

SALMON CREEK

Gracious Retirement Living

4890 North Cloverdale Road • Boise, Idaho 83713 • Phone (208) 938-5529 • www.seniorlivinginstyle.com

NOVEMBER 2019

SALMON CREEK STAFF

Assistant Managers SHAWN & CHRISTINE
MURPHY

Executive Chef NIK CORRELL

Marketing JENNIFER ANDERSON

Activity Coordinator CAPRICE SAGE

Maintenance CLIFF MILLER

Bus Driver SCOTT THOMPSON

TRANSPORTATION

Monday, 10 a.m.-Noon: Shopping/Banking

Tuesday & Thursday, 8 a.m.-4 p.m.:
Professional Appointments

Wednesday, Per Calendar Event: Outings

Friday, 2-4 p.m.: Shopping/Banking

Saturday, Per Calendar Event:
Special Events Only

HAWTHORN
SENIOR LIVING

Tai Chi

We had several residents that wanted us to get a tai chi instructor at Salmon Creek, and so along came John Ropp. Tai chi can boost upper- and lower-body flexibility as well as strength. Balance. Tai chi improves balance and, according to some studies, reduces falls. ... Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. It is good for relaxing the mind and spirit.

We are excited to see the results of the practice on all of us.





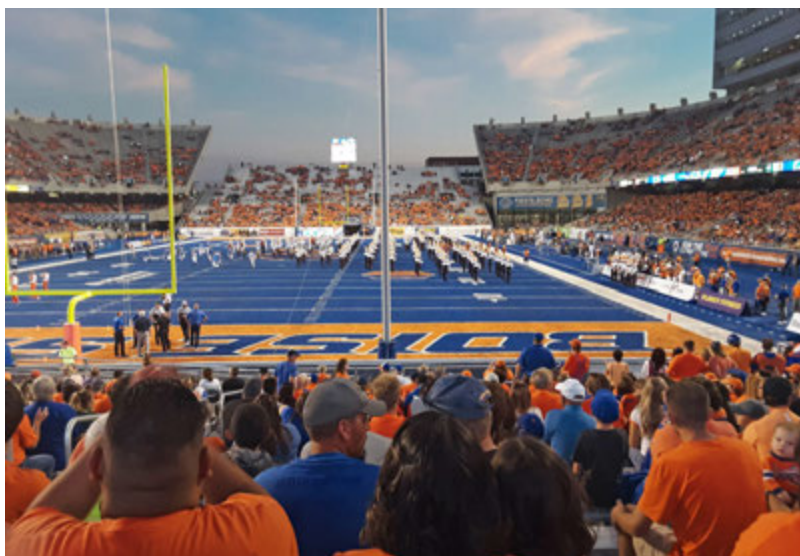
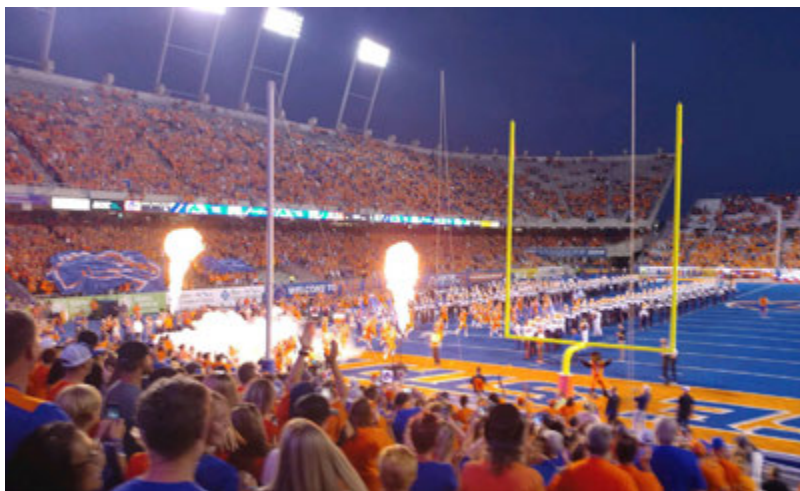
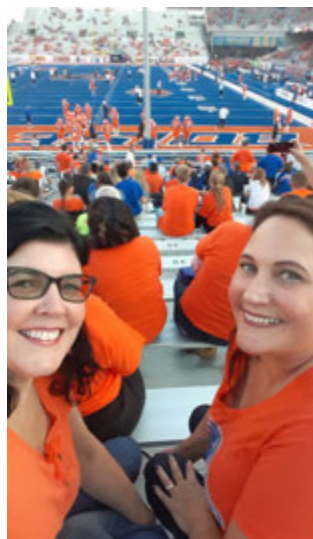
Broncos Rocked the House!

