

ASHTON GARDENS

Gracious Retirement Living



830 Ocean Avenue • Portland, Maine 04103 • Phone (207) 541-3999 • www.seniorlivinginstyle.com

JANUARY 2021

ASHTON GARDENS STAFF

Managers BLAIR & SUZETTE BOS
Assistant Managers... KAREN & HERSHEL GRIFFIS
Executive Chef MARCO DESALLE
Community Sales..... ANGELA FALL
Activity Coordinator..... SARAH WERT
Maintenance Coordinator BILL PETERS
Bus Driver..... NEAL VINING

TRANSPORTATION

Monday, 10 a.m. & 2:15 p.m.: Errands At The Falmouth Shopping Center & Market Basket

Tuesday, 8 a.m.-3 p.m.: Medical Appointments — Portland and Falmouth

Wednesday, 8 a.m.-4 p.m.: Community Outings

Thursday, 8 a.m.-3 p.m.: Medical Appointments — Portland, South Portland and Scarborough

Friday, 8 a.m.-3 p.m.: Mass At St. Pius and Errands At Northgate Shopping Center

HAWTHORN
SENIOR LIVING

Adventure Awaits!

Is the snow piled up outside getting you down? Are you dreaming about the warmth of the summer months? Maybe you need an Island getaway. Pack up your warm weather gear and join us on our Island Hopping 2021 Hawthorn Adventure! Our adventure is going to take us to Hawaii, Fiji, and New Zealand.

The week of January 11th-15th, we will prep for our trip by reminiscing about previous beach trips. We will pack our suitcases and find out who our “pack master” is. On Friday, January 16th, we will board the HMS Ashton Garden for a Bon Voyage Bash, before we set sail on our Island Hopping Cruise. Be sure to wear your best “tourist garb” for a chance at a fun prize.

Our first port of call (January 18th-22nd) is beautiful Islands of Hawaii! ALOHA! We will visit the famous Dole Pineapple Plantation and enjoy a Dole Whip. We will enjoy the “champagne of Hawaii” and do a Kona Coffee taste testing. Check our calendar for the full Hawaiian itinerary.

The second hop in our adventure (January 25th-29th), finds us on one of Fiji’s 333 islands. We will say “Bula” or hello, as we learn about the rich Fijian culture and history. We can kick back and relax with some Fijian inspired self-care, and discover the health benefits of the delicious coconut.

We finish our whirlwind Hawthorn Adventure with a stop in beautiful New Zealand. But be patient, we won’t arrive in port until the first week of February. I promise, it’ll be worth the wait.





Flashback With Beverley

When a lot of us here in Ashton Gardens were young, there was a series of movies with Bing Crosby and Bob Hope (if anyone doesn't remember it, take my word for it) playing two carefree guys who flitted about in places with exotic sounding names and nice scenery — part of which always included Dorothy Lamour in a sarong.

One of these go-to destinations they went to was Fiji — technically an archipelago where the topography was very much like California would be if chopped into small pieces and then reassembled into a long string of Pacific islands.

Beside the fact that both the Fiji and our individual governments always have endured similar political situations and consequent troubles — and despite my efforts to find some notable facts concerning these, especially now — this is all I came up with:

Tourists to Fiji used to claim going there was expensive. Duh!

Yet, most of them came back to the states laden with souvenirs — actually made in Taiwan.

Now some of the current inhabitants' grandkids have never heard of the Hope Crosby films — or even Bing and Bob either, and when they ask why grandma is holding on to the wax discs, and if she mentions the word "crooner" their eyes glaze over.

Gee — well, just you wait, you little whipper-snappers — the next generation will do the same to YOU!

I know.

Mark Your Calendar for These Big Events!

January 6th, we will put our heads together with our second Murder Mystery afternoon. We will solve the case of the Great British Bump-off. Please come see Sarah at the Activity Desk if you are interested in being a suspect or quite possibly the murderer!

