



COTTONWOOD — ESTATES — Gracious Retirement Living

255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • www.seniorlivinginstyle.com

DECEMBER 2020

COTTONWOOD ESTATES STAFF

Managers..... CHRIS & SALLY BLANCHARD
Assistant Managers MICHAEL
& ANGELA COLBURN
Executive Chef..... JONATHAN ELAM
Marketing.....SEÂN JOHNSON
Activity Coordinator JOHN CARSON
Maintenance MARK SIMMS
Transportation THOMAS BABER

TRANSPORTATION

Monday, 9:30 a.m. and 2:30 p.m.:
Windward Pkwy. Shopping

Tuesday, 9 a.m.-2 p.m.: Doctor Appointments

Wednesday, 10:30 a.m.: Outing

Thursday, 9 a.m.-2 p.m.: Doctor Appointments

Friday, 9:30 a.m. and 2:30 p.m.:
Northpoint Pkwy. Shopping



HAWTHORN
SENIOR LIVING

Let's Give a Big Cottonwood Estates Welcome to Angela and Michael Colburn!

Please join us in welcoming Cottonwood's new Assistant Managers, Michael and Angela Colburn. Michael is originally from Andalusia, Alabama, and Angela is from Meridian, Mississippi. Michael and Angela have been married 34 years and have one daughter, a granddaughter and two grandsons who live in Mississippi. Michael and Angela relocated from Meridian, Mississippi, in January 2020 when they joined Hawthorn Senior Living as Assistant Managers at Linwood Estates in Lawrenceville, prior to joining our Cottonwood Community.



They are excited about being at Cottonwood and they look forward to having a positive impact within the Community.

What Are We Thankful For!

It's a time to eat.

It's a time to spend with family
and friends.

It's a time for fall.

It's a time to heal.

It's a time to forgive.

It's to be thankful.



Remembering!



Remembering Our Veterans Last Month!

Last month, on November 11th, which was Veterans Day, we remembered our veterans who served in the military. We said “thank you” to each veteran who received a small American flag, a Certificate of Appreciation, a star from a retired old American flag, and a service coin from the branch of service they were in. Our Cottonwood veterans are Sam Ramsay, United States Army; Donna Shively, United States Navy; Karin Feddersen, United States Army; Cliff Johnson, United States Army; Don Langham United States Army; David Agler, United States Marine Corps; James Holland, United States Marine Corps; Harvey Stewart, United States Navy; Joe Piekutowski, United States Navy; Bill Adkins, United States Navy; Al Mackey, United States Navy; and Gillian Paterson, British Royal Navy.



*Courage, sacrifice,
freedom, protection!*



*Veteran Joe
Piekutowski*



Thank you for your service!

Gingerbread House Contest!

Hear! Hear! All residents of Cottonwood Estates — it's that time of year again for the Gingerbread Village Contest. Looking for volunteers to help build a village. Residents will have fun building a village with Chef Jonathan and Activity Coordinator John. If you any questions please feel free to stop by my desk for details. Dates of wanting to help are coming up.



Let's build a village!

Quote of the Month!

“Be present in all things and thankful for all things.” — Maya Angelou





Making Masks!

Our residents enjoyed making masks for Halloween with our Activity Coordinator, John. It was great to see the amazing creative side of our residents.



Making masks with AC John!



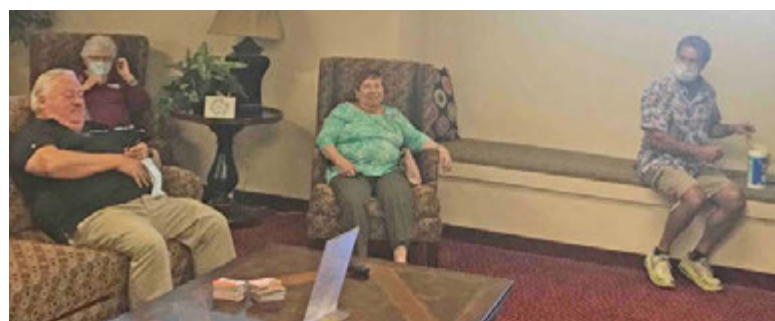
Let's get creative!



Jeanne having fun making masks!

Our Residents at Cottonwood Are Excited to Have Electric Trivia Back!

