

# Williams Place

## Gracious Retirement Living

825 Peninsula Drive • Davidson, NC 28036 • Phone (704) 896-3278 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### SEPTEMBER 2019

#### WILLIAMS PLACE STAFF

Managers..... DAN & DEBBIE MCENTIRE  
Assistant Managers ..... ANDREW & TAMMY  
ARNOLD  
Executive Chef ..... CODY WALKER  
Activity Coordinator ..... DEBBIE GREEN  
Bus Driver ..... APRIL LIGHT

#### TRANSPORTATION

**Monday, 10 a.m.:** Walmart

**Monday, 2 p.m.:** Harris Teeter

**Tuesday, Early morning/Last appointment  
at 2 p.m.:** Doctor Appointments

**Wednesday, 10 a.m. (Depending  
on Destination):** Outings

**Thursday, Early morning/Last appointment  
at 2 p.m.:** Doctor Appointments

**Friday, 10 a.m.:** Walmart

**Friday, 2 p.m.:** Harris Teeter

### Toy and Doll Museum

Residents got to see toys they used to play with and we saw a \$6,000 doll. It brought back many good memories.



*Toy Museum: Toys everywhere!*

HAWTHORN  
SENIOR LIVING

### Upcoming Outings

**Wednesday, September 4th:** Troyer's Market (Amish)

**Wednesday, September 11th:** Shopping Day

**Tuesday, September 17th, and Wednesday, September 18th:**  
Overnight Mountain Trip

**Wednesday, September 25th:** Weathervane Winery (\$7.50  
wine tasting)



## Thank You To All Our Retired Teachers Here at Williams Place!

### **A Brief History of Apples for Teachers**

It's hard to pinpoint the significance of apples in academia because, well, apples are symbolic of so many things outside of the classroom. But when it comes to its history with teachers and students, it may boil down to something simple: sensible sustenance.

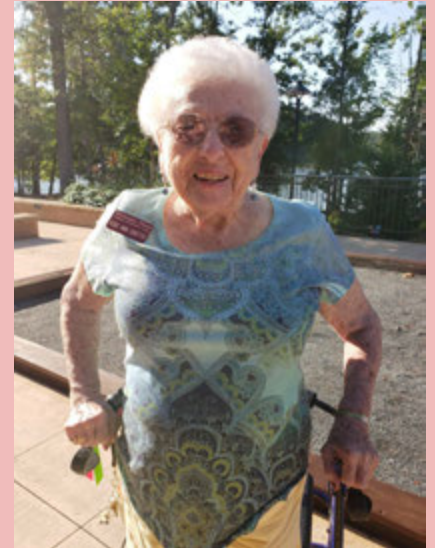
It's unclear precisely when and why students gave apples to their teachers, but the most solid theory is that apples became a common gift to teachers somewhere around the mid-to-late 1800s. This theory harkens back to less formal times in schoolhouse history. On America's western frontier, for example, families whose children attended schools were often responsible for housing and feeding teachers. In these small towns, students often helped maintain the schoolhouse as well, even coming in on Saturdays to help clean it up. In that tradition, an apple for the teacher could be considered a sweet token of appreciation.



## Resident Spotlight: Rose Ann Griffith

Rose Ann was born and raised in Ohio, and was a telephone operator before World War II. Her husband said she needed to quit when they got married and raised four children. She said that's when she got the "gift of gab," when she was a telephone operator.

She loves to read, and even helps with the Library here at Williams Place. You will also see her at the puzzle corner with Tina, putting them together.



*Rose Ann Griffin*

An important date in history with which she was involved was being a prime communicator during the Kent State shootings in 1973.

## An 80-Year-Old Friendship That Keeps Going!

Ruby met Birdie in Kindergarten back in 1938 in Memphis, Tennessee. They lived on the same street. Birdie was at Ruby's house more than she was at hers. These two ladies have always kept in touch over the years, and didn't let distance come between their connection as their lives took them in different directions.



*Birdie and Ruby*

Ruby just got back the last of July this year to see her friend again. They have written many letters, and made lots of phone calls. They try to visit at least twice a year. How sweet the reconnection is! Birdie now lives in Chicago.



