

# Willow Creek

## Gracious Retirement Living

516 Great Bridge Boulevard • Chesapeake, VA 23320 • Phone (757) 547-7876 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2019

### WILLOW CREEK STAFF

Managers.....GLENN & VALERIE CAMPBELL  
Assistant Managers .....RANDY & KATHY HALL  
Executive Chef.....TONIA JOYNER  
Activity Coordinator .....MEREDITH TYSON  
Maintenance .....D.J. RALSTON  
Bus Driver .....APRIL OUTLAND

### TRANSPORTATION

**Monday, 9:30 a.m. and 2 p.m.:**  
Shopping Day — Front Lobby

**Tuesday:** Doctor Appointments — Front Lobby

**Wednesday:** Weekly Outings — Front Lobby

**Thursday:** Doctor Appointments — Front Lobby

**Friday, 9:30 a.m. and 2 p.m.:**  
Shopping Day — Front Lobby

HAWTHORN  
SENIOR LIVING

## Keep Calm and Summer On

Springtime flew right on by and we hope everyone was able to enjoy the blue skies, 65-70 degree days and the beautiful views of the flowers blooming, as we enter the sweet summertime!

Here are some summer tips to always remember:

1. **Stay Hydrated!**

Many of us hardly drink any water — make it your goal to start drink more or create ways to make it more enjoyable. Flavor your water, limit yourself to less coffee and replace it with a cold glass of agua, you will be amazed how much more energy you will gain by it.



*Edward H. basking in the sun*

2. **Talk to Your Doctor.** Make sure any medications you are on won't be affected by higher temperatures. Some medications are less effective if they are stored



*Frank N. rolling through the neighborhood on his bike*

(Continued on  
Page 2.)





## Keep Calm and Summer On (Continued)

at temperatures higher than 78 degrees F. So you want to make sure your air-conditioning is working properly as well.

3. **Put Sunscreen On and Wear Hats.** That goes for all ages!
4. **Apply Bug Spray.** Although our region isn't a worry as much to a viral disease from a mosquito, wearing bug spray will prevent that pestering itch. As we age, our skin becomes more thin and brittle, by applying spray you can avoid skin tears you may create while itching those frustrating little bug bites.
5. **Exercise Smart.** Only allow yourself to be out in the heat for short periods of time or consider starting in the early morning or evening when temperatures are cooler. If you are in the heat, make sure to drink even more water daily when exercising!

*This information is brought to you by Care.com. Author: Kuse, Gillian*



*Yoga on the patio: Milton, Sybil, Hannah, friend and Betty H. Working on their cores while getting an extra needed benefit, vitamin D!*



*Mingling and enjoying the evening breeze — Madie, Helen H., Jim A., and Fluff with her family, and their adorable lab Mocha!*



*Sunshine and feeling fine: Betty B., Emery, Shirley S. and Inez*

## Welcome to Willow Creek!

We gained two more wonderful Barbaras! Make sure to say hello to Barbara Sullivan and Barbara Palmer. Also, flying here all the way from Nevada, we welcome Audrey Block and her husband Mel Block. If you love backgammon, we will be starting a group for some play time, which is one of Mr. Block's favorite games!



*Mel and Audrey Block*



*Enjoying the Azalea Garden Tour with friends. Front: Mary Lou, Gail, Natalie. Back: Lenelle, Charlotte, Joan and Lori.*





## Resident Highlight: Gail Hash

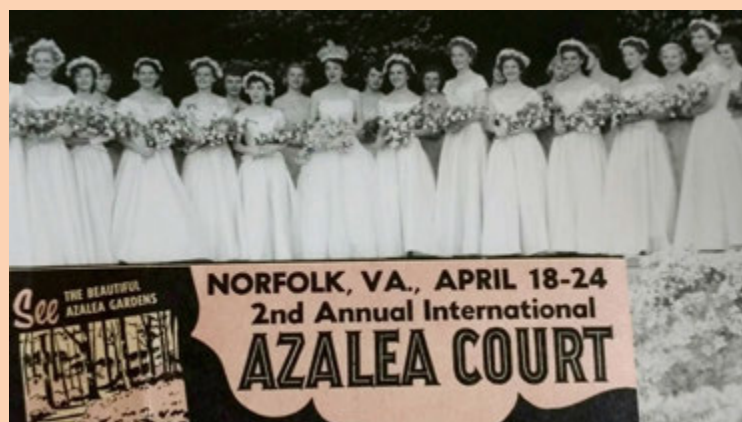
If you grew up in the area, you may have heard about the Norfolk Azalea Festival, held at The Norfolk Botanical Gardens that they used to hold. For those who do not, this was a very special occasion the Gardens hosted in the mid-1950s. Every year, this international event had a court that consisted of only those selected patrons, and their titles were based on age. A Queen, Princesses and Maids of Honor, one of them being Mrs. Gail! In April 1955, she was chosen to be in the parade and on the court as a Maid of Honor. Willow Creek toured the gardens in April, when the azaleas were in full bloom, and Gail shared her story to those on the trip. Gail also shared her story to the staff members at the Gardens, who were ecstatic to hear. They then asked her permission to take some photos of Gail with the original Azalea Book, so they could write a story on her for their website and Facebook. Many can agree she still shines in beauty, inside and out, always looking Court-ready.