Our residents are ecstatic to have Electric Trivia back. Playing trivia really helps our brain, just as exercise helps our bodies. Answering trivia questions helps engage our frontal cortex of the brain, in addition, to helping with the cognition part of the brain that pertains to knowledge and comprehension. Since trivia questions are usually regarding multiple topics, this significantly improves cognition by seeking out the information throughout your brain. So, the more you play trivia the better your cognition will be and the more you will be able to remember things you have learned.



Relaxing, waiting for the fun to start!



Time for some fun!



Let's get started!

DEC 2020

Birthdays

David Young, 3rd
Janet King, 11th
Alberta Leopard, 12th
Gwen Silva, 12th
Janet Mesa, 20th
Mary Woodward, 27th

Locations

Activity Center, AC
Atrium, AT
Billiards Room, BR
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Firepit, FP
Front Lobby, Lobby
Library, L
Movie Theater, MT
TV Room, TV

“Time together
as a family is
a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<div>10:00 Let’s Move with John 1</div> <div>11:30 Communion: All Baptized Residents, CH</div> <div>1:45 Bridge Club, BR</div> <div>3:00 Trivia with John, AC</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Exercise with Jeanne Thomson, AC 2</div> <div>10:00 Elite Foot & Ankle</div> <div>10:30 Outing with John, Lobby</div> <div>2:00 Optimal Hearing/ Hearing Aid Adjustments</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Let’s Move with John 3</div> <div>10:30 Bible Study with Tom, CH</div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bingo, AC</div> <div>3:00 Trivia with John, AT</div> <div>3:00 Blood Pressure with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div> 	<div>9:30 Shopping at Northpointe, Lobby</div> <div>10:00 Exercise with Jeanne Thomson, AC 4</div> <div>10:45 Meet & Greet Neighbors with John, AT</div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Talk with Joe Rich Aidens, CH</div> <div>2:00 Hearts, BR</div> <div>2:30 Shopping at Northpointe, Lobby</div> <div>3:00 Trvia with John, AC</div> <div>7:00 Bingo, AC</div> <div>7:00 Movie Night, MT</div>	<div>10:00 Resident Coffee & Donut Chat, AC 5</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 Great Course/ Lectures, MT</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div>	
	<div>9:00 Televised Church Service: Lakewood Church, MT 6</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>2:30 Holiday Concert with Alpharetta City Band</div> <div>3:30 Sunday Ice Cream on Sundays</div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div>	<div>9:30 Shopping: Windward Pkwy., Lobby 7</div> <div>10:00 Let’s Move with John, AC</div> <div>10:30 Knitting & Crocheting, CH</div> <div>11:00 Craft with John, AC</div> <div>2:00 Ambassadors Assembly, CH</div> <div>2:00 Bingo, AC</div> <div>2:30 Shopping: Windward Pkwy., Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Bingo, AC</div>	<div>10:00 Let’s Move with John 8</div> <div>11:30 Communion: All Baptized Residents, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Electric Trivia with David, TV</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Exercise with Jeanne Thomson, AC 9</div> <div>10:30 Outing with John, Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>HANUKKAH BEGINS AT SUNSET 10</div> <div>10:00 Let’s Move with John, AC</div> <div>10:30 Bible Study with Tom, CH</div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bingo, AC</div> <div>3:00 Trivia with John, AT</div> <div>3:00 Blood Pressure with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>9:30 Shopping at Northpointe, Lobby 11</div> <div>10:00 Exercise with Jeanne Thomson, AC</div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Hearts, BR</div> <div>2:30 Shopping at Northpointe, Lobby</div> <div>3:00 Trvia with John, AC</div> <div>4:00 Happy Hour, AC</div> <div>7:00 Bingo, AC</div> <div>7:00 Movie Night, MT</div> 	<div>10:00 Resident Coffee & Donut Chat, AC 12</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 Great Course/ Lectures, MT</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div> 
