

NOVEMBER 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

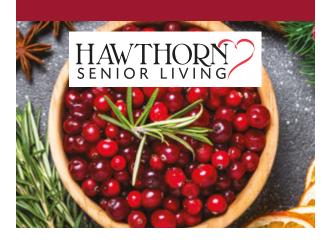
Monday, 9:30 a.m. and 2 p.m.: Shopping Day — Front Lobby

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



The Coffee Guys

A Poem, Written By: Shirley Farney

The doors break open and here they come, our coffee guys. In each hand they hold the joy of morning — hot and ready. They know each face and what they prefer. Some like it black, some do not. Whatever their pleasure, they're sure to please. Don't worry, there is enough for all, they never spill; their hands are strong and they make sure each cup is poured with grace and ease. Their smiles are always with them as we begin our day.

We need no pastry or donut, the perfect brew is quite enough. So hold your cups high and all together say thanks. Our world's a little sweeter as we begin our day in peace. You make our home comfortable and are certainly a great friend. And because of you we all say "Thank you!"

Like sharing stories or writing prompts? Share yours and be featured in the newsletter in months to come! Just stop by the Activity Room.



Thank you, Glenn and Mike, for pouring up the best morning brew!



The best part of waking up is Glenn pouring Folger's freshest in your cup!

Veterans Day

Monday, November 11th, at the 11th hour, 2019. More details to come.



We Love Our Tea-chers!

A lovely tea was held to show our appreciation to every teacher at W.C. in honor of World Teacher Day in October. Betty H. brought down tea from England, which was a delicious treat everyone enjoyed. Thanks to the teachers who were able to make the event and everyone who joined us in honor!



Left: Elsie, Nancy, Marge, Herbert, Bill G., Charlotte and Mae Marie. Right: Amy B., Hal, Erlene, Betty H., Jane J., Betty B. and Sandra.



Left: Lenelle J., Barbara M., Jean, Mikey, Elizabeth and Tom. Right: Sybil, Milton, Wanda, Cindy, Shirley J., Faye M. and Betty M.

These Willow Creek Cowboys & Cowgirls Know How to Hoedown

They line-danced, roped in horses and ate "haystacks" at last month's hoedown. Everyone participated, and it was a blast. Thank you all for dressing up in your western gear; no-one can rock it as well as yee-all!



Joann J., Sandra and Jean H. were Honky Tonk line dancing experts.



Dressed ready and with a little added sass, Ruth K., Emery and Barbara S.



Educated and Caffeinated

John U. shared a special story last month during our coffee chat. It seems that getting across the border back then was just as hard if not harder. Although diligence, honesty and a whole lot of hard work seemed to finally make his relatives' struggle well worth it. In case you missed it, stop by and ask John how he and his brothers got their mother into America the right way. After countless months and every document to claim, they followed the proper steps for his mother to successfully get entry into the States. Dreams don't always come easy but can become true with time, patience and hard work! Have a topic or story you would love to share? Just come to the activity room and set up a date to relate it. Big or small, we would be delighted to know!



John U. speaking with Bill K. and Fannie S.

Friendsgiving

What is a Friendsgiving you ask? It is a Thanksgiving celebration among friends, of course, and we invite you all to gather around the table with us. This will be something new to try this year! Sign-up with that famous Turkey Day dish of yours as we celebrate together with a potluck feast. Even if it may be a favorite store-bought item like that finger-licking bucket of fried chicken you love, we will be happy to throw it in a dish. Friendsgiving is laid back and so much fun, so come play games and reminisce; we may even vote on everyone's favorite dish!

Friday, November 22, 2019, at 12 p.m.

The sign-up sheet is located on Activity Room What's Happening this Month Board! Try to pick different items than others already on the list.

The Story of the Salute

The hand salute given by members of the military is a longstanding tradition and a gesture symbolizing honor, respect and commitment.

According to some historians, the modern military salute can be traced back thousands of years. During Roman times, a citizen would often approach another with their right hand in the air to indicate they were unarmed and could be trusted. Another theory points to the medieval era, when a knight would greet a king or fellow knight by raising his helmet's visor to show his face. Like the Romans, the knight would also display an open hand with no weapon.

These customs likely influenced the practice of removing one's hat as a sign of respect to a superior officer. For practical purposes, this action evolved to merely touching the brim of the hat. By 1820, saluting by raising the right hand to eye level with the palm facing down had become standard in the U.S. military.

The Pumpkin Pie Tradition

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.