Gail Hash and her husband Bill have been living at Willow Creek for three years. They make an adorable match, as they continue life together after 34 years of marriage. Although their love story started a little differently, Gail and Bill share a special bond,



*A wonderful photo captured by family, when they visited the beach*

meeting each other once their hearts were ready to meet another companion, after losing their previous loved ones to illnesses. Respecting each other's losses and raising families with two different stories, together they blended a loving family of three daughters and three sons. After three months of dating, they decided to be married on a Sunday after attending their church service. From that day forward, they have made many memories and explored almost all 50 states of America together in their RV. They have many great stories to be shared, their favorite one to look back at and laugh was the time of the unplanned sleepover in Canada. I asked the couple if they had to name one favorite thing about each other, what would it be? Gail said, "Bill has always been very considerate and willing to help." Bill's turn was next although Gail's question was asked privately, he answered, "Well, it was her cooking." Everyone giggled, because let's face it, who wants to cook when it's another bonus about our home here at WC? This season, you may notice a new kind of plant sprouting up from the Hashes' garden box, as they will be patiently waiting for the fresh rhubarb to grow. When it's ready, she will be making her sweet honey his most loved dessert recipe. Make sure to join Coffee Chat, June 11th, when Gail will be making us all her rhubarb cobbler and tell us all about the delicious mystery dessert many have not heard of, and she will share more photos of the history she got to be a part of at the Gardens.



*Who can spot Gail?*



*Located on the right, her dressed and ready for The Garden Debut!*



JUNE 2019

Birthdays

Carol Costen, 1st  
Marilyn Parnell, 3rd  
Fannie Steinfield, 10th  
Milton Stolzenberg, 12th

Kathleen Simmons, 12th  
Amy Buttigieg, 14th  
Jane Jennings, 14th  
Jo Grahame, 15th  
Marilyn O'Dell, 17th  
Andrew Zosh, 18th  
Shirley Fahrney, 21st  
Shirley Stamey, 23rd  
Frank Nuckols, 25th  
Carol Finlay, 29th

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Bistro, BT  
Chapel, CH  
Corner Kitchen, CK  
Dining Room, DR  
Fitness Room, FT  
Front Lobby, FL  
Library, LB  
Patio, PT  
Theater, TH  
TV Room, TV

“The sun does not  
shine for a few  
trees and flowers,  
but for the wide  
world’s joy.”