On a Saturday, we set out to the Boise State University Broncos game against Portland State University Vikings. The game was at Albertsons Stadium.

The crowd was mostly orange (Bronco colors) all the way around, families from all over Idaho, big fans!

There was a tiny bit of green in a corner, PSU colors. It was the loudest group of fans I have ever heard, literally screaming every chance they got. The marching band was lively as well as BSU cheerleaders everywhere.

If you want to see great games, go to a home game for the Broncos ... the score was Broncos 45 to PSU 10.



New Book Club

In front of the fire once every three weeks, we are going to start meeting and discussing books. We will start the new book club in the middle of November so get ready to READ. We may start with a classic so stop by and let Sage know what your favorite classic novel is so we can order them.

Remember to Start Thinking About Our Gingerbread House!

Our team started early, because we want to have fun and enjoy the process. So I (Sage) talked to lots of different community members individually to get an idea of what they had done in the past and what exactly would get them involved in 2019. After many discussions, as well as pitching the whole crazy idea to Nick, we decided on The Wizard of Oz, as we all relate to it, and the Emerald City was going to be EPIC. And we have so many crafty people here at Salmon Creek, a few said they had the sculpting skills to do the characters, and we came up with some fun ideas from looking at pictures. Right now, pre-creation, we are really, really excited. We wanted to compartmentalize the process and do some of the pieces, like the design, the characters, the rainbow, the witch's hat, the ruby slippers, the yellow brick road, the poppy fields ... etc, in our crafting gatherings so we are sure we have plenty of time!

So today, 9/16/19, a few of us set out to Michaels to buy the scrapbook so we could set up our plan and keep track of our progress. Sue Rhodenbaugh picked the colors for us all as she has a very nice design sense, she picked the green book and the rainbows. Here we go ... There is no place like home!

Also remember this holiday event:

Christmas Bazaar, 11/23



Country Barbecue

What a hoot! Our western barbecue dance and music day went very well, lots of big smiles and full bellies. Lots of cowboy hats, cowboy boots, flannel shirts and fun cowboy spirit. The music was a western duet, a married couple — that sang the boots right off us.



Name Game by Lois Darnall

Questions:

1. Residents who share a first name with former U.S. Presidents?
2. Name that comes from the North, a Southern constellation visible between Ara and Lupus?
3. A Polish name derived from the tribal name of a group of wanderers?
4. Name meaning "pearl" or the patron of expectant mothers?
5. Queen of Louis VII, King of France?

NOVEMBER
2019

Birthdays

Malcolm Jones, 1st
Wanda Banta, 2nd
Helen Hansen, 5th
Bonnie Stillwill, 10th
Marlene Johnson, 15th
Harvey Loux, 15th
Evie Richards, 18th
Dorothy Ware, 20th
Connie Coiner, 26th

Anniversary

Billy & Vi Thompson,
11/2/2013

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Back Patio, BP
Chapel, CH
Dining Room, DN
Dining Room/
Fireplace, DN/FP
East Side Building, ESB
Front Entrance, FE
Library, LB
Pool Room, PR
Private Dining Room, PDR
Television Room, TVRM

