

Southern Pines

GRACIOUS RETIREMENT LIVING

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

DECEMBER 2020

SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD
Assistant ManagersSTEVE & PENNY KANE
Executive Chef.....JASON CHERNIAWSKI
Activity Coordinator BETTY JACKSON
MaintenanceALEX HEALY
Bus DriverMICHAEL 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

It's That Time of Year Again!

The annual season of gingerbread creations is here! This year our challenge is to put together a gingerbread village. We have a bunch of little houses that we get to decorate to make a Bow Wow Town. That's right — this gingerbread village has gone to the dogs. We will be working on the village in the Activity Room every Thursday, at 2 p.m. We will have all kinds of goodies for you to decorate for your furry friends, as well as enjoy while you are creating. Please join us and get in the holiday spirit!



Christmas Tree Lighting

This year, our beautiful Christmas tree will be up and decorated in the Atrium. On December 2nd, we will gather together and light it up! The tree lighting ceremony will kick off the Christmas spirit here at Southern Pines. We ask that all who would like to participate gather in the Atrium on your floor starting at 2:30 p.m. to sing Christmas songs and spread some cheer. Then at 3 p.m., we will do a countdown to the tree lighting!

Again, please remember to go to the Atrium on your floor to keep from crowding in one space. We also ask that you please social distance for those singing around you. We want it to feel like the holidays, but we want to do it safely. Thank you and we can't wait to see you all then!

HAWTHORN
SENIOR LIVING



FreeStyle Art

FreeStyle Art is a new activity we have added to the calendar. This is a free space to explore your creative ability. Each week participants will be provided with different mediums — whether it be paint, clay, pastels, playdough, etc., the possibilities are endless! What you create with that medium is up to you to decide. Why is this something you would like or even want to do? Here are the facts:

1. You don't have to be "good" at art to get the benefits of being creative. When you create, you are opening your mind to artistic possibilities, which fuels your imagination. Also, when engaging in an artistic endeavor, you are learning to see the world around you in a new light which gives your mind new perspectives and brings you into the present moment. When creating, your only limitation is your own mind!
2. Studies show artistic activities may alleviate stress and worry. Taking some time to sit down and get artsy, your mind is able to focus on something other than all of your worries and instead, your mind focuses on what you are creating. Even spending a little bit of time dabbling in an adult coloring book will help you release some of that stress.
3. Creative art is also a great way to boost self-esteem. When you're creating art, you actually become happier. Studies have shown that creating art increases the level of dopamine in your brain, which helps to ward off sadness and depression. It helps you to express yourself and emotions in a simple and healthy way. Through art, you get to freely express yourself.

FreeStyle Art will take place at 3:30 p.m., in the Activity Room, on Tuesdays. Please come and explore and broaden your artistic horizons!

Fireflies in a Jar

Catching fireflies in a jar

Summer nights, when the stars are bright

No moon, just starlight.

Parents sat on porches and talked

while we played and gawked

We were all hope and glory

Coiled on a golden rope

Little children of the '50s,

becoming the children of the '60s

— Dee Dee Miller

Chair Volleyball

Not only is Chair Volleyball fun, but it is also a great physical activity that provides an easy way to be active. During games, players are required to remain seated, which allows everyone to participate on a level playing field. Regular participation in this activity can increase flexibility and stamina. This game is also amazing for your cognitive skills as well as keeping your reflexes sharp! These skills are needed for problem-solving as well as being able to react in a situation that needs quick movement or judgement, such as falling. So come on down, have some fun and show off those reflexes! We play every Wednesday and Saturday, at 10:30 a.m.

Christmas Morning

If you are spending Christmas morning here at Gracious Living, please come down and join us in the Activity Room. We will have homemade hot cocoa and waffles for you to enjoy, as well as plenty of Christmas tunes to listen to as we open stockings.

We can't wait to spend Christmas morning with you!





Looking for Ways to Get in the Holiday Spirit?

- Listen to Christmas music
- Bake cookies
- Help decorate the tree/building
- Go to the Christmas tree lighting
- Decorate your apartment
- Take part in the gingerbread project
- Make garland
- Watch Christmas movies
- Make an ornament in crafts
- Write a letter to Santa
- Make/send a Christmas card
- Drink hot cocoa
- Go on the bus to look at Christmas lights
- Donate a toy to Toys for Tots
- Sing a carol
- Wear Christmas jammies and socks
- Make reindeer food for your grandkids
- Do a random act of kindness

The History of Gingerbread

Gingerbread first showed an appearance in ancient civilizations like Greece and Egypt, where it was used more for ceremonial purposes. Later, gingerbread found its way to Europe when 11th-century Crusaders brought back ginger from the Middle East, though it was strictly for aristocrats. As ginger and other spices became more affordable to the masses, gingerbread caught on and eventually became the gingerbread we know and love to this day!

The earliest European recipe for gingerbread consisted of ground almonds, stale breadcrumbs, rosewater, sugar and ginger. This paste was pressed into a wooden mold. These carved wooden pieces were often made in shapes to bare the likeness of kings and queens. White frosting was used to add more detail.