January 15th we set sail. Come hop aboard as we christen our very own cruise ship — the HMS Ashton Garden. Wear your best tourist/cruise ship apparel (make it over the top — there is a fun prize for the best outfit) and join us on board for a Bon Voyage Party.

January 22nd we say goodbye to Hawaii with a taste of the islands. Let's Luau! Wear your prettiest muumuu or your coolest Hawaiian shirt. We will enjoy some island music and some traditional island treats.

January 29th will find us slowing down and relaxing the Fijian way, with our DIY Island Spa Day. We will learn some reflexology and hand massage techniques, and make our own hand lotion bars.

Look through the calendar and mark some of the other great activities planned during the month of January. Our regular Craft Corner will be bursting with island themed crafts. Look out for all of our tropical-themed Brain Games, Trivia Time, Cranium Crunches and Puzzle Packets.

A Great Big THANK YOU!

There are so many thanks that need to be said!

First, thank you to all of the staff and resident volunteers who helped to decorate our community for the holidays! Ashton Gardens sure did sparkle with holiday spirit!

A huge thank you and a socially distant hug from the Ashton Gardens' staff to our wonderful residents. Your kindness and generosity certainly made Christmas bright!

Thank you to the Christmas Committee for organizing and collecting for the Christmas fund.

As a community, we were also able to come together and make Christmas happy and bright for two children from the Greater Portland area. We made Christmas wonderful for a little four-year-old boy and a sweet eight-year-old girl, not to mention relieved some stress and pressure from their parents. What fun to get to be Santa and reminding us all of the true meaning of Christmas!

Thank you again so very much!



Aloha Hawaii!

It's easy to see why Hawaii has become synonymous with paradise. Just look at the sugary beaches, colorful coral reefs and volcanoes beckoning to those with an adventurous spirit.

The Island's Natural Beauty:

Snapshots of these islands scattered in the Pacific Ocean are heavenly, without the need for any embellishment by tourist brochures. Sunrises and sunsets are so spectacular that they cause for celebration all by themselves, such as atop Haleakala' volcano on Maui. As tropical getaways go, Hawaii couldn't be easier or more worth the trip. Whether you're dreaming of swimming in crystal waterfall pools or lazing on the golden sand beaches, you can find what you are looking for here.

Island's Style:

Floating all by itself in the middle of the Pacific, Hawaii proudly maintains its own distinct identity apart from the U.S. mainland. Spam, shave ice, surfing, ukulele, and slack guitar music, hula, pidgin, aloha shirts, 'rubbah slippah' (flip-flops) — these are just some of the touchstones of everyday life, island style. Pretty much everything here feels easygoing, low-key and casual, bursting with genuine aloha and fun.

Modern Multiculturalism:

Hawaii is proud of its multicultural heritage. On the Hawaiian Islands, the descendants of ancient Polynesians, European explorers, American Missionaries and Asian plantation immigrants mix and mingle. What's remarkable about contemporary Hawaii is the harmonious multiculturalism is the rule, not the exception. Boisterous arts and cultural festivals keep diverse community traditions alive, from Hawaiian outrigger canoe races to Japanese taiko drumming.

Please join us on our virtual discovery of all Hawaii has to offer. Our first stop on our island hopping cruise begins January 18th and continues until January 22nd. We will sample some of Hawaii's diverse cuisine, explore its rich history and and experience its beautiful scenery!



Attention, All Writers!

After our successful inaugural issue of the Ashton Garden Gazette: Holiday Edition. I am looking for entries for our Spring Edition.

Here are some writing prompts to inspire your creativity:

Write about your favorite memory of spring; why is this your favorite memory?

What are the five things about spring that make you extremely happy?

What is on your bucket list of fun things to do this spring?

How do you celebrate St. Patrick's Day and what is your favorite memory of this holiday?

How does the sun make you feel in the spring after a long, cold winter?

Describe your perfect spring day. What would you do? Where would you go?

What are your Easter or Passover traditions?

Write about the spring of your life. Why was it so great?

