple of cheerleaders (my wife took that picture). My greatest experience though was to wear the Super Bowl ring that belonged to Brady's security guy. Man, that thing is big!

I'm hoping that toward the end of the season things will have calmed down enough so I can watch some games with my daughter and her friends. If not, being a true Boston sports fan, there's always next year.



Bling

A Special Thanks to All of Our Vets

This year has been a strange one, limiting us on activities and celebrations. I was originally upset with not being able to really celebrate St. Patrick's Day, especially since this would have been the first one for me since tracing my family roots and finding out that I am Irish. We all thought that Covid would be over rather quickly — at least not lasting over the past seven months. We didn't think that we would miss out on Easter, Memorial Day, the Fourth of July and Labor Day. Halloween was stranger than usual. And now we have Veterans Day coming up. How do we pay tribute to the vets who have served our country so well? I had plans this year as an activity coordinator. I wanted to get some of the high school students involved with interviewing some of our veterans. A lot of these kids don't know what it's like to have family members stationed away from home or in combat. I thought that it would be a good experience for them to hear some of the stories from our veterans regarding their times in the service. Unfortunately this couldn't transpire due to Covid. This year there will be no Veterans Day Parades, no large Veterans Day breakfasts or dinners.

I didn't get to serve and my father wasn't a military man, but there was plenty of military in my extended family. From cousins to uncles, my grandfather, his grandfather and great-grandfather all the way back to the Revolutionary War. And while Memorial Day is supposed to be in honor of those who have gone before us I thought that Veterans Day was a salute to those still amongst us. While I was writing this article I found out differently. Veterans Day is to honor all veterans both living and past. Unfortunately in these days of unrest there is a lack of respect for those who have served. For me, it is an honor to walk among the veterans at Fairview Estates. While I don't know all of your stories all I need to know is that you served your country well. A salute goes out to all of you. I wish you the best.



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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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