The English replaced the breadcrumbs with flour during the 16th century. They also added eggs and sweeteners. The first gingerbread man is credited to Queen Elizabeth I, who gifted these treats to her guests, often surprising them with one baked in their own likeness.

Today, gingerbread is a baked cookie made of tasty spices such as ginger, cinnamon, cloves, nutmeg, cardamom and anise, and sweetened with any combination of brown sugar, molasses, light or dark corn syrup, or honey. Gingerbread can take the shape of thin, crisp cookies like snaps, it can be a dark, spicy and cake-like, sometimes, with lemon glaze or even in the form of a person or a house!

The gingerbread house became popular in Germany after the Brothers Grim Fairy tale story, "Hansel and Gretel" in the 19th century. Early German settlers brought this Lebkuchenhaeusle (gingerbread house) tradition to the Americas.

Let's Go See Some Lights!

There are a couple of nights reserved to go look at Christmas lights after supper. We will gather in the Lobby after supper and start loading up the bus. There is limited space due to regulations, so please be sure to reserve your spot with Betty in the Activity Room. We will drive through Southern Pines, Pinehurst and Whispering Pines. Don't miss out on your chance to capture that holiday magic!



DEC 2020

Birthdays

Dottie Noftz, 2nd
Patricia Mewborn, 4th
Grace Reinbott, 6th
Gladerine Dean, 10th
Nancy Hackney, 17th
Lois Hieber, 18th
Sybil Littleton, 20th
Nancy Coburn, 21st
Richard Porter, 21st
Terry Tripp, 21st
Mary Hayes, 25th
Jason Cherniawski, 28th (Employee)
Andy Robinson, 30th

Anniversaries




Larry and Lynda
Michaels, 12/3/1983

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
		9:30 yoga, AC 10:00 Gingerbread Word Game, AC 10:30 Resident Meeting with Managers 2:30 Prize Bingo with Betty, AC 3:30 Freestyle Art, AC 7:15 Chit & Chat, TV	9:30 Strength Exercise with Legacy, AC 10:15 Bible Study, CH 10:30 Chair Volleyball, A 2:30 Christmas Tree Lighting, A 7:00 \$2 Dollar Bingo with Dennis, AC 	9:30 yoga, AC 10:30 Coffee Talk, AC 2:00 <i>Gingerbread house, AC</i> 3:30 New York City Ballet 1993, The Nutcracker, TH 7:00 Remember When, TH 	9:30 Trip to the Fruitcake Factory 2:00 Crafts with Betty, AC 3:00 Memory Care, TV 4:00 Social Hour, AC 7:00 Movie, TH 	10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
6 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH 	7 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:00 Travelogue, TH 7:00 Game Night, AC	8 9:30 yoga, AC 10:00 Gingerbread Word Game, AC 10:30 Activity Ideas with Betty, AC 2:30 Prize Bingo with Betty, AC 3:30 Freestyle Art, AC 7:15 Chit & Chat, TV	9 9:30 Strength Exercise with Legacy, AC 10:15 Bible Study, CH 10:30 Chair Volleyball, A 2:30 Trivia, AC 7:00 \$2 Dollar Bingo with Dennis, AC	HANUKKAH BEGINS AT SUNSET 10 9:30 yoga, AC 10:30 Coffee Talk, AC 2:00 <i>Gingerbread house, AC</i> 3:00 Hanukkah Kick Off Social, AC 7:00 Remember When, TH 	11 9:30 Trip to the Christmas Store 2:00 Crafts with Betty, AC 3:00 Memory Care, TV 4:00 Social Hour, AC 7:00 Movie, TH	12 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 5:30 12 Days of Christmas, DR 7:00 \$2 Bingo, AC
13 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH 5:30 12 Days of Christmas, DR	14 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:00 Travelogue, TH 5:30 12 Days of Christmas, DR 7:00 Game Night, AC	15 9:30 yoga, AC 10:00 Gingerbread Word Game, AC 10:30 Chef/Resident Meeting, AC 2:30 Prize Bingo with Betty, AC 3:30 Freestyle Art, AC 5:30 12 Days of Christmas, DR 7:15 Chit & Chat, TV	16 9:30 Strength Exercise with Legacy, AC 10:15 Bible Study, CH 10:30 Chair Volleyball, A 2:30 Family Feud, AC 5:30 12 Days of Christmas, DR 7:00 \$2 Dollar Bingo with Dennis, AC	17 9:30 yoga, AC 10:30 Coffee Talk, AC 2:00 <i>Gingerbread house, AC</i> 3:00 Gift Wrapping Social 5:30 12 Days of Christmas, DR 7:00 Remember When, TH 	18 9:30 Mystery Trip 2:00 Crafts with Betty, AC 3:00 Memory Care, TV 4:00 Social Hour, AC 5:30 12 Days of Christmas, DR 6:30 Christmas Light Drive, L 7:00 Movie, TH 	19 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 5:30 12 Days of Christmas, DR 7:00 \$2 Bingo, AC
20 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH 5:30 12 Days of Christmas, DR 	WINTER BEGINS 21 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:00 Travelogue, TH 5:30 12 Days of Christmas, DR 7:00 Game Night, AC 	22 9:30 yoga, AC 10:00 Gingerbread Word Game, AC 10:30 New Resident Meeting, AC 2:30 Prize Bingo with Betty, AC 3:30 Freestyle Art, AC 5:30 12 Days of Christmas, DR 7:15 Chit & Chat, TV	23 9:30 Strength Exercise with Legacy, AC 10:15 Bible Study, CH 10:30 Chair Volleyball, A 2:00 Make Cookies with Betty 5:30 12 Days of Christmas, DR 7:00 \$2 Dollar Bingo with Dennis, AC	24 9:30 yoga, AC 10:30 Coffee Talk, AC 2:00 <i>Gingerbread house, AC</i> 3:00 Ugly Sweater Social, AC 7:00 Remember When, TH	CHRISTMAS DAY 25 10:00 Hot Cocoa and Stockings, AC 7:00 Movie, TH 	26 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
27 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	28 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:00 Travelogue, TH 7:00 Game Night, AC 	29 9:30 yoga, AC 2:30 Prize Bingo with Betty, AC 2:30 Sugar Plum Fairy Tea Party, AC 3:30 Freestyle Art, AC 7:15 Chit & Chat, TV	30 9:30 Strength Exercise with Legacy, AC 10:15 Bible Study, CH 10:30 Chair Volleyball, A 7:00 \$2 Dollar Bingo with Dennis, AC 	NEW YEAR'S EVE 31 9:30 yoga, AC 10:30 Coffee Talk, AC 2:30 New Year's Dance, A 7:00 Remember When, TH		