## September Culinary Education Series

### Healthy Facts

#### 1. Antioxidants

Antioxidants are food compounds commonly found in Vitamins C and E and beta carotene. Among the many things that antioxidants do for the body, are their ability to improve blood flow to the brain. Some foods to try that are packed with antioxidants include: kale, berries, beets, broccoli, onions, red bell peppers, oranges, cherries and most delicious of all, dark chocolate.

#### 2. Omega-3 Fatty Acids

Omega-3 Fatty Acids are essential for good brain health! These fatty acids are most commonly found in certain types of fish, especially salmon, sardines, trout, tuna and whitefish. If you don't love fish, then try eating almonds, avocados, walnuts and flaxseeds. They are also high in omega-3 fatty acids.

#### 3. Dark Green, leafy Veggies

These types of veggies are filled with folic acids, which, according to research, is associated with faster processing of information and memory recall. So, make sure to stock up on your kale, spinach and collard greens!

#### 4. Water

As you grow older, drinking plenty of water is vital. Aging can cause your ability to detect thirst to decrease; therefore, drink water even when you are not thirsty. Being dehydrated can create a higher potency of medication in the body, an important fact for people who take high doses of medication. Finally, dehydration can have a negative impact on mental performance.

#### 5. Eat more healthy foods!

It seems simple enough, but it is amazing how many of us forget to eat well-balanced meals throughout the day! Experts recommend a minimum of five servings of fruits and vegetables every day. How can you cram all that in? Well, start by eating a half cup of strawberries with breakfast, fill your sandwich with veggies for lunch, and a salad with your dinner. Then make sure that you have at least two snacks during the day (apple slices, carrot sticks or a banana).

## Ventriloquist (Trish Dunn)



*Residents who graciously volunteered*



*Lots of laughs!*

## Western Day: Friday, September 6th, Starting at 1:45 p.m.

Make sure and get your cowboy boots dusted off, and grab your hats and scarfs, and let's make this a fun day! We will have special food on the lunch alternate, cowgirl line dancers, entertainment with Harold and cowboy trivia.



*Come on out, Cowgirls and Cowboys!*

# SEPTEMBER 2019

## Birthdays

Janet Fuhrman, 5th  
 Bonnie Johnson, 7th  
 Marie Salerno, 12th  
 Joan Maxwell, 13th  
 Jan McDermet, 15th  
 Terri Fisher, 29th  
 Don Waligorski, 30th