Salon Hours

Tuesday, Wednesday
and Thursday
Call Tera, 208-781-0604,
or Kylee, 208-249-7399.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>9:00 Exercise Class, AR 1</div> <div>9:35 Walk Club, FE</div> <div>10:00 Idaho Spine Series, AT</div> <div>11:30 Single Car Garage Band, DN</div> <div>1:45 Pinochle, AR</div> <div>2:00 Shopping</div> <div>4:00 Happy Gathering Time/Bring Refreshments, AR</div> <div>6:30 Fast Track, TVRM</div> <div>6:30 Wii Bowling Practice, AR </div>	<div>10:30 Helen's Poetry Circle, AR 2</div> <div>11:00 Color Arts, AR</div> <div>1:30 Bridge Club, LB</div> <div>1:30 Saturday Movie Matinee, TVRM</div> <div>2:00 Cribbage, PR</div> <div>6:50 Bingo, AR  </div>
<div>DAYLIGHT SAVING TIME ENDS 3</div> <div>11:20 Church of Jesus Christ Sacrament, DeMeyer Park, CH</div> <div>2:00 Trivia, AR</div> <div>2:30 Worship Service with Life Church, CH</div> <div>3:30 Catholic Communion with St. Mark's Church, CH</div> <div>6:30 Fast Track, TVRM</div> <div>6:50 Bingo, AR</div>	<div>4</div> <div>9:00 Exercise Class, AR</div> <div>10:00 Crossword and Brain, AR</div> <div>10:00 Shopping</div> <div>11:45 Chef Meeting, AR</div> <div>2:00 Shopping Today, FE</div> <div>2:30 Gingerbread Making, AR</div> <div>4:00 Wagging Tail Social, Bring Your Dogs, AR</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>ELECTION DAY 5</div> <div>9:00 Exercise Class, AR</div> <div>9:25 Strength Training & Marching, AR</div> <div>9:35 Walk Club, FE</div> <div>10:00 Crossword and Brain, AR</div> <div>10:30 Activity Meeting</div> <div>11:30 Bob and Twila Music, DN</div> <div>11:45 Resident Manager Meeting, DN</div> <div>1:30 Bridge Club, LB</div> <div>1:30 Assistance League Fashion Show, AT</div> <div>3:00 Ice Cream Social</div> <div>6:50 Bingo, AR </div>	<div>6</div> <div>9:00 Exercise Class, AR</div> <div>1:30 Salt Room, Out, FE</div> <div>2:00 Cribbage, AR</div> <div>2:00 Movie Matinee, TVRM</div> <div>4:00 Fancy Fingers & Friends, AR</div> <div>4:45 Marian Piano Dinner Music, DN/FP</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>7</div> <div>Name Tag Day</div> <div>9:00 Exercise Class, AR</div> <div>9:30 Strength Training, AR</div> <div>11:00 Prayer in Chapel/Bible Study, CH</div> <div>1:30 Bridge Club, LB</div> <div>1:45 Bingo, AR</div> <div>6:30 Fast Track, TVRM</div> <div>7:00 Poker and Cribbage with Shawn, AR</div>	<div>8</div> <div>9:00 Exercise Class, AR</div> <div>9:35 Walk Club, FE</div> <div>1:45 Pinochle, AR</div> <div>2:00 Shopping</div> <div>2:00 Tai Chi with John</div> <div>4:00 Happy Gathering Time/Bring Refreshments, AR</div> <div>6:30 Fast Track, TVRM</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>9</div> <div>10:30 Helen's Poetry Circle, AR</div> <div>11:00 Color Arts, AR</div> <div>1:30 Bridge Club, LB</div> <div>1:30 Saturday Movie Matinee, TVRM</div> <div>2:00 Cribbage, PR</div> <div>2:00 Resident Music Jam, AR</div> <div>6:50 Bingo, AR</div>