Please contribute stories, poems, recipes and other spring writing to Sarah in Activities by March 1, 2021.

JAN 2021

Birthdays

Jean Leonard, 2nd
 Dot Pinette, 6th
 Paul Anderson, 7th
 Barbara Sherburne, 9th
 Dennis Day, 11th
 Patricia Low, 12th
 Phyllis Hawkes, 18th
 Nini Ijams, 20th
 Mary MacDonald, 21st
 Fran Kalman, 25th
 Clenda Wildes, 25th
 Linda Cummings, 25th
 Dean Bryan, 27th
 Sigrid Andresen, 29th

Locations

Activity Room, AR
 Atrium, ATM
 Back Patio, BP
 Billiards Room, BR
 Birds Nest, BN
 Bistro, Bisto
 Chapel, CH
 Computer Center, CC
 Dining Room, DR
 Dining Room Fireplace, DRFP
 Exercise Room, ER
 Fireplace DR, FPDR
 Front Lobby, Lobby
 Library, LB
 Massage Therapy, TBD
 Movie Theater, MT
 Outing, OUT
 Piano/Lobby, PL
 Private Dining Room, PDR
 Resident Kitchen, RK
 To Be Determined, TBD
 TV Room, TV

Community Wellness

Kindred at Home
 Tina Pedersen,
 Home Health Specialist
Office: 207-772-0954
Mobile: 207-894-4642

Individual Care of Maine
 Jennifer Rudin
Office: 207-613-9004
 Call to make arrangements.
 Located on the 4th floor,
 Room 451

