

The special ladies in this group are: Ravenna C., Karin F., Margot T., Betty C., Meredith A., and Barbara P. The next time you see them, thank them for helping to provide such beautiful creations for a well-deserved cause!



Cottonwood Estates' New Year's Eve Bash 2021

It's safe to say that no one was sad to see 2020 come to an end, as a lot of our residents came to celebrate at Cottonwood Estates' New Year's Eve Bash.



Decorations for 2021!

Decorations of silver, gold and black decked out the Dining Room and the dining tables welcomed the residents attending with gold placemats, festive napkins, hats and noise makers. The residents were treated to an elegant dinner of prime rib or salmon with grilled asparagus prepared by Chef Jonathan. After their delicious dinner, residents "danced the night away" to some fabulous music and snacked on cookies and brownies for dessert. At the chosen hour, the staff and residents celebrated the New Year by popping confetti cannons, using loud noise makers, and toasting with sparkling apple cider. It was a wonderful and fantastic celebration to ring in 2021!



Ready to party!



Camilla and Delores waiting to toast in the New Year!



Let's dance the night away!



It's Time for Mardi Gras

Mardi Gras is traditionally celebrated on “Fat Tuesday,” the Tuesday before Ash Wednesday and the start of Lent. In many areas, however, Mardi Gras has evolved into a week-long festival. Mardi Gras 2021 will fall on Tuesday, February 16th. Mardi Gras is a tradition that dates back thousands of years to pagan celebrations of spring and fertility, including the raucous Roman festivals of Saturnalia and Lupercalia.

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of fasting and penance between Ash Wednesday and Easter Sunday. Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

Mardi is the French word for Tuesday, and gras means “fat.” In France, the day before Ash Wednesday came to be known as Mardi Gras, or “Fat Tuesday.” Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods — meat, eggs, milk, lard and cheese — that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word carnival, another common name for the pre-Lenten festivities, also derives from this feasting tradition: In Medieval Latin, carnelevarium means to take away or remove meat, from the Latin carnem for meat.

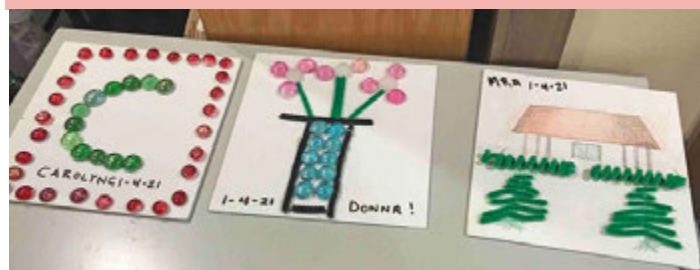
Our residents will be celebrating with masks, beads, music, and a traditional King Cake on February 16th during lunch.



Let's party!

Beautiful Artwork

Every other Monday, at 3 p.m., in the Activity Center, our residents get together, along with John the Activity Coordinator, to do various crafts. So if you are interested, come by the Activity Center.



Artwork done by fabulous ladies Donna S., Carolyn C., and Mary Ruth Allen

Quote of Month

“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”

— Martin Luther King, Jr.



FEB 2021

Birthdays

Judith Dickens, 5th
Judy Owens, 10th
Marie Pudlicki, 15th
Marge Kulfan, 16th
Maryln Eubanks,
22nd
James Holland, 23rd
Vel Hadley, 26th

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

**“We must
absolutely take
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—Ruby Bridges

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- Exercise Room, EX
- Firepit, FP
- Front Lobby, Lobby
- Library, L
- Movie Theater, MT
- TV Room, TV