<div>11:20 Church of Jesus Christ Sacrament, DeMeyer Park, CH</div> <div>2:30 Worship Service with Life Church, CH</div> <div>3:30 Catholic Communion with St. Mark's Church, CH</div> <div>6:30 Fast Track, TVRM </div> <div>6:50 Bingo, AR</div>	<div>VETERANS DAY 11</div> <div>9:00 Exercise Class, AR</div> <div>10:00 Crossword and Brain, AR</div> <div>10:00 Shopping</div> <div>11:00 Veterans Tribute Party, DN</div> <div>1:15 Travis Honoring Our Veterans, DN</div> <div>1:30 Book Club, LB</div> <div>2:00 Shopping Today, FE</div> <div>4:00 Wagging Tail Social, Bring Your Dogs, AR</div> <div>6:30 Wii Bowling Practice, AR</div> <div>7:00 Ch. of Jesus Christ Fam., CH</div>	<div>12</div> <div>9:00 Exercise Class, AR</div> <div>9:25 Strength Training & Marching, AR</div> <div>9:35 Walk Club, FE</div> <div>10:00 Veterans' Coffee Social, AR</div> <div>10:00 Crossword and Brain, AR</div> <div>1:30 Bridge Club, LB</div> <div>3:00 Ice Cream Social</div> <div>3:30 Alzheimer's Caretakers Support Group, CH</div> <div>6:50 Bingo, AR</div>	<div>13</div> <div>9:00 Exercise Class, AR</div> <div>10:15 Pastry Perfection and Thrifting, Out</div> <div>1:30 Schwan's Truck, AT</div> <div>2:00 Cribbage, AR</div> <div>2:00 Movie Matinee, TVRM</div> <div>2:00 Warhawk Museum, Out, FE</div> <div>4:00 Fancy Fingers & Friends, AR</div> <div>4:45 Marian Piano Dinner Music, DN/FP</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>14</div> <div>Name Tag Day</div> <div>9:00 Exercise Class, AR</div> <div>9:30 Strength Training, AR</div> <div>11:00 Prayer in Chapel/Bible Study, CH</div> <div>11:45 Rod G Birthday Bash, DN</div> <div>1:30 Bridge Club, LB</div> <div>1:45 Bingo, AR</div> <div>6:30 Fast Track, TVRM</div> <div>7:00 Poker and Cribbage with Shawn, AR</div>	<div>15</div> <div>9:00 Exercise Class, AR</div> <div>9:35 Walk Club, FE</div> <div>1:45 Pinochle, AR</div> <div>2:00 Shopping</div> <div>4:00 Happy Gathering Time/Bring Refreshments, AR</div> <div>6:30 Fast Track, TVRM</div> <div>6:30 Wii Bowling Practice, AR </div>	<div>16</div> <div>10:30 Helen's Poetry Circle, AR</div> <div>11:00 Color Arts, AR</div> <div>1:30 Bridge Club, LB</div> <div>1:30 Saturday Movie Matinee, TVRM</div> <div>2:00 Cribbage, PR</div> <div>2:00 Meet the Managers</div> <div>6:50 Bingo, AR</div>
<div>11:20 Church of Jesus Christ Sacrament, DeMeyer Park, CH</div> <div>2:00 Trivia, AR</div> <div>2:30 Worship Service with Life Church, CH</div> <div>3:30 Catholic Communion with St. Mark's Church, CH</div> <div>6:30 Fast Track, TVRM</div> <div>6:50 Bingo, AR</div>	<div>18</div> <div>9:00 Exercise Class, AR</div> <div>10:00 Crossword and Brain, AR</div> <div>10:00 Shopping</div> <div>2:00 Shopping Today, FE</div> <div>2:30 Gingerbread Making, AR</div> <div>4:00 Wagging Tail Social, Bring Your Dogs, AR</div> <div>6:30 Wii Bowling Practice, AR </div>	<div>19</div> <div>9:00 Exercise Class, AR</div> <div>9:25 Strength Training & Marching, AR</div> <div>9:35 Walk Club, FE</div> <div>10:00 Crossword and Brain, AR</div> <div>10:30 Christ of Jesus Christ Relief Society, CH</div> <div>11:30 David Walker on Cello, DN</div> <div>1:30 Bridge Club, LB</div> <div>3:00 Ice Cream Social</div> <div>6:50 Bingo, AR</div>	<div>20</div> <div>9:00 Exercise Class, AR</div> <div>10:00 Brunch & Tour