

Williams Place

Gracious Retirement Living

825 Peninsula Drive • Davidson, NC 28036 • Phone (704) 896-3278 • www.seniorlivinginstyle.com

JANUARY 2019

WILLIAMS PLACE STAFF

Managers..... DAN & DEBBIE MCENTIRE

Assistant ManagersCHUCK & CHARLENE
TURNER

Executive Chef..... CODY WALKER

Activity Coordinator DEBBIE GREEN

Bus Driver APRIL KOMISAREK

December Resident of the Month: Dottie Stein

Dottie Stein is our resident of the month. She always helps at mealtime with the residents that need assistance with coffee or those with physical limitations. Dottie also helped start “The Butterfly Program” and with getting together “The Resident of the Month.”



Dottie Stein

The Hawthorn Express

Full Steam Ahead! Beginning the week of January 21st through February 8th, Williams Place will be boarding a high speed, luxury train — The Hawthorn Express!

The Hawthorn Express will be transporting its passengers to these amazing destinations:

• Germany

• France

• Italy



Germany, France, and Italy

HAWTHORN
SENIOR LIVING



Sir Purr Stopped by for Football Friday

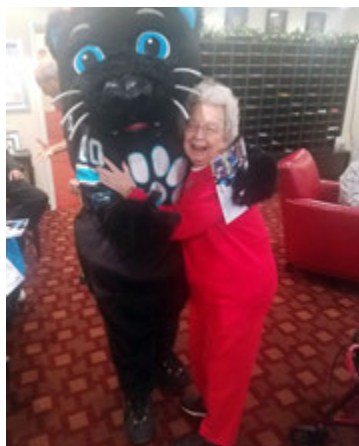
Sir Purr, the NFL Carolina Panthers mascot, came and took pictures and signed autographs for the residents and we did a little dancing too!



Dancing with Sir Purr



Group picture



Betty Moore loves Sir Purr!



Sir Purr posing with Mary



George Ann enjoys Sir Purr



Jim is a football fan

Velma Fogarty Turns 100 This Month!



Velma as a child being held by her mom.

Velma was born on January 7, 1919 in Tampa, Fla., right after World War I. She was named after her aunt Velma, who lived to be 103. Her parents moved to Grand Rapids, Mich., when she was a small girl, so she grew up and was raised there in Michigan.

Velma was a cheerleader in high school where she graduated in 1936. After high school, she worked for the American Seeding Company for two years, and then raised her family of four children. She raised her family in Delaware. Velma takes exercise here at Williams Place everyday at 9:30 a.m. and walks around our community. She played bridge for years until her eyesight went bad. Her favorite food is chicken and favorite dessert is pumpkin pie!

She shared that she has buried three husbands, but had a great marriage with each. Her first husband worked for DuPont.

Happy Birthday Velma!



Velma Fogarty posing with Sir Purr, mascot from the Carolina Panthers!



Williams Place 2nd Year Anniversary

We celebrated our 2nd Year here at Williams Place, and had a very nice dinner for the residents with nice linens and great food, cooked for us by Chef Cody!



Residents enjoying a nice meal for our 2nd year anniversary

How to Be Creative During the Winter Blues

1. **A change in diet may help mentally and physically.** Certain supplements also have proven effective; you should watch for overconsumption of alcohol, which may be an issue with depression.
2. **Touch is important.** We communicate so much with a touch. Research has shown that touch helps with depression, anxiety, and dementia.
3. **Socialization is critical.** Come out for meals and plan at least one activity in the morning and afternoon. Do something different or in a different way every week; it gets you out of the daily grind.
4. **Get out in the world.** Sign up for an outing on the activity bus. Plan a couple hours away with family. Go outside just to get some fresh air.
5. **Encouragement to move.** Make that winter walk in the sunshine a habit. Exercise is a potent antidepressant.
6. **Ask your doctor to test your Vitamin D levels.** Vitamin D deficiency has been associated with depression, but no one is sure whether it's a cause or a symptom.

Davidson Police vs. Our Corn Hole Team

The Davidson Police Department came out and played Corn Hole and ate some doughnuts!



Our corn hole team beat the policemen!

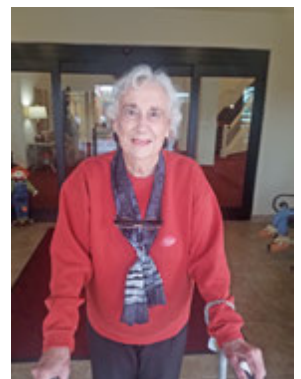
Sylvia worked until she moved to Williams Place at 91 years of age!