NOVEMBER 2019

Birthdays

Janette Vitasek, 3rd Joann Kuse, 3rd Teresa White, 5th Shirley Johnson, 10th Cindy White-Shaddix. 20th Kathleen Cantrell, 20th Peggy Smith, 24th Sandra Rushton, 26th

Locations

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

Legacy **Health Care Services**

(757) 842-4130

Call to learn more about services you can receive without having to leave home. Legacy is practicing out of room 127, located on the first floor. Drop in to see Jessica and Ron.

SUNDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY MONDAY



DAYLIGHT SAVING TIME ENDS

- 9:00 Worship Service, TH 10:30 Great Bridge Baptist
- Service, TH 2:00 New Release Movie
- & Popcorn, TH 2:00 Sunday Service with Pastor Troy & Son, CH
- 4:00 Fall Walks: Outdoor Walking Group, PT 7:00 New Release Movie

& Popcorn, TH

9:00 Worship Service, TH

2:00 Sunday Service with

4:00 Fall Walks :Outdoor

Baptist Service, TH

Pastor Troy & Son, CH

Veteran" Documentary, TH

2:00 Afternoon Movie:"American

Walking Group, PT

Movie:"American

Documentary, TH

2:00 New Release Movie

& Popcorn. TH

2:00 Sunday Service with

4:00 Fall Walks: Outdoor

7:00 New Release Movie

& Popcorn, TH

10:30 Great Bridge Baptist

2:00 New Release Movie

& Popcorn, TH

2:00 Sunday Service with

4:00 Fall Walks: Outdoor

7:00 New Release Movie

& Popcorn, TH

Pastor Troy & Son, CH

Walking Group, PT

Service, TH

9:00 Worship Service, TH 17

Baptist Service, TH

Pastor Troy & Son, CH

Walking Group, PT

9:00 Worship Service, TH **24**

10:30 Great Bridge

7:00 Evening

Veteran"

10:30 Great Bridge

- 3:00 Wii Wheel of Fortune, AR Game" On Amazon, TH
- 8:50 Prayer Warriors, TH 9:30 Chairobics with Meredith, AR
- 10:30 Wii Bowl, AR
- *New* What's to Come 11:30 Activity Meeting, AR 2:00 Bingo: Susan, AR
- 2:00 Movie Showing "Play the Game" On Amazon, TH
 - 4:00 "Sew" Much Fun Knitting
 - & Crocheting Club, AR 7:00 Movie Showing "Play the
- 10 VETERANS DAY
 - 8:50 Prayer Warriors, TH 9:30 Chairobics with
 - Meredith, AR 10:30 Wii Bowl, AR
 - 11:00 Veterans Day Ceremony. DR
 - 1:45 USO Classics with the Chesapeake Bearcats, AR
 - 7:00 Movie Showing "American Renegades" On Amazon, TH
 - 8:50 Prayer Warriors, TH 9:30 Chairobics with
 - Meredith. AR
 - 10:30 Wii Bowl, AR 2:00 Bingo: Susan, AR
 - 2:00 "I Love Lucy" E. 1&2 Season 2 DVD, TH
 - 4:00 "Sew" Much Fun Knitting & Crocheting Club, AR
 - 7:00 "I Love Lucy" E. 1&2 Season 2 DVD, TH

8:50 Prayer Warriors, TH

Meredith, AR

11:00 Get the Facts with

12:30 Matinee Monday, TH

3:00 Movie Showing "Angels

7:00 Movie Showing "Angels

2:00 Bingo: Susan, AR

Legacy: Health Talk, TH

on Tap" On Amazon, TH

3:30 Willow Creek Derby Racing, AT

on Tap" On Amazon, TH

9:30 Chairobics with

10:30 Wii Bowl, AR

10:00 Bridge Club, LB 11:00 Special Guest: Resources for

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2:00 Bingo: Debbie, AR 2:00 Movie Showing "Camp

2:00

- Cool Kids" On Netflix, TH 4:00 Dancing to the Melodies by the Dowlings, AR
 - 7:00 Left, Center, Right, AR
 - 7:00 Movie Showing "Camp Cool Kids" On Netflix, TH

8:50 Prayer Warriors, TH

- 9:30 Gentle Fitness with Linda, AR
- 10:30 Let's Get Crafty: Details to Come !, AR

10:00 Bridge Club, LB

- 2:00 Movie Showing "Mud" (2 Hr.)On Amazon, TH
- 2:00 Bingo: Debbie, AR 4:00 Dance by Design, AT
- 7:00 Left, Center, Right, AR
- 7:00 Movie Showing "Mud" (2 Hr.)On Amazon, TH