Hair by Melissa
Phone: 207-844-9073
Tuesday, Wednesday and Thursday: 9 a.m.- 3 p.m.
Friday: 9 a.m.-12:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1 9:30 Exercise with Sarah, DR 10:15 Exercise with Sarah, DR 11:00 First Foot Day: Rock, Whiskey or Money Game, AR 2:15 Christmas Pack Away, AR 3:15 Resolutions History, Top 10 and Traditions, AR	10:00 Morning Movies, MT 2 10:00 Cribbage Club, TV 11:00 Bean Bag Baseball, DR 2:00 Afternoon movies, MT 2:15 LCR, DR 7:00 Saturday Night @ The Movies, MT
10:00 Morning Movies, MT 3 10:00 A Time to Worship, CH 2:15 LCR, DR 2:30 Rummikub, BR 7:00 Sunday Night @ The Movies, MT	9:30 Exercise with Sarah, DR 4 10:15 Exercise with Sarah, DR 11:00 National Braille Day: History and Practice, AR 2:15 Mah Jongg, BN 2:15 Flyswatter Volleyball, AR 3:15 Craft Corner: Puff Paint Snowflakes, AR 7:00 Poker, BR	9:30 Exercise with Sarah, DR 5 10:15 Exercise with Sarah, DR 11:00 Whiteboard Winter Word Jumble, AR 2:00 Bridge, BR 2:15 Bingo, DR 2:15 Hot Buttered "Rum" Mocktails with Whipped Cream, AR	9:30 Exercise with Sarah, DR 6 10:00 Mystery Trip, OUT 10:15 Exercise with Sarah, DR 10:15 Holy Communion, CH 10:45 Music and Remembering with Sara Holmes, LB 2:15 Mystery Trip, OUT 2:15 Men's Group, TV 2:15 Murder Mystery Afternoon, DR	9:30 Exercise with Sarah, DR 7 10:15 Exercise with Sarah, DR 11:00 Giant Group Crossword, AR 2:00 Bridge, BR 2:15 Bingo, DR 3:15 Craft Corner: Beaded Bracelets, AR	9:30 Exercise with Sarah, DR 8 10:15 Exercise with Sarah, DR 10:30 Book Club, LB 11:00 Elvis Trivia, AR 2:15 Let's Make: Peanut Butter & and Banana Sandwiches, RK 3:15 Spoons: The Card Game	10:00 Morning Movies, MT 9 10:00 Cribbage Club, TV 11:00 Bean Bag Baseball, DR 2:00 Afternoon movies, MT 2:15 LCR, DR 7:00 Saturday Night @ The Movies, MT
10:00 Morning Movies, MT 10 10:00 A Time to Worship, CH 2:15 LCR, DR 2:30 Rummikub, BR 7:00 Sunday Night @ The Movies, MT	9:30 Exercise with Sarah, DR 11 10:15 Exercise with Sarah, DR 11:00 Beach Reminiscing Group, AR 2:15 Mah Jongg, BN 2:15 Beach Trivia, AR 3:15 Craft Corner: Driftwood Keychain, AR	9:30 Exercise with Sarah, DR 12 10:15 Exercise with Sarah, DR 11:00 Cruise Ship Word Jumble, AR 2:00 Bridge, BR 2:15 Bingo, DR 3:15 Flyswatter Volleyball, AR	9:30 Exercise with Sarah, DR 13 10:00 Mystery Trip, OUT 10:15 Exercise with Sarah, DR 10:45 Music and Remembering with Sara Holmes, LB 11:00 White Board Jeopardy, AR 2:15 Mystery Trip, OUT 2:15 Men's Group, TV 2:15 Let's Make: Monkey Bread, RK 3:15 Monkey Bread Tasting, AR	9:30 Exercise with Sarah, DR 14 10:00 Book Club, LB 10:15 Exercise with Sarah, DR 11:00 Whiteboard Hangman, AR 2:00 Bridge, BR 2:15 Bingo, DR 3:15 Pack Master Challenge, AR	9:30 Exercise with Sarah, DR 15 10:15 Exercise with Sarah, DR 11:00 Passport and Boarding Pass Pick Up, AR 2:15 Christening of the Hms Ashton Garden, AR 2:30 Hawthorn Adventure Bon Voyage Party, AR	10:00 Morning Movies, MT 16 10:00 Cribbage Club, TV 11:00 Bean Bag Baseball, DR 2:00 Afternoon movies, MT 2:15 LCR, DR 7:00 Saturday Night @ The Movies, MT
10:00 Morning Movies, MT 17 10:00 A Time to Worship, CH 2:15 LCR, DR 2:30 Rummikub, BR 7:00 Sunday Night @ The Movies, MT	MARTIN LUTHER KING JR. DAY 18 9:30 Exercise with Sarah, DR 10:15 Exercise with Sarah, DR 11:00 Let's Learn: 5 Hawaiian Phrases, AR 2:15 Mah Jongg, BN 2:15 Let's Make: Big Island Eye Cream, RK 3:15 Kona Coffee Tasting, AR	2:15 Blue Hawaii Bingo, AR 19 9:30 Exercise with Sarah, DR 10:15 Exercise with Sarah, DR 11:00 Get Up and Move: Hula Practice, AR 2:00 Bridge, BR 3:15 Craft Corner: Maui Seaside Art, AR	9:30 Exercise with Sarah, DR 20 10:00 Mystery Trip, OUT 10:15 Exercise with Sarah, DR 10:45 Music and Remembering with Sara Holmes, LB 11:00 Whiteboard Word Mining: Kamakawi'ole, AR 2:15 Mystery Trip, OUT 2:15 Men's Group, TV 2:15 Welcome to Oahu: Dole Pineapple Plantation Tour, AR 3:15 Health Benefits of Pineapples & Pineapple Whip, RK	9:30 Exercise with Sarah, DR 21 10:15 Exercise with Sarah, DR 11:00 Welcome to Kauai: Learn the Chant for Kauai, AR 2:00 Bridge, BR 2:15 Bingo, DR 2:15 Blue Hawaii Bingo, AR 3:15 Craft Corner: Leis, AR	9:30 Exercise with Sarah, DR 22 10:15 Exercise with Sarah, DR 11:00 Elvis Presley Movie Quiz, AR 2:15 Last Day in Hawaii: White Board Jeopardy, AR 3:15 Luau: Don't Forget Your Island Garb, AR	10:00 Morning Movies, MT 23 10:00 Cribbage Club, TV 11:00 Bean Bag Baseball, DR 2:00 Afternoon movies, MT 2:15 LCR, DR 7:00 Saturday Night @ The Movies, MT
10:00 Morning Movies, MT 24 10:00 A Time to Worship, CH 2:15 LCR, DR 2:30 Rummikub, BR 7:00 Sunday Night @ The Movies, MT	9:30 Exercise with Sarah, DR 25 10:15 Exercise with Sarah, DR 11:00 Whiteboard Word Mining: Fiji Edition, AR 2:15 Mah Jongg, BN 2:15 Virtual Tour of the Island of the Sleeping Giant, DR	9:30 Exercise with Sarah, DR 26 10:15 Exercise with Sarah, DR 11:00 Castaway Movie Trivia, AR 2:00 Bridge, BR 2:15 Bingo, DR 3:15 Wilson (Balloon) Volleyball, AR	9:30 Exercise with Sarah, DR 27 10:00 Mystery Trip, OUT 10:15 Exercise with Sarah, DR 10:45 Music and Remembering with Sara Holmes, LB 11:00 Health Benefits of Coconuts and Coconut Water, AR 2:15 Mystery Trip, OUT 2:15 Men's Group, TV 2:15 Let's Make: Coconut Superfood Snacks, RK 3:15 Coconut Superfood Social, AR	9:30 Exercise with Sarah, DR 28 10:15 Exercise with Sarah, DR 11:00 Island Time Hangman, AR 2:00 Bridge, BR 2:15 Bingo, DR 2:15 Spa Day: Reflexology Workshop, AR 3:15 Craft Corner: Coconut Lotion Bar, AR	3:15 Group Creation: Coral Reef, AR 29 9:30 Exercise with Sarah, DR 10:15 Exercise with Sarah, DR 11:00 All About Coral: Facts, AR 2:15 Snorkel Adventure: Sea Life Scavenger Hunt, AR	10:00 Morning Movies, MT 30 10:00 Cribbage Club, TV 11:00 Bean Bag Baseball, DR 2:00 Afternoon movies, MT 2:15 LCR, DR 7:00 Saturday Night @ The Movies, MT
10:00 Morning Movies, MT 31 10:00 A Time to Worship, CH 2:15 LCR, DR 2:30 Rummikub, BR 7:00 Sunday Night @ The Movies, MT						