Sylvia always asks what she can do to help out. She is in the Activity Room putting up chairs and picking up and turning out lights to keep it clean.

She graduated from high school in 1943. She worked full time until she was 81 years old. Then her husband died and she worked part time until she turned 91. Her boss still sends her flowers here at Williams Place.

Her first job was as a secretary at a school. She was walking with her mom down the street and someone called out to her and asked her to come work for him. She worked there until she married and put her husband through college. Her husband was an engineer and worked for an employment service.

When her youngest child was four years old, her husband told her to go back to work, and she worked for 50 years as a dental assistant and then part time after her husband died.



Sylvia loves to keep everything neat!

JANUARY 2019

Birthdays

Rose Ann Griffith, 4th
Lee Stanley, 5th
Pat Gross, 7th
Velma Fogarty, 7th
Elizabeth Wawrzaszek, 8th
Jane Hess, 12th
Harold Whitt, 17th
Barbara Parry, 20th
James Fry, 21st
Lorna Josefchuk, 22nd
Jack Henderson, 23rd
Lessie Kirch, 23rd
Betty Mapes, 30th














Locations

Activity Room, ACT
Back Patio, BP
Billiards Room, BIL
Chapel, C
Dining Room, DR
Fitness Room, FIT
Library, LIB
Lobby, LB
Movie Theatre, MT
TV Room, TV
Upper Deck, UD

Bus Schedule

Monday is Walmart and Harris Teeter Day. **Tuesday** is Doctor Appt. Day. **Wednesday** is Special Outing Day. **Thursday** is Doctor Appt. Day. **Friday** is Walmart and Harris Teeter Day

