

FAIRVIEW ESTATES

Gracious Retirement Living

132 East Main Street • Hopkinton, MA 01748 • Phone (508) 435-8370 • www.seniorlivinginstyle.com

FEBRUARY 2021

FAIRVIEW ESTATES STAFF

Managers.....SUE & DUNCAN PELTASON
Assistant Managers ... MARCIE & DAVID MORETTI
Executive Chef..... MOLLY SMITH
Community Sales KATHRYN KOENIG
Sous Chef JASON RIVERA
Activity Coordinator MIKE KING
MaintenanceJEFFREY RUTTER
Bus Driver REGGIE OLIVIERA

TRANSPORTATION

Monday - Friday, 9 a.m.-2:30 p.m.:
Doctor Appointments

Monday & Friday, If Available:
Shopping/Errands

Wednesday, 9:30 a.m.-2:15 p.m.:
Outing If Available

Friday, 2:30 p.m.: Mystery Bus Ride

HAWTHORN
SENIOR LIVING

Snowball Fights

The residents were having fun with the indoor snowball fights. This was the first of many battles. Great for motor skills, improving eye-



to-hand coordination and general exercise, it was also good for blowing off steam and nobody got hurt. There was a lot of laughter going on — especially when they were throwing them at Mike.





Happy Valentine's Day Facts

Valentine's Day is celebrated annually on February 14th. It originated as a Western Christian feast day honoring one or two early Christian martyrs named Saint Valentine.

While the custom of sending cards, flowers, chocolates and other gifts originated in the UK, Valentine's Day still remains connected with various regional customs in England. In Norfolk, a character called Jack Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were afraid of him.

The modern cliché Valentine's Day poem, "Roses are Red" can be found in English nursery rhymes of 1784.

In the United States, the first mass-produced valentines of embossed paper lace were produced and sold shortly after 1847 by Esther Howland (1828-1904) of Worcester, Massachusetts.

In 1868, the British chocolate company Cadbury created Fancy Boxes — a decorated box of chocolates — in the shape of a heart for Valentine's Day. Boxes of filled chocolates quickly became associated with the holiday. In the second half of the 20th century, the practice of exchanging cards was extended to all manner of gifts, such as giving jewelry.

The U.S. Greeting Card Association estimates that approximately 190 million valentines are sent each year in the US. Half of those valentines are given to family members other than husband or wife, usually to children. When the valentine-exchange cards made in school activities are included the figure goes up to 1 billion, and teachers become the people receiving the most valentines. In 2020, Valentine's Day shoppers set new spending records with an estimated \$27.4 billion spent on the holiday.

As for me, I'm frugal. I will be giving my wife a valentine card and then, waiting for the day after, I will buy some Valentine's Day chocolates at half price. The best part about it is my wife is not a big chocolate eater so I have to help her finish them off.



Let the Adventure Begin

In January we started our Hawthorn Adventure. We began in Hawaii and Fiji and will be finishing up in New Zealand this month. Pictures of the entire adventure will appear in next month's newsletter. Here are pictures of the beginning of the decorations.





New Year's Eve

We ushered in the new year quietly this year while trying to create a festive environment. The Dining Room was decorated and the chef prepared a special meal. At home, my wife and I actually made it up until midnight (without taking a nap) watching friends of ours perform on Facebook. We went to bed shortly after, but not before I posted a Happy New Year's greeting on Facebook. This proved to be a mistake though. While we were trying to get to sleep everyone who saw my Facebook message thought "Hey, they're awake still" and for the next 15 minutes my phone wouldn't stop ding with all the text messages I received.

2020 was a rough year but we survived. 2021 may have a slow start, but I am hopeful that things will improve and our lives will get back to a sense of normalcy. I'm looking forward to a big celebration. Until then, stay safe.



The Holiday Doors of Fairview

Over the holidays I took a stroll through the halls of Fairview. These were the beautifully decorated doors of our residents.



FEB 2021

Birthdays

Gloria Allen, 1st
Janice Bradley, 2nd
Franco DeSantis, 17th
Steve Pickman, 20th
John Cruz, 21st
Edie Birt, 21st
Peggy Allen, 24th
Sue Hixon, 27th
Eleanor Ruddell, 27th

Locations

Activity Room, AC
Atrium, AT
Back Patio, BP
Dining Room, DR
Library, LI
Lobby, LB
Movie Theater, MT