—Henry Ward  
Beecher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>8:50 Prayer with Friends, AR 1</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH </div>
<div>9:00 Worship Service, TH 2</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>7:00 New Release Movie, TH</div>	<div>8:50 Prayer with Friends, AR 3</div> <div>9:30 Strength &amp; Balance, Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:30 Puzzle Together! Crosswords, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH </div>	<div>8:50 Prayer with Friends, AR 4</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Coffee Chat: Rhubarb Cobbler with Gail, AT</div> <div>4:15 Singalong, DR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>8:50 Prayer with Friends, AR 5</div> <div>9:30 Sit &amp; Be Fit, Jessica, AR</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>10:30 Travel with Us to Bergey's Dairy Farm, FL</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>4:00 Vocalist James Curry, AR</div> <div>7:00 Comedy Movie, TH</div>	<div>8:50 Prayer with Friends, AR 6</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>10:30 Craft: Patriotic Decor Stars, Part 1 with Meredith, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Guest Docent: Battlefield Museum Presentation, TH</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>Wear Your Patriotic Colors Day 7</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Fun Friday: A New Game Every Week!, AR</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT</div>	<div>8:50 Prayer with Friends, AR 8</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>
<div>9:00 Worship Service, TH 9</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>7:00 New Release Movie, TH</div>	<div>8:50 Prayer with Friends, AR 10</div> <div>9:30 Strength &amp; Balance, Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>4:00 Horse Racing, AT</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH </div>	<div>8:50 Prayer with Friends, AR 11</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>10:00 Catholic Mass, Father Brian, CH</div> <div>11:30 Greeting Card Decorating, Carolyn, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Coffee Chat: College Coaching Stories with Ed F., AT</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>8:50 Prayer with Friends, AR 12</div> <div>9:30 Sit &amp; Be Fit, Jessica, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Comedy Movie, TH </div>	<div>8:50 Prayer with Friends, AR 13</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>10:30 Paint Class with Vicki, AR</div> <div>2:00 Movie, TH</div> <div>3:30 Billiards Time with the Guys, Ron, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>FLAG DAY 14</div> <div>Wear Your Patriotic Colors Day</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>1:30 Beltone Hearing Aid Checks, CH</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Fun Friday: A New Game Every Week!, AR</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT </div>	<div>8:50 Prayer with Friends, AR 15</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH </div>
<div>FATHER'S DAY 16</div> <div>9:00 Worship Service, TH</div> <div>9:00 Father's Day Brunch, DR</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>1:45 Sunday Theater Bunch, FL</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>4:00 Comedian Coach Tom, AR</div> <div>7:00 New Release Movie, TH</div>	<div>8:50 Prayer with Friends, AR 17</div> <div>9:30 Strength &amp; Balance, Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:30 Puzzle Together! Crosswords, AR</div> <div>1:30 Podiatrist Dr. Cook, CH</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH </div>	<div>8:50 Prayer with Friends, AR 18</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Coffee Chat, AR</div> <div>4:15 Singalong, DR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH </div>	<div>8:50 Prayer with Friends, AR 19</div> <div>9:30 Sit &amp; Be Fit, Jessica, AR</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:00 Away We Go: All Hands Pottery &amp; Picnic Lunch, FL</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Comedy Movie, TH</div>	<div>8:50 Prayer with Friends, AR 20</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>10:30 Craft: Patriotic Stars, Part 2, AR</div> <div>2:00 Movie, TH</div> <div>2:30 June Birthday Party/Ent. Silver Slipper Dancers, AR</div> <div>4:00 Cranium Games, AT</div> <div>5:00 Evening Outing: Mexican &amp; Mariachi, FL</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>SUMMER BEGINS 21</div> <div>Wear Your Patriotic Colors Day</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:15 Fun Friday: A New Game Every Week!, AR</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT </div>	<div>8:50 Prayer with Friends, AR 22</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>
<div>9:00 Worship Service, TH 23</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 New Release Movie, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>7:00 New Release Movie, TH </div>	<div>8:50 Prayer with Friends, AR 24</div> <div>9:30 Strength &amp; Balance, Meredith, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 BINGO, AR</div> <div>2:00 Movie, TH</div> <div>4:00 Horse Racing, AT</div> <div>7:00 Game Night, BR</div> <div>7:00 Movie, TH</div>	<div>8:50 Prayer with Friends, AR 25</div> <div>9:30 Fab, Fit, Fun with Linda, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Coffee Chat, AR</div> <div>4:00 Group Therapy Band, AR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH </div>	<div>8:50 Prayer with Friends, AR 26</div> <div>9:30 Sit &amp; Be Fit, Jessica, AR</div> <div>10:00 Catholic Communion, CH</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>11:15 Cruising to Cinema Cafe: “Aladdin,” FL</div> <div>1:45 Wheel of Fortune with Linda, AR</div> <div>2:00 Comedy Movie, TH</div> <div>2:30 Bible Connections, LB</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Comedy Movie, TH</div>	<div>8:50 Prayer with Friends, AR 27</div> <div>9:30 Beginner Yoga &amp; Mediation, AR</div> <div>10:00 Bridge Club, BR</div> <div>2:00 Movie, TH</div> <div>2:00 Resident Meeting, AR</div> <div>3:15 Health Seminar with HPCT, Freda Gordon, TH</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH</div>	<div>Wear Your Patriotic Colors Day 28</div> <div>8:50 Prayer with Friends, AR</div> <div>9:30 Fitness Friday with Jan, AR</div> <div>10:30 Alley Cat Strikes — Wii Bowling, AR</div> <div>2:00 Movie, TH</div> <div>2:00 BINGO, AR</div> <div>3:15 Fun Friday: A New Game Every Week!, AR</div> <div>4:00 The Dowlings Duet, AR</div> <div>7:00 Movie, TH</div> <div>7:00 Fireside Social, PT</div>	<div>8:50 Prayer with Friends, AR 29</div> <div>10:30 Good Ole Guys, BT</div> <div>2:00 BINGO, AR</div> <div>3:00 Gals Just Wanna Talk, AR</div> <div>3:30 Mexican Train Dominoes, BR</div> <div>7:00 Left, Center, Right, AR</div> <div>7:00 Movie, TH </div>
<div>9:00 Worship Service, TH 30</div> <div>10:30 Live Stream Great Bridge Baptist Church, TH</div> <div>2:00 Praise &amp; Worship Service, CH</div> <div>2:00 Special Premier: Part 1, “Gone with the Wind,” TH</div> <div>5:30 Supper, DR</div> <div>6:45 Part 2, “Gone with the Wind,” TH</div>						