of Old Penitentiary, Out</div> <div>2:00 Cribbage, AR</div> <div>2:00 Movie Matinee, TVRM</div> <div>4:00 Fancy Fingers & Friends, AR</div> <div>4:45 Marian Piano Dinner Music, DN/FP</div> <div>6:30 Wii Bowling Practice, AR </div>	<div>21</div> <div>Name Tag Day</div> <div>9:00 Exercise Class, AR</div> <div>9:30 Strength Training, AR</div> <div>11:00 Photo Exhibit by HerzImages, AR</div> <div>11:00 Prayer in Chapel/Bible Study, CH</div> <div>1:30 Bridge Club, LB</div> <div>1:45 Bingo, AR</div> <div>6:30 Fast Track, TVRM</div> <div>7:00 Poker and Cribbage with Shawn, AR</div>	<div>22</div> <div>9:00 Exercise Class, AR</div> <div>9:35 Walk Club, FE</div> <div>1:45 Pinochle, AR</div> <div>2:00 Shopping</div> <div>2:00 Catholic Mass, CH</div> <div>4:00 Happy Gathering Time/Bring Refreshments, AR</div> <div>4:30 Eric Olsen, DN/FP</div> <div>6:30 Fast Track, TVRM</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>23</div> <div>10:00 Christmas Bazaar, AT</div> <div>11:00 Color Arts, AR</div> <div>1:30 Bridge Club, LB</div> <div>1:30 Saturday Movie Matinee, TVRM</div> <div>2:00 Cribbage, PR</div> <div>2:00 Resident Music Jam, AR</div> <div>6:50 Bingo, AR</div>
<div>11:20 Church of Jesus Christ Sacrament, DeMeyer Park, CH</div> <div>2:30 Worship Service with Life Church, CH</div> <div>3:30 Catholic Communion with St. Mark's Church, CH</div> <div>6:30 Fast Track, TVRM</div> <div>6:50 Bingo, AR</div>	<div>25</div> <div>9:00 Exercise Class, AR</div> <div>10:00 Crossword and Brain, AR</div> <div>10:00 Shopping</div> <div>2:00 Shopping Today, FE</div> <div>4:00 Wagging Tail Social, Bring Your Dogs, AR</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>26</div> <div>9:00 Exercise Class, AR</div> <div>9:25 Strength Training & Marching, AR</div> <div>9:35 Walk Club, FE</div> <div>10:00 Crossword and Brain, AR</div> <div>11:15 Mobile Library</div> <div>11:30 Bruce and Pat Music, DN</div> <div>1:30 Bridge Club, LB</div> <div>3:00 Ice Cream Social</div> <div>6:50 Bingo, AR </div>	<div>27</div> <div>9:00 Exercise Class, AR</div> <div>10:00 Make Homemade Cranberry Sauce, ARK</div> <div>1:30 Schwan's Truck, AT</div> <div>2:00 Cribbage, AR</div> <div>2:00 Movie Matinee, TVRM</div> <div>4:00 Fancy Fingers & Friends, AR</div> <div>4:45 Marian Piano Dinner Music, DN/FP</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>THANKSGIVING DAY 28</div> <div>Happy Thanksgiving!</div> <div>1:30 Bridge Club, LB</div> <div>6:30 Fast Track, TVRM</div> <div>7:00 Poker and Cribbage with Shawn, AR</div>	<div>29</div> <div>9:00 Exercise Class, AR</div> <div>9:30 Holiday Walk Outside/S, AR</div> <div>9:35 Walk Club, FE</div> <div>11:45 End of Month Drawing, DN</div> <div>1:45 Pinochle, AR</div> <div>2:00 Shopping</div> <div>4:00 Happy Gathering Time/Bring Refreshments, AR</div> <div>6:30 Fast Track, TVRM</div> <div>6:30 Wii Bowling Practice, AR</div>	<div>30</div> <div>10:30 Helen's Poetry Circle, AR</div> <div>11:00 Color Arts, AR</div> <div>1:30 Bridge Club, LB</div> <div>1:30 Saturday Movie Matinee, TVRM</div> <div>2:00 Cribbage, PR</div> <div>6:50 Bingo, AR</div>