“We must absolutely take care of one another.”
—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7</div> <div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>1</div> <div>10:00 Residents' Closet Hour: 3rd Floor 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 10:30 Welcome to New Zealand, DR 2:00 Featured Movie, MT 2:30 A Trip to the Bay of Plenty 7:00 Bingo with Franco, AC</div> 	<div>2</div> <div>10:00 Ageless Grace Exercise Class, AC 10:30 Music and Comedy, MT 10:30 Maori Word Challenge, AC 2:00 Featured Movie, MT 2:00 Do the Haka, DR 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div> 	<div>3</div> <div>9:30 Balance Class, AC 10:00 Residents' Closet Open: 3rd Floor 10:30 Music and Comedy, MT 10:30 Welcome to Hobbiton, AC 2:00 Featured Movie, MT 2:30 Bird Feeders, AC 7:00 Bingo with Franco, AC</div>	<div>4</div> <div>9:30 Blood Pressure Clinic, AC 9:30 Haka Exercise, AC 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 2:30 Welcome to Queenstown, AC 7:00 Bingo with Franco, AC</div>	<div>5</div> <div>10:00 Yoga & Meditation, AC 10:00 Residents' Closet Hour: 3rd Floor 10:30 Music and Comedy, MT 10:30 Welcome to Auckland, AC 2:00 Featured Movie, MT 2:30 New Zealand Symphony, MT 7:00 Bingo with Franco, AC</div>	<div>6</div> <div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>
<div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>8</div> <div>10:00 Residents' Closet Hour: 3rd Floor 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>9</div> <div>10:00 Ageless Grace Exercise Class, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div>	<div>10</div> <div>9:30 Balance Class, AC 10:00 Residents' Closet Open: 3rd Floor 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>11</div> <div>9:30 Blood Pressure Clinic, AC 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div>	<div>12</div> <div>10:00 Yoga & Meditation, AC 10:00 Residents' Closet Hour: 3rd Floor 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>
<div>14</div> <div>VALENTINE'S DAY 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>15</div> <div>PRESIDENTS DAY 10:00 Residents' Closet Hour: 3rd Floor 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>16</div> <div>10:00 Ageless Grace Exercise Class, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div>	<div>17</div> <div>ASH WEDNESDAY 9:30 Balance Class, AC 10:00 Residents' Closet Open: 3rd Floor 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div> 	<div>18</div> <div>9:30 Blood Pressure Clinic, AC 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div>	<div>19</div> <div>10:00 Yoga & Meditation, AC 10:00 Residents' Closet Hour: 3rd Floor 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>20</div> <div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div> 
<div>21</div> <div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div> 	<div>22</div> <div>10:00 Residents' Closet Hour: 3rd Floor 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>23</div> <div>10:00 Ageless Grace Exercise Class, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div>	<div>24</div> <div>9:30 Balance Class, AC 10:00 Residents' Closet Open: 3rd Floor 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div> 	<div>25</div> <div>9:30 Blood Pressure Clinic, AC 10:00 Chair Exercise, AC 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 2:30 Trivia and Ice Cream, AC 7:00 Bingo with Franco, AC</div>	<div>26</div> <div>10:00 Yoga & Meditation, AC 10:00 Residents' Closet Hour: 3rd Floor 10:30 Music and Comedy, MT 2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>	<div>27</div> <div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div> 
<div>28</div> <div>2:00 Featured Movie, MT 7:00 Bingo with Franco, AC</div>						



Bodies In Motion

While we are in the middle of winter and still in the midst of the Covid pandemic it is important to maintain physical activity. Some of us seem to hibernate during this time of the year. "It's too cold outside" is commonly heard. The old adage "if you don't use it you'll lose it" is true. Now that I am into my 60s I realize that I have to keep active.

Our current schedule offers chair exercise on Monday and Thursday, Ageless Grace exercise on Tuesday, Balance Class on Wednesday and Yoga on Friday. This doesn't mean that you can't do anything on the weekends. We have the Gym open, you can exercise in your room, turn on some music and dance or simply walk each hall of Fairview. If you start in the Atrium and walk the hall towards the higher numbered rooms, come back and walk the rest of the 1st floor halls, take the small elevator and repeat this for the 2nd and 3rd floors and using the small elevator return to the Atrium you will have covered .7 of a mile. This doesn't include the steps from your apartment to the Atrium. And if you are physically able you can add to this exercise by using the stairs. We also have some unseasonably warm weather during the winter. Take advantage of these days by getting outside, breathing fresh air and getting some vitamin D. You can check the outside temperature from the Activity Room. There is an indoor/outdoor thermometer hanging on the first column when you enter the Activity Room.

Stay active and enjoy.

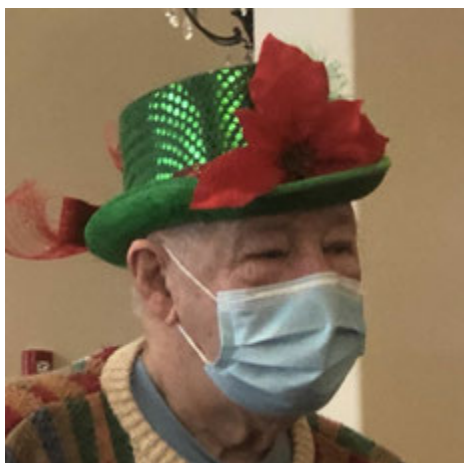


Ageless Grace exercise class

The Parade of Hats

In lieu of our usual holiday festivities, some of the women (and also some of the men) participated in a hat decorating contest organized by Ruthie. They all were very creative in their designs and creations. The three winners were Jan Bradley, Barb Devane and John Zdniak. I have included a picture of the hats being modeled.

Hats off to Ruthie and all of you who participated.





Caroling With Santa

An extremely warm day before Christmas made a perfect setting for caroling with Santa.



Frosty? the Snowmen?

After a recent winter storm I decided to see how much “inner child” was in some of our residents. What better way than to build snowmen? The dry snow and the chilly temperatures would tend to be detrimental to outdoor snowmen making. However the snow brought inside to the warmer temperature proved to be just right after it started melting. The ladies worked quickly in making the snowmen, or snowladies in the residents’ kitchen.

Securing some raisins, cranberries and carrots from the kitchen along with some other items from the Activity Room helped in making these beautiful creations. They made a quick retreat to the outside before they could melt. They stayed out there for a number of days before the sun came out and they went the way of Frosty and soon disappeared.



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It's always Warm at

FAIRVIEW 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.

508-435-8370