

Summerville Estates

GRACIOUS RETIREMENT LIVING

704 Central Avenue • Summerville, SC 29483 • Phone (843) 873-3337 • www.seniorlivinginstyle.com

DECEMBER 2020 SUMMERVILLE ESTATES STAFF

Managers..... SCOTT & DEBBIE DRISCOL
Assistant Managers STEVE & TERRI CHANEY
Executive Chef QUANETTA CLARK
Community Sales NICK MCBEE
Activity Coordinator DONNA GARDNER
Maintenance BILLY BOYD
Bus Driver VACANT

TRANSPORTATION

**Monday, 9:30-11:30 a.m. and
2-4 p.m.:** Shopping

Tuesday & Thursday, 9 a.m.-2 p.m.:
Professional Appointments

Wednesday, TBA: Outing Trips

YOUTUBE.COM

For slideshows and videos visit:
www.youtube.com/SummervilleEstates

HAWTHORN
SENIOR LIVING

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread — Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.





Supporting Our Local Businesses

We have tried to do our part and support the local businesses here in our town. With everything that has been going on since March we have met some wonderful people and had some good times. The residents went to our local visitors center to get some more ideas of where they would like to go. I usually ask them what they would like to see or do. I feel like some can scratch things off their bucket list this way.



Fun Facts in December

Fun Facts about December

- It is the first month of winter and the last month of the year.
- National Cookie Day is December 4th. Other snacks celebrated this month include pie, cotton candy, chocolate brownies (mmm!), cocoa and cupcakes.
- December often marks the beginning of rain, snow and cold weather.
- In the United States the month is associated with Christmas. There are Christmas decorations, sales, musicals and parties. Many people spend their time Christmas shopping.
- A lot of people have days off around Christmas and before New Year's Eve.
- December in the Northern Hemisphere is similar to June in the Southern Hemisphere.
- The first day of winter is on either December 21 or 22. This is the shortest day of the year and the longest night. It is called the Winter or Southern solstice in the Northern Hemisphere.





Thank You!

I want to say “Thank you” to Faye Cook, She came by Friday and donated three boxes of craft things, that included scrapbooking supplies, all-occasion greeting cards, QuickKutz die set, frames, stamp kits and a whole bunch



Faye Cook

of other things. Our residents will enjoy every bit of these things. Look out for new projects as well.

Things to Watch For!

December 2nd: We will be going consignment shopping. Sign up to go get those last-minute gifts for your family.

December 9th: Coastal Coffee Roasters trip

December 16th: Eva’s Restaurant

December 18th: Ugly Christmas Sweater Day — wear it to lunch.

Our Mystery Trip’s the fourth Wednesday of this month. You never know where we will be going until you get there or someone guesses. We will be going on the bus, so sign up and let’s all have some fun!

December 30th: Lunch at Mi Fiesta in Summerville



Eat Healthy in December

Enjoy in moderation.

Is it even possible to eat healthy during the holidays? Yes! And you can do it without FOMO or a lot of effort.



Grandma’s fudge is a family tradition, and your coworker’s cookies are calling you from the breakroom. Indulging a little won’t hurt — so lighten up! No, we mean that literally. Enjoy holiday treats in smaller portions, make healthy substitutions where you can, and plan ahead for merry meals that are healthy, too.

Include lots of seasonal, colorful fruits and vegetables.

Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

Slash unwanted calories with easy swaps and substitutions.

Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them. Our guide will show you how.

Navigate holiday parties like a boss.

From the obligatory workplace parties to family get-togethers, your calendar may be bursting with opportunities to eat and drink outside of your regular routine. Make a plan that will help you resist plowing through the buffet table, like having a healthy snack beforehand.

Sprinkle in opportunities to be active.

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.