## Locations

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

**“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”**  
 —Marilyn vos Savant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9:30 Walking Club, BP 11:00 Catholic Communion, C 11:30 Pastor Pete Stamey, C 3:00 Movies on Sundays, MT 4:00 Bocce, BP	<b>LABOR DAY 2</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT	<b>3</b> 9:30 Cardio Exercise Class with Debbie, ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Knitting Class, LIB 3:30 Light and Easy Exercise, ACT 7:00 Movie Night, MT	<b>4</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT <b>10:30 Troyers Market (Amish)</b> 2:00 Dime Bingo with Home Careolina, ACT 3:00 Grief Support Group (Jim Cooper), C 7:00 Dime Bingo with Jan, ACT	<b>5</b> 9:30 Exercise Cardio Aerobics with Debbie, ACT 10:00 Rummikub, BIL 10:00 Bocce Ball, BP 11:00 Cornhole Practice, ACT 2:00 Pokeno, ACT 4:00 Light and Easy Exercise, ACT 7:00 NFL Football Game, MT 	<b>Western Day 6</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL <b>11:00 “Outside the Box” Workshop, ACT</b> <b>1:45 Line Dancers and Singer, ACT</b> 3:00 Uno, ACT 3:00 Audio Reading of the Bible, C 7:00 Dime Bingo with Jan, ACT	<b>7</b> 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Bocce, BP 11:00 Skip-Bo, ACT 2:00 Matinee Movie, MT 3:00 Uno, ACT 3:30 Light Exercise with Richard, ACT 7:00 American Movie Classic, MT 	
<b>8</b> 9:30 Walking Club, BP 11:00 Catholic Communion, C 11:30 Pastor Pete Stamey, C 3:00 Movies on Sundays, MT 4:00 Bocce, BP	<b>9</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL 11:00 Men’s Bible Study (New Time), C 11:30 Meet and Greet (Getting to Know Other Residents), MT 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT	<b>10</b> 9:30 Cardio Exercise Class with Debbie, ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Knitting Class, LIB 3:00 Book Club, LIB 3:00 Exercise and Strength Class by Legacy, ACT 7:00 Movie Night, MT	<b>PATRIOT DAY 11</b> 9:15 Visit Davidson Library, LBY 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT <b>10:00 Shopping Day (Family Dollar)</b> 2:00 Dime Bingo with Home Careolina, ACT 3:30 Ambassadors’ Meeting, ACT 7:00 Dime Bingo with Jan, ACT	<b>12</b> 9:30 Exercise Cardio Aerobics with Debbie, ACT 10:00 Rummikub, BIL 10:00 Bocce Ball, BP <b>11:00 Cornhole Team vs. Home Schoolers, ACT</b> 11:00 Rosary, C 12:00 Resident Meeting, DR 2:00 Pokeno, ACT 2:45 Singalong Group, C 4:00 Light and Easy Exercise, ACT 7:00 NFL Football Game, MT 	<b>13</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL <b>11:00 Entertainment with Jeff Whittington, ACT</b> <b>2:00 Surprise Entertainment, ACT</b> 2:00 Blood Pressure Check with Home Careolina, TV 3:00 Uno, ACT 3:00 Audio Reading of the Bible, C 7:00 Dime Bingo with Jan, ACT 	<b>14</b> 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Bocce, BP 11:00 Uno, ACT 2:00 Matinee Movie, MT 3:00 Skip-Bo, ACT 3:30 Light Exercise with Richard, ACT 7:00 American Movie Classic, MT	
<b>15</b> 9:30 Walking Club, BP 11:00 Catholic Communion, C 2:00 Church Service with Pastor David Judge, C 3:00 Movies on Sundays, MT  4:00 Bocce, BP	<b>16</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL <b>10:30 Computer Class Combined with Magic Show, ACT</b> 11:30 Meet and Greet (Getting to Know Other Residents), MT 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT	<b>17</b> 9:30 Cardio Exercise Class with Debbie, ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Knitting Class, LIB 3:30 Light and Easy Exercise, ACT 7:00 Movie Night, MT	<b>18</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT 2:00 Dime Bingo with Home Careolina, ACT 7:00 Dime Bingo with Jan, ACT	<b>19</b> 9:30 Exercise Cardio Aerobics with Debbie, ACT 10:00 Rummikub, BIL 10:00 Bocce Ball, BP 11:00 Cornhole Practice, ACT 2:00 Pokeno, ACT 3:00 Talking about “Fall Prevention” with Legacy, ACT 4:00 Light and Easy Exercise, ACT 7:00 NFL Football Game, MT	<b>20</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL 11:00 Garden Club, LIB <b>11:00 Flu Clinic, ACT</b> 3:00 Uno, ACT 3:00 Audio Reading of the Bible, C 7:00 Dime Bingo with Jan, ACT	<b>21</b> 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Bocce, BP 11:00 Skip-Bo, ACT 2:00 Matinee Movie, MT 3:00 Uno, ACT 3:30 Light Exercise with Richard, ACT 7:00 American Movie Classic, MT	
<b>22</b> 9:30 Walking Club, BP 11:00 Catholic Communion, C 11:30 Pastor Pete Stamey, C 3:00 Movies on Sundays, MT 4:00 Bocce, BP	<b>AUTUMN BEGINS 23</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL <b>11:00 Making Fall Wreaths with Home Careolina, ACT</b> 11:00 Men’s Bible Study (New Time), C 11:30 Meet and Greet (Getting to Know Other Residents), MT 1:45 Blood Pressure Check by Legacy, TV 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT	<b>24</b> 9:30 Cardio Exercise Class with Debbie, ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Coffee Chat with Legacy, ACT 2:00 Knitting Class, LIB 3:00 Exercise and Strength Class by Legacy, ACT 7:00 Movie Night, MT	<b>25</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT <b>10:00 Winery Outing and Lunch</b> 2:00 Dime Bingo with Home Careolina, ACT 7:00 Dime Bingo with Jan, ACT	<b>26</b> 9:30 Exercise Cardio Aerobics with Debbie, ACT 10:00 Rummikub, BIL 10:00 Bocce Ball, BP 10:30 Residents Meet with Chef Cody, ACT 11:00 Cornhole Practice, ACT 2:00 Pokeno, ACT 3:00 Coffee Chat with Davidson Village, ACT 4:00 Light and Easy Exercise, ACT 7:00 NFL Football Game, MT	<b>27</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL <b>1:45 \$5 Jewelry Sale, ACT</b> 3:00 Uno, ACT 3:00 Audio Reading of the Bible, C 3:00 History Trivia, ACT 7:00 Dime Bingo with Jan, ACT	<b>28</b> 9:30 Exercise in the Gym (On Your Own), FIT 10:00 Bocce, BP 11:00 Uno, ACT 2:00 Matinee Movie, MT 3:00 Skip-Bo, ACT 3:30 Light Exercise with Richard, ACT 7:00 American Movie Classic, MT	
<b>ROSH HASHANAH BEGINS AT SUNSET 29</b> 9:30 Walking Club, BP 11:00 Catholic Communion, C 3:00 Movies on Sundays, MT 4:00 Bocce, BP 	<b>30</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Rummikub, BIL <b>11:00 Entertainment (Singer), ACT</b> <b>2:00 Free Swap and Shop, ACT</b> 3:30 Cards in the Activity Room, ACT 7:00 Dime Bingo with Jan, ACT 						