	<div>9:00 Televised Church Service: Lakewood Church, MT 13</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 Sunday Ice Cream on Sundays</div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div>	<div>9:30 Shopping: Windward Pkwy., Lobby 14</div> <div>10:00 Let’s Move with John, AC</div> <div>10:30 Knitting & Crocheting, CH</div> <div>11:00 Craft with John, AC</div> <div>2:00 Ambassadors Assembly, CH</div> <div>2:00 Bingo, AC</div> <div>2:30 Shopping: Windward Pkwy., Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Bingo, AC</div>	<div>10:00 Let’s Move with John 15</div> <div>11:30 Communion: All Baptized Residents, CH</div> <div>1:30 Manager & Residents Meeting, DR</div> <div>1:45 Bridge Club, BR</div> <div>3:00 Trivia with John, AC</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Exercise with Jeanne Thomson, AC 16</div> <div>10:30 Outing with John, Lobby</div> <div>1:30 Chef & Residents Meeting, DR</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Let’s Move with John, AC 17</div> <div>10:30 Bible Study with Tom, CH</div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bingo, AC</div> <div>3:00 Trivia with John, AT</div> <div>3:00 Blood Pressure with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>9:30 Shopping at Northpointe, Lobby 18</div> <div>10:00 Exercise with Jeanne Thomson, AC</div> <div>10:45 Meet & Greet Neighbors with John, AT</div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Talk with Joe Rich Aidens, CH</div> <div>2:00 Hearts, BR</div> <div>2:30 Shopping at Northpointe, Lobby</div> <div>3:00 Trvia with John, AC</div> <div>7:00 Bingo, AC</div> <div>7:00 Movie Night, MT</div>	<div>10:00 Resident Coffee & Donut Chat, AC 19</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 Great Course/ Lectures, MT</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div>
	<div>9:00 Televised Church Service: Lakewood Church, MT 20</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 Sunday Ice Cream on Sundays</div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div> 	<div>WINTER BEGINS 21</div> <div>9:30 Shopping: Windward Pkwy., Lobby</div> <div>10:00 Let’s Move with John, AC</div> <div>10:30 Knitting & Crocheting, CH</div> <div>11:00 Craft with John, AC</div> <div>2:00 Bingo, AC</div> <div>2:00 Ambassadors Assembly, CH</div> <div>2:30 Shopping: Windward Pkwy., Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Bingo, AC</div>	<div>10:00 Let’s Move with John 22</div> <div>11:30 Communion: All Baptized Residents, CH</div> <div>1:45 Bridge Club, BR</div> <div>2:00 Electric Trivia with David, TV</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Exercise with Jeanne Thomson, AC 23</div> <div>10:30 Outing with John, Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>10:00 Let’s Move with John, AC 24</div> <div>10:30 Bible Study with Tom, CH</div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bingo, AC</div> <div>3:00 Trivia with John, AT</div> <div>3:00 Blood Pressure with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>	<div>CHRISTMAS DAY 25</div> <div>9:30 Shopping at Northpointe, Lobby</div> <div>10:00 Exercise with Jeanne Thomson, AC</div> <div>11:00 Bible Sharing with Ravenna, MT</div> <div>2:00 Hearts, BR</div> <div>2:30 Shopping at Northpointe, Lobby</div> <div>3:00 Trvia with John, AC</div> <div>7:00 Bingo, AC</div> <div>7:00 Movie Night, MT</div>	<div>10:00 Resident Coffee & Donut Chat, AC 26</div> <div>2:00 Saturday Matinee Movie, MT</div> <div>3:00 Great Course/ Lectures, MT</div> <div>6:45 St. Thomas Aquinas Eucharist, CH</div> <div>7:00 Bingo, AC</div>
	<div>9:00 Televised Church Service: Lakewood Church, MT 27</div> <div>2:00 Pokeno, AC</div> <div>2:00 Kings in the Corner, DR</div> <div>3:30 Sunday Ice Cream on Sundays</div> <div>7:00 Rummikub, TV</div> <div>7:00 Sunday Night Movie, MT</div> 	<div>9:30 Shopping: Windward Pkwy., Lobby 28</div> <div>10:00 Let’s Move with John, AC</div> <div>10:30 Knitting & Crocheting, CH</div> <div>11:00 Craft with John, AC</div> <div>2:00 Ambassadors Assembly, CH</div> <div>2:00 Bingo, AC</div> <div>2:30 Shopping: Windward Pkwy., Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Bingo, AC</div>	<div>10:00 Let’s Move with John 29</div> <div>11:30 Communion: All Baptized Residents, CH</div> <div>1:45 Bridge Club, BR</div> <div>3:00 Trivia with John, AC</div> <div>3:30 Rummikub, DR</div> <div>4:00 Dominoes, DR</div> <div>7:00 Bingo, AC</div>	<div>10:00 Exercise with Jeanne Thomson, AC 30</div> <div>10:30 Outing with John, Lobby</div> <div>3:00 Trivia with John, AC</div> <div>7:00 Kings Corner, DR</div> <div>7:00 Dominoes, TV</div>	<div>NEW YEAR’S EVE 31</div> <div>10:00 Let’s Move with John, AC</div> <div>10:30 Bible Study with Tom, CH</div> <div>11:00 Cotton Gin/Book Club</div> <div>2:00 Mahjong, BR</div> <div>2:00 Bingo, AC</div> <div>3:00 Trivia with John, AT</div> <div>3:00 Blood Pressure with Adoun</div> <div>4:00 Art Relaxation, DR</div> <div>7:00 Euchre, BR</div>		