8:50 Prayer Warriors, TH

with Linda, AR

Communion, CH

11:30 Let's Get Crafty: Card

7:00 Left, Center, Right, AR

8:50 Prayer Warriors, TH

with Linda, AR

9:30 Gentle Fitness

7:00 Movie Showing "Beyond Our

2:00 Bingo: Debbie, AR

Creations with Carolyn, AR

Movie Showing "Beyond Our

Differences" On Amazon, TH

Differences" On Amazon, TH

the Visually Impaired, AR

9:30 Gentle Fitness

10:00 Rosary Prayer &

10:00 Bridge Club, LB



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8:50 Prayer Warriors, TH

- 9:30 Sit & Be Fit Jessica, AR
- 10:00 Catholic Communion, CH 10:30 Wii Bowl AR

10:30 Activity Outing: English Rose Tea Room \$22, FL

- 2:00 Afternoon Movie Showing "Marshall" On Amazon, TH
- 3:30 Mexican Train Dominoes, BR 7:00 Night Time Movie

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Showing "Marshall," TH

8:00 Outing: Mystery Trip, FL

9:30 Sit & Be Fit - Jessica, AR

2:00 Health Chat: Presented

2:00 Movie"Bury My Heart at

7:00 Movie"Bury My Heart at

8:50 Prayer Warriors, TH

10:30 Wii Bowl, AR

9:30 Sit & Be Fit - Jessica, AR

10:00 Catholic Communion, CH

Bridge" On Netflix, TH

3:30 Mexican Train Dominoes, BR

Bridge" On Netflix, TH

12:30 Placemat Puzzles, DR

2:00 Movie Showing "The

3:45 Outing: Aberdeen

Supper, FL

7:00 Movie Showing "The

Steakhouse for

by Foot Solutions, AR

3:30 Mexican Train Dominoes, BR

Wounded Knee"On Amazon, TH

Wounded Knee"On Amazon, TH

Western Movie Wednesday, TH

8:50 Prayer Warriors, TH

10:30 Wii Bowl, AR

8:50 Prayer Warriors, TH 9:30 Exercise Driven

- by Dance, AR 10:00 Bridge Club, LB
- 10:30 Acrylic Painting with
- Artist Vicki, AR 2:15 Brain Games with Denise, AR
- 3:30 Mid Evening Movie:"White Lion" On Amazon, AR
- 6:45 November Birthday Party Ent. :Fond **Memories Band, AR**

Chicken Fat Go!, AR

Oldies" On Amazon, AR

Oldies" on Amazon, TH

New One Minute to Win It. AR

8:50 Prayer Warriors, TH

10:30 Culinary Corner with

Chef Tonia, AR

2:00 Movie Showing "The

4:00 Entertainment: Group

7:00 Left, Center, Right, AR

7:00 Movie Showing "The

Therapy Band, AR

9:30 Group Walk & Go

10:00 Bridge Club, LB

7 | Wear Your Patriotic Colors Day 10:00 Jan's Friday Jump Start

Wear Your Patriotic Colors Day 1

9:00 *New* Friday Feels, AR

10:00 Jan's Friday Jump Start

2:00 Movie Showing "The

7:00 Movie Showing "The

Exercise Class, AR

4:00 Out of the Hat Social!, AT

Forgiven" On Amazon, TH

Forgiven" On Amazon, TH

8:50 Prayer Warriors, TH

10:30 Wii Bowl, AR

2:00 Bingo, AR

Exercise Class, AR 10:30 Wii Bowl, AR 1:30 Beltone Hearing

- Aid Checks, CH 2:00 Bingo!, AR 2:00 Movie Showing "Kindness
- Matters" On Amazon, TH 4:00 Out of the Hat Social!, AT
- 6:45 Fall Fridays Around the Fire Pit. PT
- 7:00 Movie Showing "Kindness Matters" On Amazon, TH

8:50 Prayer Warriors, TH

Builder" On Amazon, TH 15 **Wear Your Patriotic Colors Day** 8:50 Prayer Warriors, TH

9:00 *New*Friday Feels, AR Theater: Pal Joey 10:00 Jan's Friday Jump Start 10:30 Good Ole Guys, BT

