

# THE Oaks

Gracious Retirement Living

3720 Williams Drive • Georgetown, TX 78628 • Phone (512) 863-7788 • www.seniorlivinginstyle.com

DECEMBER 2019

## THE OAKS STAFF

Managers.....ANITA & SHAWN DENIO  
Assistant Managers ... DAVID & DANA SALISBURY  
Marketing.....RACHEL GUERRERO  
Activity Coordinator ..... AVIS WILKERSON  
Maintenance .....RUSSELL JONES  
Transportation .....ART GARCIA

## TRANSPORTATION

**Monday, 9:30 a.m.-2 p.m.:**

Appointments & Shopping (Georgetown Only)

**Tuesday, 9:30 a.m.-2 p.m.:**

Doctor Appointments (Out of Town)

**Wednesday & Thursday, 9:30 a.m.-2 p.m.:**

Doctor Appointments & Shopping  
(Georgetown Only)

**Friday, 9:15 a.m.-1:45 p.m.:**

Trips/Outing with Activities

**Friday, 2 p.m.:** Errands & Shopping  
as Trip/Outing Schedule Allows

HAWTHORN  
SENIOR LIVING

## Oak Leaf of the Month: James Stockton

My life began on December 6, 1948 in Waco, Texas. I was born James Edward Mayes Stockton. My parents, older brother and I lived with Grandpa and Grandma Mayes most of my adolescent years.



I learned how to be a farmer at the tender age of three. I fed chickens and rabbits, but just looked at the hogs and cows – they were much

larger than me, so I left them alone. My grandpa was a poor sharecropper and he farmed with a big ol' Caterpillar tractor which he left running until day's end. One day my older brother and I decided to investigate. The fun began when we got on the Caterpillar and it started to move. My brother jumped off and started running – not me, it was a “thrill of a lifetime” for a three-year old. Looming ahead was a big cliff that was over the Brazos River – Grandpa was running, waving his arms and screaming something so I jumped off. The Caterpillar went over the cliff and, to my knowledge, it still rests on the bottom of the Brazos River. Grandpa was really upset!

Later, my parents, brother and I moved in with my uncle who had a big farm in Granbury, Texas. I had the same chores I had as a younger child feeding the animals and I got to feed the hogs – but when my cousin told me they could eat me, I no longer fed them!

*(Continued inside)*



## Oak Leaf of the Month: James Stockton *(Continued)*

When I was about five years old, I was taken to an orphanage. It was there that a nice couple adopted me. I called them “Mom” and “Dad” (Stockton.) They gave me a toolbox — did I ever make use of it. I completely dismantled the lawnmower, plus anything else I could find to “repair” — I have since honed my mechanical abilities.

When my stepdad passed, we moved to Lubbock, Texas where I was a lineman on the high school football team. I enlisted in the U.S. Navy and after boot camp, I was sent to Special Forces Training with the Marines. I was “ready” to be transferred to Guam with other responsibilities.

In Guam, I was assigned to a Top Secret Squadron whose operations were covert, then I was deployed to Vietnam on several missions. I served in the U.S. Navy for 12 years and was awarded various medals and other commendations, including the Bronze Star, before receiving an honorable discharge.

My first wife and I had four children together and divorced shortly after I left the military. I met my second wife, who was my partner and soulmate, and we had a good life. We raised both her children and mine — a total of six. She passed away after 32 great years together.

After my military service, I worked in the aircraft industry in Ft. Worth, Texas as a jet propulsion specialist. I was later assigned to Groton, Connecticut to work on submarines as a propulsion specialist.

I returned to Central Texas and found myself in the newspaper business as a Circulation Director in Temple, Texas. I learned rapidly about multi-media and customer service and felt it was my calling — after 22 years, I finally retired. I now enjoy spending time with my eight grandchildren and watching old movies.

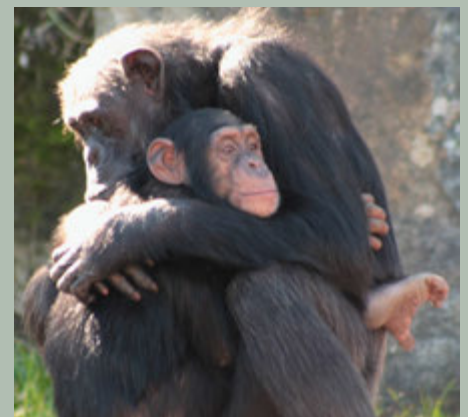
While in Pawcatutt, Rhode Island, I joined the Masonic Lodge and later took my vows as a Knight Templar. We worked on many worthwhile charitable projects.

Six years ago, I found a box of puppies alongside the road in East Texas. I took them to the veterinarian, but only one survived — his name is DAWG and he is my treasured service dog. We have had some bumpy roads, but have endured them and are now inseparable. Dawg and I have lived at The Oaks since May 2019, and find it to be a good residence for both of us.

## The Power of a Hug

The average duration of a hug between two people is three seconds. But researchers discovered something amazing. When a hug lasts 20 seconds, it produces a therapeutic effect on the body and mind. The reason is that a sincere hug produces a hormone called “oxytocin,” also known as the hormone of love. This substance has many benefits on our physical and mental health, it helps us, by the way, to relax, to feel safe and calm our fears and anxiety.

This wonderful tranquilizer is offered for free every time you take a person in our arms, who cradles a child, who caresses a dog or a cat, dancing with our partner, who is approaching someone or who he just keeps a friend for his shoulders. Today, get someone in your arms for 20 seconds, make this simple gift ...



*Show up to Exercise Class, Monday-Friday for the best hugs ever!*



## Guess the Mystery Resident

Stop by Avis' desk with your guess to win cash.