New Year's Resolutions

When you think of New Year's Resolutions, what comes to mind? For most people, New Year's Resolutions often include: Weight loss, physical fitness, spend less/save more, organization, quitting a bad habit, learning something new, or maybe traveling more.

Did you ever wonder where the tradition of resolution making on New Year's came from? I'm sure it's not a surprise that as humans, we have been celebrating the New Year in one way or another since the beginning of recorded time, well before our modern calendar. The ancient Babylonians celebrated closer to what we now know as March.

It wasn't until the Romans came along that it was moved to January. In fact, the name January is to honor the two-faced god, Janus. Janus looked both backward into the old year and forward into the new year. Traditional Roman resolutions revolved around kindness to others during this time of belief in Janus. After Christianity became the official religion in Rome (4th century), those resolutions of kindness, along with feasting and revelry, were replaced by quiet contemplation, fasting and prayer.

In more recent history, the Puritans refused to even use the name January because of its "pagan" ties to Rome, calling it instead "First Month." Instead of feasting and parties, the Puritans spent their time reflecting on the past year and committed to do better, thus continuing the tradition of making resolutions.

While I love the fun and festivities of a good New Year's Eve Party, for the most part, this year has followed more of the Puritan tradition – mostly, out of necessity. We shouldn't let that stop us from resolving to make things better in the upcoming year.

Do you have a hard time sticking to your New Year's resolutions? You are not alone. One study suggests only 46 percent of people stick to their resolutions.

Here are some tips to help make it easier to succeed with whatever your resolution might be:

1. Prepare for the change

Change is hard! It can't be jumped into. Stand back, take stock, and make a plan.