## Resident Baby Picture (Guess Who?)



Which resident is this?

## Lazy 5 Ranch Trip

We had a wonderful hour wagon ride through the woods and fed the animals.



Eileen got an opportunity to feed the giraffe.



Bill, Richard, Marcia and Eileen

## Painting with Home Careolina

Home Careolina has a big activity with us each month.



The finished job!

## Remembering 9/11 This Month

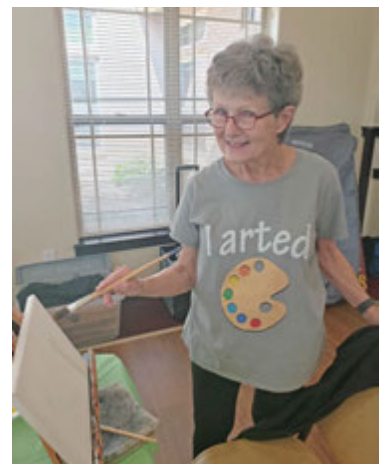
Take a moment and pray for those families whose loved ones were taken, and that God will give them peace.



Patriot Day, September 11th



Hard at work!



Kathy really is "into" this artist stuff ... LOL!



## Butterfly Art



*Priscilla and Charlotte*

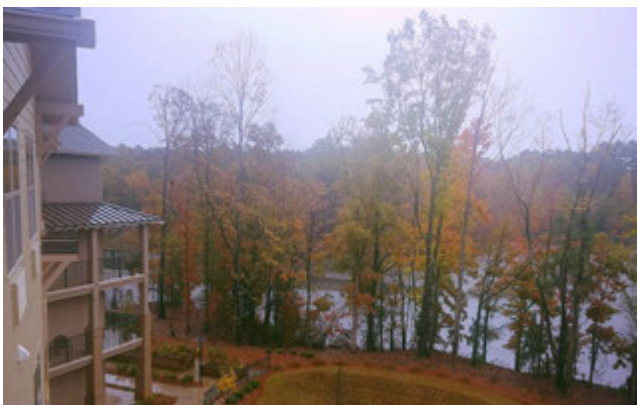
## Fall Views of Williams Place

Since this is the month when fall begins, we wanted you to enjoy beautiful scenes here at Williams Place.

As the leaves start to turn, and the colors on the leaves become bright, think about this new season that can bring new beginnings in your life!



*The front of Williams Place*



*Enjoying the back of Williams Place*

## Quote of the Month

Not all storms come to disrupt your life. Some come to clear your path!

## Residents' Wedding Pictures: Let's Go Back to Those Sweetheart Days!



*Mike Andochick and his lovely wife*



*Mimi Frank and her handsome husband*

## Make Sure and Get Your Flu Shots Here at Williams Place!

We will have our Flu Shot Clinic in the Activities Room on Friday, September 20th, starting at 11 a.m. Please remember to bring your Medicare card.



*Friday, September 20th, at 11 a.m.*

**Williams Place**  
Gracious Retirement Living

825 Peninsula Drive  
Davidson, NC 28036



# *Fall in love...* with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

**704-896-3278**

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