Let's Cook!

Last month our Executive Chef, Jonathan asked residents what their favorite meals or recipes were growing up. Through the dishes he has cooked, he has brought back some fond memories. Food and memories just go together like two pieces of the same puzzle. Like apple pie and whipped cream.

But how does food bring back a memory like nothing else does? The answer lies within our senses. When we eat food, all our senses are at work. We see the color and shape of food, feel its texture and temperature, taste its deliciousness, hear the cutlery clinking, and smell the mesmerizing aromas.

The way the human brain works is by connecting your memories with senses. Each time we experience some sense, we recall the memories of it. All these connections are made in the part of the brain, the amygdala which is the center for emotions.

Studies in the past have shown that we remember:

- Around 20% of what we read
- Around 30% of what we hear
- About 40% of what we see
- About 50% of what we say
- About 60% of what we do

Remember, eating uses all the above combined senses.

During this time of year, the food we make or eat, some of which is only done during the holidays, makes us remember good times with family and friends in the past and makes us long for those times again, especially this year.



Our world famous Executive Chef Jonathan

Beethoven's Greatest Hits

This year celebrates the 250th birth anniversary of Ludwig van Beethoven, one of the most masterful composers in classical music history. From his career of over 700 works, here are some of his most beloved:



Symphony No. 5 — The piece known as Beethoven's Fifth is one of the world's most important and famous symphonies, partly due to its dramatic four-note opening.

Symphony No. 9 — His last symphony, written after he had gone completely deaf, continues to inspire. In the fourth and final movement, vocalists sing the lyrics of Friedrich Schiller's poem "Ode to Joy."

Violin Concerto — Although not successful during Beethoven's lifetime, his Violin Concerto in D major is now a popular piece for violinists and considered one of the composer's most beautiful works.

Symphony No. 3 — This triumphant piece, called the "Eroica" Symphony, marks a groundbreaking turn in Beethoven's career — and classical music as a whole — when his work became more personal and emotional.

Piano Sonata No. 14 — The slow, haunting first movement of this piece, nicknamed the "Moonlight Sonata," is instantly recognizable, thanks to its use in films and television.

"Für Elise" — This short, delicate piano composition wasn't discovered until 40 years after Beethoven's death, but is now an iconic example of classical music and is often a standard for beginner piano players.

Hey, residents of Cottonwood, on December 6th at 2 p.m. to 3 p.m., we will have the Alpharetta City Band coming to perform a Holiday Concert for us.



Let's Have Fun — It's Halloween!

Even though the annual Halloween Party at Cottonwood Estates had to be rescheduled, due to Tropical Storm Zeta leaving us with no electricity, a ghoulish time was had by all when we finally had it a week later. The residents had fun playing mummy bowling, daring to put their hand in a bag, dancing to music provided by DJ Tom, receiving goodie bags of treats, and dressing in costumes to win funny money for the top three.



Photo opportunity!



Peanut Butter and Jelly!



Managers ready to party



The Cat in the Hat meets a nice witch!

Don and Barbara Going Voting!

It was time to go vote for 2020 election. Several of our residents were driven to the polling station to make their vote count. This voting season was a little more challenging



Let's go vote!



Election time!

for our residents at Cottonwood Estates because of the COVID-19 pandemic. A big shout of Thanks! to our amazing and fabulous bus driver, Thomas. In addition, a big thank-you to John for making arrangements with Thomas to get our residents out to vote.

COTTONWOOD
— ESTATES —
Gracious Retirement Living

255 Vaughan Drive
Alpharetta, GA 30009



It's always Warm at

COTTONWOOD
— ESTATES —
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

678-242-0334