DEC 2020

Birthdays

Perry Chipps, 4th
Virginia Donnelly, 7th
Beverly Anthony, 12th
Nancy Wolfe, 12th
Nuala Gillen, 17th
David Stein, 17th
Edward Stein, 17th
Dessie Higgins, 17th
Tommy Brooks, 27th

Anniversaries

Irvin & Gayle Bowdin,
12/14/1958

Locations

Activity Room, AR
Atrium, AT
Billiard Balcony, BB
Chapel, CH
Courtyard, CY
Dining Room, DR
Fitness Center, FC
Library, LB
Movie Theater, MT
Outing, OU
TV Room, TV

Important Number

Flowertown

Podiatry

843-851-9069, Dr. Wilson

Fox Rehab

843-749-3688;

HouseCalls M.D.

843-501-2031

Liberty Doctors

John Forney, M.D.,
843-471-2273;

Classic Hair Salon

843-934-8019.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Arts & Crafts/W Donna, AR 11:30 Residents'/Managers' Meeting, DR 2:00 Communion with Bethany, CH 2:00 Bingo with Nancy, AR 3:00 Cornhole with Donna, AT	9:00 Wii Bowling, AR 9:00 Outing: Consignment Shopping and Lunch, OU 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 10:30 Men's Donuts, Coffee & Conversation, AR 2:00 Singalong Wednesday, DR 2:30 Trivia with Scott, AR 3:00 Bingo, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 12:00 BP Check with Fox or Vistelan, AR 2:00 Community Store Open (2-3 p.m.) Third Floor 3:00 Horse Racing with Donna, AR	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 2:00 Chair Bingo, AR 3:00 Bingo, AR 3:30 National Cookie Day, AR 4:00 Meet Our New Residents: Happy Hour with Vistelan, AR <i>6:30 Staff Christmas Party, AR</i> <i>7:00 Movie Night, MT</i> 	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Donut Social, AR 2:00 Cardio Drumming with Steve, AR <i>3:00 Movie Matinee, MT</i> 4:00 Saturday Sundaes with Managers, AR
	8:20 Summerville Baptist Church Bus 9:30 Worship Service with Seacoast Church, CH <i>11:00 Imagine Heaven, MT</i> 2:00 Wii Bowling, AR 3:00 Bingo with Debbie, AR 7:00 DVD Concert: Daniel O'Donnell, MT	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:30 Music with Traci, AR 2:00 Chair Bingo, AR <i>7:00 Movie Night, MT</i> 	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Arts & Crafts/W Donna, AR 10:30 Health Talks with Fox, AR 11:00 Baking with Terri, AR 11:30 Residents'/Activity Meeting, AR 2:00 Bingo with Nancy, AR	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 10:00 Local Outing Day: Coastal Coffee, OU 2:00 Singalong Wednesday, DR 2:30 Trivia with Scott, AR 3:00 Bingo, AR <i>7:00 Movie Night, MT</i>	HANUKKAH BEGINS AT SUNSET 10 9:00 Wii Bowling, AR 9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 12:00 BP Check with Fox or Vistelan, AR 12:30 Resident Holiday Meal: Wear Christmas Colors, DR 3:00 Horse Racing with Donna, AR	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 2:00 Chair Bingo, AR 3:00 Bingo, AR 4:00 Happy Hour with Hospice of Charleston, AR <i>7:00 Movie Night, MT</i>
8:20 Summerville Baptist Church Bus 9:30 Worship Service with Seacoast Church, CH <i>11:00 Imagine Heaven, MT</i> 2:00 Wii Bowling, AR 3:00 Bingo with Debbie, AR 7:00 DVD 7:00 DVD Concert: Celtic 7:00 DVD Concert: Celtic Woman, MT	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:30 Music with Traci, AR 2:00 Chair Bingo, AR <i>7:00 Movie Night, MT</i> 	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Arts & Crafts/W Donna, AR 11:30 Residents'/Chef Meeting, DR 2:00 Bingo with Nancy, AR 3:00 Cornhole with Donna, AT 4:00 Christmas Worship Service, AR	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 2:00 Singalong Wednesday, DR 2:30 Trivia with Scott, AR 3:00 Bingo, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY 10:00 Resident/Chef Meeting, DR 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 12:00 BP Check with Fox or Vistelan, AR 2:00 Community Store Open (2-3 p.m.) Third Floor 2:30 Ambassador Meeting, LB 3:00 Horse Racing with Donna, AR 	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 12:30 Ugly Christmas Sweater Day, DR 2:00 Chair Bingo, AR 3:00 Bingo, AR 4:00 Happy Hour with Amedisys, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Donut Social, AR 2:00 Cardio Drumming with Steve, AR <i>3:00 Movie Matinee, MT</i> 4:00 Saturday Sundaes with Managers, AR