Paradox Farms

Last month, we went to Paradox Farms. We met the owner Sue Stollva, who showed us around the farm and let us feed cookies to the goats. While visiting, we even picked up a few fun facts about goats that we never knew before!

Here are just a few things we learned:

Goats are very social creatures and live in groups called herds, which may contain as many as 20 goats in the wild. Mountain goats are most social during the winter and tend to go solo in the summer.

Goats typically spend their days grazing on grass. They grab food with their lips and bring it into their mouths. The upper jaw is wider than the lower jaw, so they can only use one side of their mouths to grind the food. This causes the rotary movement that is seen when a goat or a cow is chewing.

Goats are ruminants, and like cattle, they have four stomach compartments. The rumen can hold 4 to 6 gallons, the reticulum can hold up to 0.26 to 0.5 gallons, the omasum can hold up to 0.26 gallons, and the abomasum can hold up to 1 gallon. It takes 11 to 15 hours for food to pass through a goat's digestive system.

Sue Stollva milks the goats twice daily for 20 minutes a session. A goat can produce between 6 to 12 pounds of milk a day. Sue takes the milk and makes it into tasty treats like cheese, ice cream, and fudge.



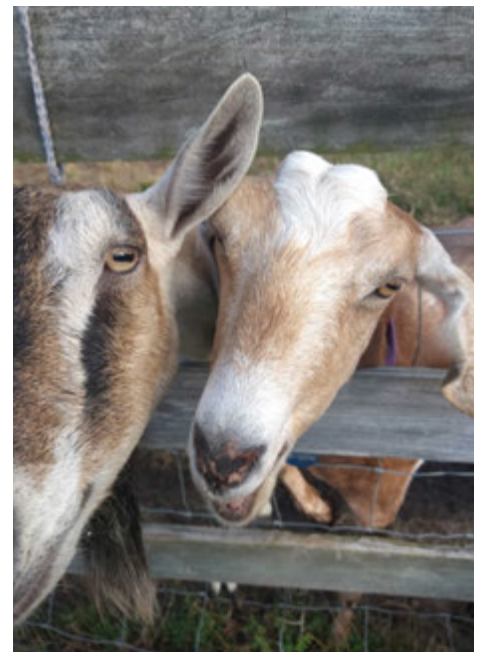
Susan telling us about her goats



Ruth made a friend!



*Goats getting lots of pets
and ear scratches*



Billy and Sue



Halloween Fashion Show

We pulled together as a team and got the Halloween Fashion Show rolling despite the changes that we were facing in the community. I appreciate everyone who still came dressed in costume, as well as those who just came to watch and have a good time. It was a Happy Halloween!



Beetlejuice, Beetlejuice, Beetlejuice!



The Wicked Witch



*Lady Bird Johnson
and Lyndon B.
Johnson*



Lonnie is our cowboy.

The Last of the Harry Potter Fun

The past few months, the residents have been challenging each other to win the Try Wizard Tournament to claim the House Cup! They have eaten the strangest flavors of jelly beans, slayed dragons, played a difficult game of Quidditch, and found their way through the Mischief Maze. In the end, the team that participated the most and endured all was Hufflepuff! They took the lead with 650 points, leaving the rest of the houses in the dust! Fun was had by all and I thank everyone who participated. A big congratulations to 3rd floor who got to celebrate their victory with a pizza party in their honor.



Congratulations to team Hufflepuff! They won the house cup taking the lead with 650 points!



*The famous game
of Quidditch!*



*We even got our new
resident Bill to play!
He was really good!*

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It's always Warm at

Southern Pines
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.

910-692-3367