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- Exercise Class, AR 11:30 Wii Bowl Open Court, AR
- 10:30 Wii Bowl, AR 2:00 Bingo: Charlotte, AR 2:00 Bingo, AR 2:00 Movie Showing "Mary and
- 2:00 Movie Showing "A Great Martha" On Amazon, TH Young Mind" On Amazon, TH 3:30 Mexican Train Dominoes, BR
- 4:00 Out of the Hat Social!, AT 7:00 Left, Center, Right, AR
- 7:00 Movie Showing "A Great 7:00 Movie Showing "Mary and
 - Young Mind" On Amazon, TH Martha" On Amazon, AR

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23 8:50 Prayer Warriors, TH

Beauty and the Beast

2:00 Movie Showing "Christopher

Robin" On Netflix, TH

3:30 Mexican Train Dominoes, BR

11:30 Wii Bowl Open Court, AR

10:00 Morning Musical:

10:30 Good Ole Guys, BT

2:00 Bingo: Elsie, AR

8:50 Prayer Warriors, TH

2:00 Bingo: Charlotte, AR

Dominoes, BR

7:00 Left, Center, Right, AR

8:50 Prayer Warriors, TH

2:00 Bingo: Elsie, AR

10:00 Morning Musicals in the

11:30 Wii Bowl Open Court, AR

2:00 Movie Showing "The Boat

4:00 "Sew" Much Fun Knitting

7:00 Movie Showing "The Boat

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7:00 Left, Center, Right, AR

10:00 Morning Musical in the

Builder" On Amazon, TH

3:30 Mexican Train Dominoes, BR

& Crocheting Club, AR

Theater: "La La Land"

11:30 Wii Bowl Open Court, AR

2:00 Movie Showing "I Can Only

4:00 Girls Just Wanna Chat, AT

7:00 Movie Showing "I Can Only

Imagine" On Amazon, TH

Imagine" On Amazon, TH

10:30 Good Ole Guys, BT

3:30 Mexican Train

Wear Your Patriotic Colors Day 8:50 Prayer Warriors, TH 9:30 Turkey Trot Workout, AR 8:50 Prayer Warriors, TH 10:00 Bridge Club, LB

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- 10:30 Culinary Corner with Tonia, AR 11:00 Morning Movie "The Thought
- Exchange" On Amazon, TH 12:00 Go Chicken Fat Go!. AR 1:45 Entertainment: Lou
- Antone, AR 4:00 Group Categories, AR
- 7:00 Left, Center, Right, AR
- 7:00 Morning Movie "The Thought
- Exchange" On Amazon, TH

10:00 Jan's Friday Jump Start

- Exercise Class, AR 10:30 Wii Bowl, AR
- 12:30 Friendsgiving: Pot Luck Dinner, AR 2:00 Movie Showing "Temple
- Grandin" On Amazon, TH 3:00 Circle of "Thanks" Activity, AR
- 4:00 Girls Just Wanna Chat, AT 4:00 Share Your Best Jokes, AR 7:00 Movie Showing "Temple
 - 7:00 Left, Center, Right, AR Grandin" On Amazon, TH
 - 7:00 Movie Showing "Christopher
 - Robin" On Netflix, TH
 - 8:50 Prayer Warriors, TH 10:30 Good Ole Guys, BT
 - 11:30 Wii Bowl Open Court, AR 2:00 Movie Showing "You've
 - 3:30 Mexican Train
 - Dominoes, BR 4:00 "Sew" Much Fun Knitting

Got Mail" On Amazon, TH

- 25 The Price Is Right Day! 8:50 Prayer Warriors, TH
 - 9:30 Gentle Fitness with Linda, AR
 - 10:00 Bridge Club, LB
 - 10:30 Let's Get Crafty: Details to Come !. AR 2:00 Bingo: Debbie, AR
 - 3:45 Let's Play the Price Is Right Game, TH
 - 7:00 Left, Center, Right, AR 7:00 Movie Showing "Staring Down Fate"

On Amazon, TH

- Western Movie Wednesday, TH 8:50 Prayer Warriors, TH
 - 9:30 Sit & Be Fit Jessica, AR 10:00 Catholic Communion, CH
 - 10:30 Wii Bowl, AR 1:45 Afternoon Scenic Drive, FL
 - 2:00 Movie Showing "Glorious" On Amazon, TH
 - 3:30 Mexican Train Dominoes, BR 4:00 * New * Who Am I?, AR 7:00 Movie Showing "Glorious"

On Amazon, TH

11:00 Special Showing: Documentary "The

10:00 Bridge Club, LB

THANKSGIVING DAY

- Pilgrims" Part 1. TH 12:30 Holiday Dinner, DR
- 2:00 Special Showing:
- Documentary "The Pilgrims" Part 2, TH 7:00 Left, Center, Right, AR