“We must absolutely take care of one another.”
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div><div>9:30 Shopping: Windward Pkwy., Lobby</div><div>10:00 Exercise with New Zealand Music, AC</div><div>10:30 Knitting & Crocheting, CH</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 Making Mineral Hand Soap, AC</div><div>7:00 Bingo, AC</div></div> <div>1</div>	<div><div>10:00 Exercise with New Zealand Music, AC</div><div>11:00 Cotton Gin</div><div>11:30 Communion: All Baptized Residents, CH</div><div>1:45 Bridge Club, BR</div><div>3:00 Facts of New Zealand, AC</div><div>3:30 Rummikub, DR</div><div>4:00 Dominoes, DR</div><div>7:00 Bingo, AC</div></div> <div>2</div>	<div><div>10:00 Exercise with New Zealand Music JT, AC</div><div>10:30 Outing with John, Lobby</div><div>3:00 Sampling Pavlova Nz Dessert, AC</div><div>7:00 Kings Corner, DR</div><div>7:00 Dominoes, TV</div></div> <div>3</div>	<div><div>10:00 Exercise with New Zealand Music, AC</div><div>10:30 Bible Study with Tom, CH</div><div>11:00 Cotton Gin</div><div>2:00 Mahjong, BR</div><div>2:00 Bingo, AC</div><div>3:00 Blood Pressure with Adoun</div><div>3:00 Origins of Haka, AC</div><div>4:00 Art Relaxation, DR</div><div>7:00 Euchre, BR</div></div> <div>4</div>	<div><div>9:30 Shopping at Northpointe, Lobby</div><div>10:00 Exercise with New Zealand Music JT, 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 Video About Hobbiton NZ, AC</div><div>7:00 Bingo, AC</div><div>7:00 Movie Night, MT</div></div> <div>5</div> <div></div>	<div><div>10:00 Resident Coffee & Donut Chat, AC</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> <div>6</div>
<div><div>9:00 Televised Church Service: Lakewood Church, MT</div><div>2:00 Pokeno, AC</div><div>2:00 Kings in the Corner, DR</div><div>7:00 Rummikub, TV</div><div>7:00 Sunday Night Movie, MT</div></div> <div>7</div>	<div><div>9:30 Shopping: Windward Pkwy., Lobby</div><div>10:00 Let's Move with John</div><div>10:30 Knitting & Crocheting, CH</div><div>2:00 Ambassadors Assembly, CH</div><div>2:00 Bingo, AC</div><div>2:30 Shopping: Windward Pkwy., Lobby</div><div>7:00 Bingo, AC</div></div> <div>8</div>	<div><div>10:00 Let's Move with John, AC</div><div>11:00 Cotton Gin</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> <div>9</div>	<div><div>10:00 Exercise with Jeanne, AC</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> <div>10</div> <div></div>	<div><div>8:00 Men's Breakfast Group, AC</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</div><div>2:00 Mahjong, BR</div><div>2:00 Bingo, AC</div><div>3:00 Blood Pressure with Adoun</div><div>4:00 Art Relaxation, DR</div><div>7:00 Euchre, BR</div></div> <div>11</div>	<div><div>9:30 Shopping at Northpointe, Lobby</div><div>10:00 Exercise with Jeanne, AC</div><div>10:45 Meet & Greet Neighbors with John, AT</div><div>11:00 Bible Sharing with Ravenna, MT</div><div>2:00 Hearts, BR</div><div>2:00 Talk with Joe Rich Aidens, CH</div><div>2:30 Shopping at Northpointe, Lobby</div><div>7:00 Bingo, AC</div><div>7:00 Movie Night, MT</div></div> <div>12</div>	<div><div>10:00 Resident Coffee & Donut Chat, AC</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> <div>13</div>
<div><div>VALENTINE'S DAY</div><div>9:00 Televised Church Service: Lakewood Church, MT</div><div>2:00 Pokeno, AC</div><div>2:00 Kings in the Corner, DR</div><div>7:00 Rummikub, TV</div><div>7:00 Sunday Night Movie, MT</div><div>7:00 Valentine's Day Party, DR</div></div> <div>14</div>	<div><div>PRESIDENTS DAY</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>2:00 Ambassadors Assembly, CH</div><div>2:00 Bingo, AC</div><div>2:30 Shopping: Windward Pkwy., Lobby</div><div>3:00 Craft with John, AC</div><div>7:00 Bingo, AC</div></div> <div>15</div> <div></div>	<div><div>10:00 Let's Move with John, AC</div><div>11:00 Cotton Gin</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> <div>16</div> <div></div>	<div><div>ASH WEDNESDAY</div><div>10:00 Exercise with Jeanne, AC</div><div>10:30 Outing with John, Lobby</div><div>1:30 Chef & Residents' Meeting, DR</div><div>3:00 Writing Club, AC</div><div>7:00 Kings Corner, DR</div><div>7:00 Dominoes, TV</div></div> <div>17</div>	<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</div><div>2:00 Mahjong, BR</div><div>2:00 Bingo, AC</div><div>3:00 Blood Pressure with Adoun</div><div>4:00 Art Relaxation, DR</div><div>7:00 Euchre, BR</div></div> <div>18</div>	<div><div>9:30 Shopping at Northpointe, Lobby</div><div>10:00 Exercise with Jeanne, 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>7:00 Bingo, AC</div><div>7:00 Movie Night, MT</div></div> <div>19</div>	<div><div>10:00 Resident Coffee & Donut Chat, AC</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> <div>20</div>
<div><div>9:00 Televised Church Service: Lakewood Church, MT</div><div>2:00 Pokeno, AC</div><div>2:00 Kings in the Corner, DR</div><div>7:00 Rummikub, TV</div><div>7:00 Sunday Night Movie, MT</div></div> <div>21</div>	<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>2:00 Ambassadors Assembly, CH</div><div>2:00 Bingo, AC</div><div>2:30 Shopping: Windward Pkwy., Lobby</div><div>3:00 Craft with John, AC</div><div>7:00 Bingo, AC</div></div> <div>22</div> <div></div>	<div><div>10:00 Let's Move with John, AC</div><div>11:00 Cotton Gin</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> <div>23</div> <div></div>	<div><div>10:00 Exercise with Jeanne, AC</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> <div>24</div>	<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</div><div>2:00 Mahjong, BR</div><div>2:00 Bingo, AC</div><div>3:00 Blood Pressure with Adoun</div><div>4:00 Art Relaxation, DR</div><div>7:00 Euchre, BR</div></div> <div>25</div>	<div><div>9:30 Shopping at Northpointe, Lobby</div><div>10:00 Exercise with Jeanne, AC</div><div>10:45 Meet & Greet Neighbors with John, AT</div><div>11:00 Bible Sharing with Ravenna, MT</div><div>2:00 Hearts, BR</div><div>2:00 Talk with Joe Rich Aidens, CH</div><div>2:30 Shopping at Northpointe, Lobby</div><div>7:00 Bingo, AC</div><div>7:00 Movie Night, MT</div></div> <div>26</div> <div></div>	<div><div>10:00 Resident Coffee & Donut Chat, AC</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> <div>27</div>
<div><div>9:00 Televised Church Service: Lakewood Church, MT</div><div>2:00 Pokeno, AC</div><div>2:00 Kings in the Corner, DR</div><div>7:00 Rummikub, TV</div><div>7:00 Sunday Night Movie, MT</div></div> <div>28</div>						