Babby Farms

You don't have to travel far to see the animals of the world. Kangaroos, camels, lemurs ... a zorse and a zedonk. Yep that's a horse-zebra and a donkey-zebra. Never had we seen the sights of these before, and I later found out that both crosses of genes renders the animals sterile so they cannot breed them but the one time. It is definitely much more than your run-of-the-mill petting zoo!

Every visitor is given a guided tour so you can really learn about the 130-plus animals.

We were lucky enough to have the whole zoo to our little group and had lots of time to look at the unique animals. They were happy animals and well-fed. We actually decided not to feed them because they needed a little diet — my conscientious residents — gotta love you all!



Petting the velvet hand of a lemur



Petting the "zorse"



Zorse



Zedonk

Avocado and Kale Superfood Information

Nutritional Value of Avocado:

Avocados are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids.

Nutrition Value of Kale:

While cooked kale is still very nutritious, cooking kale drastically lowers the amount of antioxidants and zinc contained in the kale, making raw kale a better option. A one-cup serving of chopped, raw kale contains 34 calories, 2.2 grams of protein, 0.5 grams of fat and 6.7 grams of carbohydrates, including 1.3 grams of fiber. This is five percent of the daily value for fiber and four percent of the DV for protein.



Faith

by Sue
Rhodenbaugh

Faith is giving
Faith is kind
Faith is love
Faith is blind
Faith is patience
Faith is energy
Faith is obedience
Faith is synergy



The Value of Being Thankful

by Marjorie

Thanksgiving thoughts ...

Being thankful is proven to be good for our health. Studies show gratitude gives us a healthier heart, better sleep, boosts our immune systems, puts us in a better mood and increases our desire for physical activity. It's amazing what something as simple as gratitude can do for our health! A poster I read in passing one day read, "One kind word can change someone's entire day." So we should be thankful for opportunities to be kind to others and enjoy good health!

Robert Louis Stevenson wrote this little poem:

Thanks to our Father
We will sing
For He gives us everything.
Eyes and ears and hands and feet,
Clothes to wear and food to eat.
Father, Mother, baby small,
Heavenly Father gives us all.

First Place Golf Star Randy Carpender

Randy Carpender at Salmon Creek has had an amazing nine years. He won second and third place in the National 2010 Special Olympic Golf tournament in Lincoln, Nebraska; shortly after that he was diagnosed with cancer, but the good news is ... he won over cancer as well.

Champion all around!

Now, nine years later he received a blue ribbon on October 5th at the special Olympics golf tournament in Payette, Idaho, FIRST place (with his golf partner Ron Asbury). What an amazing story, Salmon Creek is so proud of Randy!

Answers to The Name Game

by Lois
Darnall

1. William,
John, Kames,
Robert, Abraham
2. Norma
3. Wanda
4. Margaret
5. Eleanor



*Randy Carpender,
Golf Star*



*First prize ribbon
from October 2019*



*All of Randy's winning
ribbons and State pins*

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4890 North Cloverdale Road
Boise, Idaho 83713



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.

208-938-5529

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