****Calendar Subject to Change****

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				NEW YEAR'S DAY 1 9:30 Cardio Exercise Class with Debbie, ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Drawing Class with Toni, ACT 7:00 Movie Night, MT		2 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT 1:45 Bingo with Right at Home, ACT 3:00 Balloon Volleyball, ACT 7:00 Dime Bingo with Jan, ACT		3 9:30 Exercise Cardio Aerobics with Debbie, ACT 10:00 Chat with Managers, ACT 10:30 Rummikub, BIL 11:00 Cornhole Practice, ACT 2:00 Just Us Band Performs, ACT 2:00 Pokeno Game, ACT 4:00 Trivia, ACT 8:00 NFL Football Game Night, MT		4 9:30 Exercise and Weights with Debbie, ACT 10:30 Rummikub, BIL 11:00 Garden Club Meets, BP 2:00 Balloon Volleyball, ACT 3:00 Uno, ACT 7:00 Dime Bingo with Jan, ACT 		5 9:30 Exercise in the Gym (on your own), FIT 10:00 Bocce, BP 11:00 Uno, ACT 2:00 Play Connect Four, ACT 2:00 Matinee Movie, MT 3:00 Skip-Bo, ACT 4:00 Charades with Managers, ACT 7:00 American Movie Classic, MT 	
9:30 Walking Club, BP 6 10:45 Catholic Communion, C 2:00 Church and Music with Mr. Stephen, ACT 3:00 Movies on Sundays, MT 4:00 Bocce, BP		9:30 Exercise and Weights with Debbie, ACT 10:00 Play Connect Four, ACT 10:30 Rummikub, BIL 11:00 Balloon Volleyball (NEW ACTVTY), ACT 2:00 Veterans Support Group, ACT 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT 		9:30 Cardio Exercise Class with Debbie, ACT 10:00 Chair Massage (Must Sign Up Ahead), ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 3:00 Book Club Meets, LIB 3:00 Exercise and Strength Class by Legacy, ACT 7:00 Movie Night, MT 		9:15 Visit to Davidson Library 9 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT 10:00 TBD 1:45 Bingo with Right at Home, ACT 3:30 Ambassadors Meeting, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Exercise Cardio Aerobics with Debbie, ACT 10:30 Rummikub, BIL 10:30 Atrium vs. Williams Place in Corn Hole, ACT 11:00 Rosary, C 12:00 Resident Meeting, DR 2:00 Williams Place Choir Practice, ACT 4:00 Trivia, ACT 8:00 NFL Football Game Night, MT		9:30 Exercise and Weights with Debbie, ACT 11 10:00 Sign Language, ACT 10:30 Rummikub, BIL 11:00 Jeff Whittington Entertainment, ACT 1:45 Blood Pressure Check by Right at Home, ACT 2:00 John with Humina Insurance, ACT 3:00 Uno, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Exercise in the Gym (on your own), FIT 12 10:00 Bocce, BP 11:00 Skip-Bo, ACT 2:00 Play Connect Four, ACT 2:00 Matinee Movie, MT 2:00 Manicures/Spa by Leigh Ann, ACT 3:00 Uno, ACT 4:00 Charades with Managers, ACT 7:00 American Movie Classic, MT 	
9:30 Walking Club, BP 13 10:45 Catholic Communion, C 2:00 Church and Music with Mr. Stephen, ACT 3:00 Movies on Sundays, MT 4:00 Bocce, BP		9:30 Exercise and Weights with Debbie, ACT 14 10:00 Play Connect Four, ACT 10:30 Rummikub, BIL 3:00 Kick Off Party for Hawthorn Express, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Cardio Exercise Class with Debbie, ACT 15 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Drawing Class with Toni, ACT 3:00 Poetry, LIB 3:30 90s Plus Club, ACT 3:30 Light and Easy Exercise (NEW CLASS), ACT 7:00 Movie Night, MT		9:30 Exercise and Weights with Debbie, ACT 16 10:00 Play Skip-Bo, ACT 10:00 Childress Vineyards/ Lunch 1:45 Bingo with Right at Home, ACT 3:00 History Trivia, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Exercise Cardio Aerobics with Debbie, ACT 17 10:30 Rummikub, BIL 11:00 Cornhole Practice, ACT 3:00 Mobile Denture Program, MT 4:00 Trivia, ACT 8:00 NFL Football Game Night, MT 		9:30 Exercise and Weights with Debbie, ACT 18 10:00 Roy Rogers Program, MT 10:30 Rummikub, BIL 11:00 Garden Club Meets, BP 2:00 Miracle Ear (Bring Family with You), ACT 3:00 Uno, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Exercise in the Gym (on your own), FIT 19 10:00 Bocce, BP 11:00 Uno, ACT 2:00 Play Connect Four, ACT 2:00 Matinee Movie, MT 3:00 Skip-Bo, ACT 4:00 Charades with Managers, ACT 7:00 American Movie Classic, MT	
9:30 Walking Club, BP 20 10:45 Catholic Communion, C 2:00 Church with Pastor David, C 2:00 Church and Music with Mr. Stephen, ACT 3:00 Movies on Sundays, MT 		MARTIN LUTHER KING JR. DAY 21 9:30 Exercise and Weights with Debbie, ACT 10:00 Learning About Germany, ACT 10:30 Rummikub, BIL 10:30 Handbell Choir Practice (NEW ACTVTY), ACT 2:00 Golden Oldies Music by Harold, ACT 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT 		9:30 Cardio Exercise Class with Debbie, ACT 22 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 11:00 Balloon Volleyball (New Activity), ACT 3:00 Exercise and Strength Class by Legacy, ACT 7:00 Movie Night, MT 		9:15 Visit Davidson Library 23 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT 10:00 TBD 1:45 Bingo with Right at Home, ACT 7:00 Dime Bingo with Jan, ACT 		9:30 Exercise Cardio Aerobics with Debbie, ACT 24 10:30 Rummikub, BIL 11:00 Chef Cody with Residents, ACT 3:00 "Feeling Good As We Age" Legacy, ACT 4:00 Trivia, ACT 8:00 NFL Football Game Night, MT		9:30 Exercise and Weights with Debbie, ACT 25 10:30 Rummikub, BIL 2:00 New Corn Hole Game Presented, ACT 3:00 Uno, ACT 3:30 Balloon Volleyball, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Exercise in the Gym (on your own), FIT 26 10:00 Bocce, BP 11:00 Skip-Bo, ACT 2:00 Play Connect Four, ACT 2:00 Matinee Movie, MT 3:00 Uno, ACT 4:00 Charades with Managers, ACT 7:00 American Movie Classic, MT	
9:30 Walking Club, BP 27 10:45 Catholic Communion, C 2:00 Church and Music with Mr. Stephen, ACT 3:00 Movies on Sundays, MT 4:00 Bocce, BP		9:30 Exercise and Weights with Debbie, ACT 28 10:30 Rummikub, BIL 11:00 Learning About France with Barbara, MT 1:45 Blood Pressure Check by Legacy, ACT 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT		9:30 Cardio Exercise Class with Debbie, ACT 29 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Celebrating January Birthdays, ACT 3:30 Light and Easy Exercise, ACT 7:00 Movie Night, MT		9:30 Exercise and Weights with Debbie, ACT 30 10:00 Play Skip-Bo, ACT 10:00 Cheese Tasting/ Lunch 1:45 Bingo with Right at Home, ACT 7:00 Dime Bingo with Jan, ACT 		9:30 Exercise Cardio Aerobics with Debbie, ACT 31 10:30 Rummikub, BIL 11:00 Cornhole Practice, ACT 2:00 Pokeno, ACT 3:00 Chat with Davidson Village, ACT 4:00 Trivia, ACT 8:00 NFL Football Game Night, MT					



Mrs. Hanes Cookie Factory Trip and History

Evva Hanes is now 86 years old, and still comes and helps with the cookies. Here is her story, in her own words:

The craft of making the cookies was brought from Germany by the early Moravian settlers. At age 5, I began helping my mother (Bertha Crouch Foltz) make



Our gang who attended Mrs. Hanes Cookie Factory in Clemmons, N.C.!

cookies at Christmas to supplement the family income received from our small dairy farm.