Time for Valentine's Day

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14th. It originated as a Western Christian feast day honoring one or two early Christian martyrs named Saint Valentine and is recognized as a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Valentines connected to February 14th, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. Numerous later additions to the legend have better related it to the theme of love: An 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution; another addition posits that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry.

Our residents here at Cottonwood will be celebrating on February 14th, Sunday with a party with lots of red balloons, candy, music and dancing.



Yeah Valentine's Day!

The Final Destination: New Zealand

Kia ora from New Zealand! The first week of February will be the last week of our Hawthorn Adventure that began last month. The Cottonwood residents are heading to New Zealand after island hopping in Hawaii and exploring the tranquil islands of Fiji. While in New Zealand, residents will have the opportunity to make and try mineral hand soap, which is an island favorite. We will also learn about the origins of HAKA and how to perform a basic HAKA. The residents will also be able to enjoy a sample of a delicious New Zealand dessert called Pavlova. The final adventure for our Cottonwood residents will be visiting Hobbiton to see the set where "The Lord of the Rings" was filmed.

Our March newsletter will have many of the pictures from our Hawthorn Adventure trip.



Yummy — looks delicious!



Let's Celebrate Black History Month

The 54th Massachusetts Infantry Regiment was an infantry regiment that saw extensive service in the Union Army during the American Civil War. The unit was the second African-American regiment, following the 1st Kansas Colored Volunteer Infantry Regiment, organized in the northern states during the Civil War. Authorized by the Emancipation Proclamation, the regiment consisted of African-American enlisted men commanded by white officers.

The unit began recruiting in February 1863 and trained at Camp Meigs on the outskirts of Boston, Massachusetts. Prominent abolitionists were active in recruitment efforts, including Frederick Douglass, whose two sons were among the first to enlist. Massachusetts Governor John Albion Andrew, who had long pressured the U.S. Department of War to begin recruiting African-Americans, placed a high priority on the formation of the 54th Massachusetts. Andrew appointed Robert Gould Shaw, the son of Boston abolitionists, to command the regiment as Colonel. The free black community in Boston was also instrumental in recruiting efforts, utilizing networks reaching beyond Massachusetts and even into the southern states to attract soldiers and fill out the ranks. After its departure from Massachusetts on May 28, 1863, the 54th Massachusetts was shipped to Beaufort, South Carolina and became part of the X Corps commanded by Major General David Hunter.

During its service with the X Corps, the 54th Massachusetts took part in operations against Charleston, South Carolina, including the Battle of Grimball's Landing on July 16, 1863, and the more famous Second Battle of Fort Wagner on July 18, 1863. During the latter engagement, the 54th Massachusetts, with other Union regiments, executed a frontal assault against Fort Wagner and suffered casualties of 20 killed, 125 wounded, and 102 missing (primarily presumed dead) — roughly 40 percent of the unit's numbers at that time. Col. Robert G. Shaw was killed on the parapet of Fort Wagner. In 1864, as part of the Union Army's Department of Florida, the 54th Massachusetts took part in the Battle of Olustee.



What an enchanted house!



It's time for a HAKA!

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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.

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