## A Snip of Spring Moments Captured

A photograph is the wonderful pause button, where we get to look back on some of the laughter and fun times we have shared over this past spring.



*Thursdays are for hair! Barbara, Ruth, Ann, Joyce, Dot, Faye, Mary N. looking so fabulous*



*A run for the roses! Jessica, Shirley J. and Shirley S., Betty M. and Betty H., Hal, Carolyn, Jane, and Natalie*



*Grooving to the tunes of singer Billy Mitchell and boy, does Joann K. have the moves!*



*Kentucky Derby Day, after The Rat Race Meredith sent the horses on!*



*Winner, winner, chicken dinner! Not all are captured but everyone came home with medals from the Senior Games!*



*Who loved watching The Academy Ballet Dance Performance?*



*Congrats Wii Bowlers! Everyone was a winner. Jane, Hazel, Joan, Helen, Janice, Ren, Erlene, Betty and B.*





## Away We Go!

Here is what to look forward to this month:

**June 5, 2019:** Bergey's Dairy. Enjoy a picnic boxed lunch and an ice cream on us, weather pending.

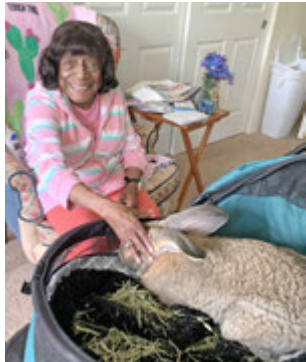
**June 13th:** Taco-bout a night of fun to look forward to. Take a night dinner trip to the Mexican restaurant El Toro, where there will be a live eight-person mariachi band who will have you smiling from ear to ear. And all-you-can-eat chips and dip! The band starts at 6 p.m. so we will leave Willow Creek around 5:30 p.m.!

**June 19th:** All Hands Pottery. See the community board to vote on what you all would like to make as a class. We will be working with a teacher, creating a special clay keepsake. Tickets will be \$30 a person and reservation for your spot is required to be in by Friday, June 14th. We will provide a boxed lunch and picnic in the shaded area of Locks Point Park.

**June 26th:** We're headed heading to the movies in style. We will reserve a comfortable recliner at Edinburgh Cinema Cafe. They offer a more comfortable, luxurious experience to enjoy a film. We will be viewing Disney's new version of "Aladdin," and order a yummy lunch from their assorted menu. Tickets are \$4.50 and remember to bring a little bit of money for your movie snack.



*All 32 of us on our trip to Norfolk Botanical Gardens*



*Everyone loved Jr.'s visit, America's biggest bunny! Mary even got a special visit from our furry friend!*



*Ralph's the ultimate great-granddad! Beep, beep ... Driver G-Daddy Ralph and grandson coming through!*



*We love when family comes to visit! The Blocks, after a meal they shared with their son, daughter-in-law, and granddaughter*



*Jeanette having fun getting the pampering she deserves*



*Nail Salon Trip as the ladies were getting ready for Mother's Day and Prom*



*Ren and Marge enjoying the spa day*



*Lenelle, Charlotte, Joan, Natalie and Betty H. at The N.B.G.*

# Willow Creek

Gracious Retirement Living

516 Great Bridge Boulevard  
Chesapeake, VA 23320



## Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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## 757-547-7876