In 1960, my mother's health failed, and I took over the baking. By word of mouth the business grew and the reputation of our

unique, thin, high-quality cookies has spread around the world. We ship to all 50 states and to over 30 foreign countries.

Now we have over 90,000 mail-order customers and we continue to grow about 10 percent each year. While our business has grown steadily, our method of making the cookies remains the same. Every cookie is rolled, cut, and packed by hand. The flavor is literally rolled into the cookie. This is a costly method but the only way we can maintain the high quality and delightfully different taste. Our skilled workers take pride in their work.

Our business is a family endeavor. I am the seventh generation of Moravian cookie makers. My husband

Travis and I have been followed in the business by our daughter, Mona Hanes Templin and our son, Mike Hanes. The ninth generation is awaiting on the sidelines in the form of our grandchildren.

Being a family business, our pride in our product is personal as is the concern and care we give each order. Because of this concern, quality service is maintained. Our first product was the Moravian Sugar Crisps Cookie. This old family recipe has been handed down for generations. Our customers say, "It is truly a cookie with a personality."

We also make Moravian Ginger Crisps. This type of Ginger cookie has long been a local Christmas favorite. We have applied our experience learned in baking Sugar Crisps and have produced a spicy, paper thin, delicious cookie. In addition, we make Moravian Lemon Crisps, Moravian Chocolate Crisps, Moravian Butterscotch Cookies and Moravian Black Walnut Cookies.

Our goal is not to be the biggest, but to be the best cookie makers in the world. Come by and visit our bakery. Group tours are given January through October.

— Evva Hanes



Watching the ladies roll the cookie dough

Show and Tell

We took an afternoon where residents brought items they made or treasured and shared them with other residents.



Residents holding their show and tell items

Jottit Game

Helen, the inventor and creator of Jottit came and introduced the game to the residents and played it with us.



Helen introduces her game



Christmas Fun!

We had a fantastic program given to us by a local high school who came to sing and dance. We didn't want them to leave!



High School group came to sing and dance



The students took time to talk to the residents after the show

Christmas Bazaar in the Activities Room

We had a very nice turnout for our First Annual Christmas Bazaar here at Williams Place. We had six vendors who came and brought their crafts to sell.



It's beginning to look a lot like Christmas



Tina, our only resident who made and sold her items

January in History

- On average, it is the coldest month of the year in the Northern Hemisphere.
- It is the second month of winter.
- In the Southern Hemisphere January is a summer month, equivalent to July.
- Sometimes the Saxons called January the wolf month because hungry wolves would come into their towns searching for food this time of year.
- For a long period of European history, the start of the New Year occurred in March.
- Georgetown University was established, 1789
- 13th Amendment to the U.S. Constitution, abolishing slavery, was passed by the U.S. House of Representatives, 1865
- First Boy Scout troop organized in England by Robert Baden-Powell, 1908
- Henry Ford introduced the assembly line, 1914
- United States prohibition began, 1920
- The Holocaust began, 1933
- Adolf Hitler becomes the chancellor of Germany, 1933
- First Emmy Awards held, 1949
- NBC's "Today" show premiered, 1952
- First presidential news conference filmed for television with permission of President Eisenhower, 1955
- "Hello Dolly!" opened on Broadway, 1964
- First Super Bowl held, 1967
- The Beatles U.S. album Yellow Submarine was released, 1969
- United States Supreme Court's Roe vs. Wade decision, 1973
- The Vietnam War ended, 1973
- End of Military Draft announced, 1973
- Iran released 52 American hostages, 1981
- Space Shuttle Challenger exploded, 1986
- Martin Luther King Jr. Day first observed, 1986

Happy
New Year
from
Williams
Place!



Pat is ready for the new year!

Williams Place
Gracious Retirement Living

825 Peninsula Drive
Davidson, NC 28036

A close-up photograph of a white ceramic mug filled with hot chocolate. A cinnamon stick is tucked into the drink. In the foreground, there are several whole and broken walnuts and a star anise. The background is dark and out of focus, with warm, glowing bokeh lights suggesting a cozy indoor setting.

Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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