

FEBRUARY 2021

COTTONWOOD ESTATES STAFF

TRANSPORTATION

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

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

Wednesday, 10:30 a.m.: Outing

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



The Knitting and Crocheting Ladies of Cottonwood Estates

Every Monday morning at 10:30 a.m., for the past six years, a group of ladies meet in the Chapel to knit and crochet. This started in February 2016 when the group The Encouragement Project, led by their Director/Founder Stephanie Cervantes, were looking for senior living communities where they could start knitting/crochet groups for their "Hugs and Kisses" effort that connects with



Some of the finished items by our ladies

volunteers to make cold weather items for those in need. Stephanie recalls, "Our first stop was at Cottonwood Estates. Honestly, we fell in love with them ... and everyone who has been a part of this group! In these six years since we started, the knitting and crocheting team at Cottonwood have made hundreds of warm and beautiful hats, scarves, blankets, and mittens that have been given to children in foster care, the homeless, families in need, as well as crisis pregnancy centers around Georgia, in the Appalachian region, and overseas. We are so grateful for their generous efforts and for the encouragement they have been to so many."

The first weekly gathering took place with a group who have been loyal to The Encouragement Project ever since. Not only do they use the time to knit and crochet, but they have formed a group that has become a community of friendship, as well as helping each other with deal with the grief of losing a loved one.

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

of silver, gold



Decorations for 2021!

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!



Camilla and Delores waiting to toast in the New Year!





Ready to party!



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.

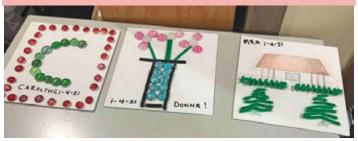
Our residents will be celebrating with masks, beads, music, and a traditional King Cake on February 16th during lunch.



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.

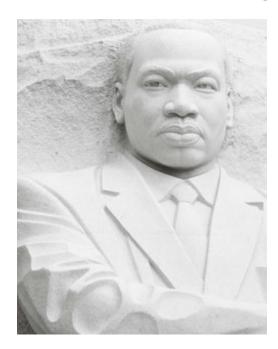


Artwork done by fabulous ladies Donna S., Carolyn C., and Mary Ruth Allen

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 care of one another."

Corner, DR

7:00 Rummikub, TV 7:00 Sunday Night

Movie, MT

-Ruby Bridges

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



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.





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!



255 Vaughan Drive Alpharetta, GA 30009



