

# LIFE Is a Stage

While living in Manalapan, Bryant Gould, 87, Applewood Estates resident and playwright, and Katie, 83, his wife of nearly 60 years, pursued careers while raising their daughter. Katie was the graduate secretary for the Chemistry Department at Princeton University for 20 years while Bryant was an architect with a New York firm that specialized in design for hospitals, laboratories, and other institutions. Engaged mostly in pre-design, Bryant worked on master planning and feasibility studies until he retired in 1995.

## ON WITH THE SHOW

Since Bryant and Katie moved to Applewood Estates, CentraState's premier retirement community, in 1999, they have enjoyed a wide variety of activities and social opportunities. The couple stays active by swimming in the new Junior Olympic-size pool and working together on the Applewood community newsletter, which Bryant edits. They also take advantage of the frequent cultural excursions to museums and Broadway shows.

"There is always something happening at Applewood Estates," says Sheri Van Orden, director, Sales and Marketing. "From a cultural standpoint, we have the Applewood Players; the Applewood Chorus; and the Applewood Orchestra who perform year-round, weekly cultural trips on Thursdays; Friday night movies, and entertainment here at Applewood Estates each Sunday featuring accomplished performers."

## HOMEGROWN TALENT

Having attended many performances of the Applewood Players, Applewood Estates' all-volunteer theater group, Bryant decided it might be fun to write a play. His first play was a short comedy called *The Audit* performed in 2003. In the play, an aggressive tax reviewer interviews an elderly lady who at first seems naïve, but later reveals that she is a retired financial executive.

"I don't really know where the inspiration for my characters comes from," says

Bryant, "nor can I account for this late-blooming aptitude, but I enjoy the experience."

In its 15-year history, the Applewood Players has performed more than 45 productions, all with resident talent. Performing original or published works, each play has an audition open to residents of Applewood Estates. Members of the group handle every phase of the production, including building their own sets, scene changes, costumes, and property management.

"The Applewood Players are all amateurs with no professional experience in the theater," says Bryant. "We come from all walks of life—physicist, electrical engineer,

housewife, and business executive—but we all share a love of the theater."

Each play takes a few months to produce, culminating in a Saturday evening performance and a Sunday matinee. Bryant's latest works were performed last November in the new performing arts center auditorium, which seats 250.

A two-man play called *Shared Secrets* opened the show. Set in a mall, a retired steamfitter and a former financial analyst share a bench and their thoughts. In the play, the analyst confesses to a love of professional wrestling, while the steamfitter shares his fondness for ballet.

The second play in the show was a whodunit set at a retirement community. Featuring a five-person cast, the light-



▲ Performers Paulette Robischon (left) and Joan Lopatin with the Applewood Players rehearse a scene.

hearted mystery was titled *Murder at Tranquility Mews*.

“Our goal at Applewood Estates is to create an environment that enhances our residents’ lives,” says Van Orden. “The carefree atmosphere here gives our residents the ability to pursue what’s important to them both on and off the campus. We have everything here for a healthy lifestyle that nourishes mind, body, and spirit.”

**For more information about Applewood Estates, call (732) 303-7416 or visit [www.applewoodestates.com](http://www.applewoodestates.com).**

**For more information about CentraState’s assisted living community Monmouth Crossing, call (732) 303-8600 or visit [www.monmouthcrossing.com](http://www.monmouthcrossing.com).**

**For more information about CentraState’s skilled nursing facility The Manor Health and Rehabilitation Center, call (732) 431-5200 or visit [www.themanorhealth-rehab.com](http://www.themanorhealth-rehab.com).** HD



▲ Playwright Bryant Gould (right) provides direction to actor John Cook during rehearsal.

## Applewood Estates At a Glance

Located on 44 acres of beautifully landscaped grounds in Freehold, Applewood Estates is *the* retirement community for active seniors. Living choices of studio, one-bedroom, or two-bedroom apartment living or cottages with an attached garage are combined with many of the amenities found at your favorite resort.

Start your day with a walk around the grounds, an aerobics class at the state-of-the-art fitness center, or a swim in the indoor aquatic center. Exercise your mind with college-level classes and other educational programs offered on-site. You can also take advantage of one of the weekly excursions to area shopping, museums, and Broadway shows. In addition, the library, game room, and computer lab offer plenty of fun when you prefer to stay in.

### No Worries, Mate

Applewood Estates is truly worry-free living with housekeeping, maintenance, and a flexible dining program included. Enjoy eating with friends in the dining room or try a casual meal in the new Bistro. Reserve the private dining room for dinner parties or family dinners served by the attentive staff.

As a lifecare community, Applewood Estates can adapt to the changing medical requirements of residents should the need arise. Residents who choose the lifecare agreement have the peace of mind that skilled nursing and assisted living are available right down the hall at virtually no additional cost if they need it in the future.

“Applewood Estates is a vibrant community for active seniors who wish to maintain their independence,” says Jay Solomon, MPA, LNHA, vice president, Senior Services, CentraState Healthcare System. “Come explore the lifestyle opportunities at Applewood Estates, where you can enjoy your retirement years.”

**For more information about Applewood Estates, call (732) 303-7416 or visit [www.applewoodestates.com](http://www.applewoodestates.com).**

## SENIORSFIRST CALENDAR OF EVENTS

MARCH & APRIL 2009

Call (732) 780-3013 for reservations for all programs.

### STROKE SUPPORT GROUP

Jackson, NJ  
Mondays, March 9 & April 13,  
2 p.m.

### DINING OUT PROGRAM AND SENIOR GAMES

Star and Barry Tobias Ambulatory Campus Conference Center

Join us for good food and fun with other seniors.

Breakfast: bagels, Danishes, hot beverages.  
Lunch: wraps, sandwiches, pasta, assorted beverages. \$7.

Monday, March 23 & Thursday, April 16,  
9:30 a.m.–1 p.m.

### SENIORSFIRST MEMBERSHIP LUNCHEON—“HERE COME THE CLOWNS”

Applewood Estates Performing Arts Center

\$9. Friday, March 20, 11:30 a.m.

### PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Route 522, Manalapan, NJ

Tuesdays, March 17 & April 21, 11:30 a.m.