28 Wear Your Patriotic 8:50 Prayer Warriors, TH **Colors Day**

- 8:50 Prayer Warriors, TH 10:00 Jan's Friday Jump Start Exercise Class, AR
- 10:30 Wii Bowl, AR
- 2:00 Movie Showing"Air Force One" On Amazon, TH 2:00 Bingo, AR
- 4:00 Beanbag Baseball, AT
- & Crocheting Club, AR
- 7:00 Movie Showing "You've Got Mail" On Amazon, TH
- 7:00 Left, Center, Right, AR
- 7:00 Movie Showing"Air Force One" On Amazon, TH



Girls Just Wanna Have Fun

Although the outing was not a hit for the guys, the ladies made sure to make it a day filled with fun! The girls went down to visit Virginia Beach's Boardwalk to see this year's display of sand castles from the King Neptune Festival. Pictures just don't do justice for these amazing works of art. It is hard to believe they were made out of sand in just a short period of time. People from all over the world come down to compete. Not only were we thankful for a perfect blue sky and sunshine-filled day, but we capped the wonderful afternoon with fellowship and lunch overlooking the Lynnhaven Inlet until our bellies were stuffed at Bubba's Seafood Restaurant. It was delicious as always and has a fresh new look after their remodel! A revisit will definitely be in order in the near future!



These Beach Gals know how to have fun: Joan J., Earlene F., Betty H., Helen, Mikey, Betty B., Audrey, Barbara Sul. and Jean H.



Ask Audrey to tell you about her love for felines. We assure you her stories will give you laugh! The first time in 20 years she got to see the ocean!



Earlene F. pretending to be the artist while Jean was in awe.



Helen G. and Carol P. looking like angels while standing in front of one.

Can You Believe It?

It will be beginning to look like Christmas before we even reach Turkey Day!

That is right, you will notice the first Christmas Tree located in the Front Lobby. This tree is something Willow Creek participates in every year in coordination with the Salvation Army. We will have 100 Angels hanging from the tree that represent local children in need. If you are able to provide for one of our Angels, go and pick one off of the tree. Each tag tells you the information you will need to know as you shop for the child (Name, age, size, etc.). Friends and family are welcome to grab Angels as well. Just bring the tag to the A.R. so we can keep track as we make sure every child is accounted for from our batch. For safety purposes of the Salvation Army, do not take tags off or wrap presents. Turn items into Meredith in the Activity Room with a grocery bag and bring along your Angel Tree Tag. Once they are approved for safety, they wrap them before they go to the children's homes.

But there is one more thing we will bringing new to W.C. this year for the holidays, an extra Special Christmas Tree leaving no-one behind as we begin with all of our holiday cheer. Details to come as we invite you to partake in honoring a missed loved one by placing an ornament in memory, as holidays always make things hard, missing them most during this time. Stay tuned, and we will share a favorite memory of our missed loved ones as we fill up ornaments in their honor on our Christmas Remembrance Tree. We will be making special ornaments for the tree during crafts this month. An exact date and time is soon to come!

Mystery Resident

Amy B. figured out last month's mystery resident. Spoiler Alert, Barbara S. had most everyone stumped with her adorable childhood photo in October's Newsletter, Now who can figure out November's? Think you know who it is? Tell anyone in management or go to Meredith's desk with your guess and win \$50 in funny money!



Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating
 Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.

- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.

Hip, Hip, Hurrah Players!

Last month, we ventured out on a Friday to watch the Hurrah Players put on "The Little Mermaid" musical. Everyone's faces were lit up with smiles ear to ear as we watched so many locally talented teens and children take the stage. The have personally invited us all to come to every Friday morning show this year. Look for details to come on their next upcoming show; they even kept tickets at a special low price with handicap accessible seating. Watching and hearing such wonderful talent makes one feel proud they are straight out of local neighborhoods.

I think anyone who came along believed Ariel's actress will definitely making it big on Broadway. Although, we couldn't manage to get Ariel's attention for a quick snap, we stole Sebastian (the Crab) and Ursula (Evil Octopus Witch) for a picture!



The gangs all here and happy to be "part of your world," Earlene, Betty B., Charlotte, Mikey, Mae Marie and Emery



Of course, the gang includes Teresa! Ursula was so much nicer off stage, and Sebastian was far from crabby in person!







757-547-7876