8:20 Summerville Baptist Church Bus 9:30 Worship Service with Seacoast Church, CH 2:00 Wii Bowling, AR 3:00 Bingo with Debbie, AR 7:00 DVD Concert: Christmas with Daniel, MT	WINTER BEGINS 21 9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:30 Music with Traci, AR 2:00 Chair Bingo, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Arts & Crafts/W Donna, AR 11:00 Baking with Terri, AR 2:00 Bingo with Nancy, AR	9:00 Wii Bowling, AR 9:00 Mystery Trip: See Flyer for Trip Details, OU 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 2:00 Singalong Wednesday, DR 2:30 Trivia with Scott, AR 3:00 Bingo, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 12:00 BP Check with Fox or Vistelan, AR 3:00 Horse Racing with Donna, AR	CHRISTMAS DAY 25 9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 2:00 Chair Bingo, AR 3:00 Bingo, AR 4:00 Garden Club, CY 4:00 Happy Hour with Fox Therapy, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 2:00 Mexican Train Dominoes with Rita From Vistelan, AR <i>3:00 Movie Matinee, MT</i> 4:00 Saturday Sundaes with Managers, AR
8:20 Summerville Baptist Church Bus 9:30 Worship Service with Seacoast Church, CH 2:00 Wii Bowling, AR 2:00 Senior Education Series: Where will I live?, AR 3:00 Bingo with Debbie, AR 	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:30 Music with Traci, AR 2:00 Chair Bingo, AR <i>7:00 Movie Night, MT</i>	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY 10:00 Arts & Crafts/W Donna, AR 1:15 October Birthday Celebration with Amedisys, DR 2:00 Bingo with Nancy, AR	9:00 Wii Bowling, AR 9:30 Resident Walking Club: Meet Outside by Back Door, CY <i>10:00 Balance & Stretching, FC</i> 11:00 Ladies' Tea with Terri & Debbie, AR 11:00 Lunch Outing: Mi Fiesta, OU 2:00 Singalong Wednesday, DR 2:30 Trivia with Scott, AR 3:00 Bingo, AR <i>7:00 Movie Night, MT</i>	NEW YEAR'S EVE 31 9:00 Wii Bowling, AR 9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 12:00 BP Check with Fox or Vistelan, AR 3:00 Horse Racing with Donna, AR		



Senior Humor

Senior Citizen text code:

ATD: At The Doctor's

BFF: Best Friend Fell

BTW: Bring The Wheelchair

BYOT: Bring Your Own Teeth

FWIW: Forgot Where I Was

GHA: Got Heartburn Again

IMHO: Is My Hearing aid On

LMDO: Laughing My Dentures Out

TTYL: Talk To You Louder

Quotes: I'm not aging I'm marinating.

They say with age comes wisdom so therefore I don't have wrinkles I have wise cracks.

A little gray hair is a small price to pay for all this accumulated wisdom.

The worst part of getting old is that you stay young inside, but no one can tell anymore.

And last:

Be grateful! Do not regret growing older, it is a privilege denied to many!



Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.





Gingerbread House

This month we will concentrate on getting our gingerbread village, cottage or town. So get ready — some of our arts and crafts time we will be working on our gingerbread house. Remember, bring your mask and social distance. We will have all the supplies you need — just use your imagination. We want as many residents as we can get to put their own special touch to it this year. It's not just a woman thing, guys, please come join us on Tuesdays and Thursdays at 10 a.m. in the Activity room.



The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.



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It's always Warm at
Summerville 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.

843-873-3337