2. Set a goal

Smaller goals are easier to reach and encourage more change.

3. Set a reasonable amount of resolutions

Too many will be hard to keep up with and achieve. This will result in discouragement.

4. Write down your goals and resolutions

It might sound silly, but they are easy to forget. Writing them down will help you keep on task.

5. Share your resolution with others

Find a friend with a similar resolution. It is easier to stick with it, when there is the accountability of another person knowing about your resolution.

6. If you fall off track, get back on – quick!

Setbacks happen, it is how you manage them that matters. Don't give up, keep trying.



Cheers to 2021! Join us New Year's Day for a discussion of traditions from around the globe, and maybe enjoy some "lucky" New Year's Treats!

Welcome to Fiji!

Set your internal clock to 'Fiji time': Exploring the archipelago's exquisite beaches, undersea marvels, lush interiors and fascinating culture shouldn't be rushed.

Throwing Down the (Beach) Towel:

Dazzling sands, perfect palm trees and waters so blue they seem to glow – Fiji's beaches look airbrushed. While stunning stretches abound, it's on the islands of Mamanucas and Yasawas that you'll find heavenly heavyweights. These beaches are the poster-child of paradise. The appeal of the islands stretches beyond holiday snap; the reefs, bays, and sublime sands have provided cinematic eye candy to films including "Cast Away" with Tom Hanks and the 1980s teen dream classic "The Blue Lagoon."

Wetter is Better:

Fiji's calm seas are a brilliant disguise for the riot of life going on within. With seemingly endless stretches of intensely colored reefs and more than 15,000 species of fish and colossal creatures, Fiji's underwater world is worth the plunge. Seasoned divers and snorkelers will find plenty to excite them, while first-timers will be bubbling excited exclamations into their mouthpieces. Anywhere a fin flashes or coral waves, you'll find a diving or snorkel day trip and there are excellent live-aboard journeys for those after a truly immersive experience.

Beyond the Beach:

While it's easy to spend your holiday in, on or under water, those who take the time to towel off will be rewarded by a wealth of terra firma treats. Fiji offers ample opportunities for hikers, birdwatchers, amblers and forest fanciers, particularly on the island of Taveuni-known as "The Garden island" for its ludicrously lush interiors and Kadavu, a less travelled slice of prehistoric paradise with almost no roads to speak of.

Please join us the week of January 25th-29th, to experience some of Fiji's amazing culture. How well do you know Fiji? Join us for some Fijian trivia. We will explore the the flora and fauna of Fiji while touring through the Garden of the Sleeping Giant. We will make our own orchids in Crafter Corner, and learn how to relax and unwind the island way. Who doesn't love tropical self-care?



Hiking Mauna Kea: A Volcanic Walking Challenge

Superlatives abound when describing Mauna Kea: The highest mountain in the Pacific Rim; the tallest sea mountain in the world, rising 33,000 feet from the ocean floor; the highest lake in the Pacific Rim and the only alpine lake in Hawaii; the highest mountain in the state of Hawaii and the Big Island. Mauna Kea, literally white mountain, is actually a shortened version of Mauna a Wakea, which links the mountain to the sky god Wakea. Mauna Kea rises to an elevation of 13,803 feet above sea level and is comprised of many cinder cones near its summit. While there is a road to the summit (4WD needed) and several astronomical observatories there, most of this mountain is untamed and wild.

Get ready to experience this hike firsthand! The hike itself is 12 miles. This week, challenge yourself to complete this 12-mile journey to the top of Mauna Kea! Once you finish the journey to the top, come have your photo taken in front of our very own volcano.

Here is how to do it:

1. Two laps around the first floor will equal 1 mile.
2. Come pick up a chart to track your journey up Mauna Kea.

*Charts will be available at the Activity Desk, January 18th, after lunch.

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830 Ocean Avenue
Portland, ME 04103



It's always Warm at

ASHTON GARDENS
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.

207-541-3999