## Upcoming December Special Events

**Monday, 2nd:** Holiday Party Sponsored by our Health Partners

**Wednesday, 4th:** Miracle Ear, Hearing Aid Check

**Wednesday, 4th:** St. Helen's Reconciliation and Mass

**Wednesday, 4th:** Entertainment, Richard Whitenton

**Thursday, 5th:** Holiday Craft Fair

**Friday, 6th:** Out to Lunch Bunch, BJ's Restaurant and Brewhouse

**Monday, 9th:** Presentation, Mind Your Mind Event

**Monday, 9th:** Entertainment, Quinton Locklin Christmas Carols

**Wednesday, 11th:** Massages By Appointment

**Wednesday, 11th:** Entertainment

**Wednesday, 11th:** Meet the New Residents Social, hosted by Anita and Shawn

**Friday, 13th:** Out to Lunch Bunch, Pappadeaux Restaurant

**Monday, 16th:** Presentation, Meditation by Imani, Outcomes Therapy

**Tuesday, 17th:** Evening Entertainment by Ashley and Jennifer (Cello and Piano)

**Wednesday, 18th:** A Taste of Christmas; The Singing Santa

**Friday, 20th:** Out to Lunch Bunch, Salt Restaurant

**Monday, 23rd:** Christmas Fashion Runway Show – Pick out your favorite Christmas outfit or your Ugliest Sweater and strut your stuff down the runway!

**Tuesday, 24th:** Happy Hour Birthday Social with Texas Home Health; Game, Name That Tune

**Wednesday, 25th:** Merry Christmas to You All

**Friday, 27th:** Out to Lunch Bunch, Fortune Garden

**Tuesday, 31st:** New Year's Eve Party

## A Bootiful Morning

Every year it is so much fun to see all the little "trick-or-treaters" from two of our local preschools file down our hallways in anticipation of a sweet bounty. Xplor Preschool puts on the cutest performance singing some very scary songs.

It was also Spooktacular to see many of our residents and employees parade the dining room, in order to get as much applause as possible to win best-dressed Halloween costume. This year, first place resident went to Dr. T., Dr. Ron Tegtmeier, second place went to Cat Woman, Rachel Carney, third place, "The Walking Dead," Dayle Goldenberg and fourth place went to T-Rex, Jim Harvey.

Employees first place went to "The Scarecrow" Gidget, second place, "The Hippie Couple," Anita and Shawn, Managers, and third place, "The Witch," Avis and last but not least, "The Men in Black," Dave and Dana, Assistant Managers.



*Employee Halloween winner, Scarecrow Gidget*



*Resident Halloween costume winner, Doctor T.*

# DECEMBER 2019

## Birthdays

Katrina Poole, 2nd (Employee)  
James Stockton, 6th  
Mary Zornick, 13th  
Mildred Kondelis, 27th

## Locations






Activity Room, AR  
Atrium, AT  
Backyard Patio, BP  
Billiards Room, BR  
Bistro, BI  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Exercise Room, EX  
Front Lobby, Lobby  
Library, LB  
Movie Theater, MT  
Private Dining Room, PDR  
TV Room, TV

## Hair Trendz Salon

Kim Miller  
512-595-1950  
Dorothy Wilkerson  
214-642-5519  
Open Tuesday-Saturday,  
9:30 a.m.-5 p.m.  
Manicures and  
Pedicures by appt.

“Always be on the lookout for the presence of wonder.”

—E.B. White

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 The Worship Place Televised Live, MT <b>1</b></p> <p>10:30 St. Helen's Catholic Communion Service, CH</p> <p>11:15 Sunday Worship, AR</p> <p>1:30 Sunday Matinee, MT</p> <p>2:00 Rummikub, BR</p> <p>3:00 White Board Wheel of Fortune, AR</p> <p>6:45 Evening at the Movies, MT</p>	<p>9:30 Exercise: Up the Beat with Avis, AR <b>2</b></p> <p>10:30 Coffee Talk: What's on Your Mind?, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Chair Volleyball, AT</p> <p>6:45 Evening Movie, MT </p>	<p>9:30 Exercise: Strut Your Stuff Walking with Pizzazz, AR <b>3</b></p> <p>10:30 Penny Ante Poker, TV</p> <p>10:30 Singalong Group, AR</p> <p>2:00 Group Games: Rummikub/Mahjong/Pinochle, TV</p> <p>3:00 Giant Crossword Puzzle, AR</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Get Fit with Destini/Outcomes Therapy, AR <b>4</b></p> <p>10:00 Bible Study with Don Kasper, MT</p> <p>11:00 Bean Bag Baseball, AT</p> <p>11:30 Texas Home Health: Blood Pressure Check, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>2:00 Bridge Club, TV</p> <p>3:00 <i>Miracle Ear Hearing Aid Check, AR</i></p> <p><b>3:00 Entertainment: Richard Whitenton, AT</b></p> <p>6:45 Evening Movie, MT</p>	<p><b>5</b></p> <p><b>10:00 Holiday Craft Fair</b></p> <p><b>10:00 Exercise: Line Dancing Class, AR</b></p> <p>3:00 Cranium Crunches: Beat the Bell Trivia, AR</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Up the Beat with Avis, AR <b>6</b></p> <p>10:00 Art &amp; Crafts, AR</p> <p><b>11:15 Out to Lunch Bunch: BJ's Restaurant &amp; Brewhouse, Lobby</b></p> <p>2:00 Group Game: Rummikub, TV</p> <p>3:00 Chair Volleyball, AR</p> <p>4:00 Rosary Prayer Service, CH</p> <p>6:45 Friday Night at the Movies, MT </p>	<p>9:30 Step on It: Meet Up and Walk, Lobby <b>7</b></p> <p>10:30 Hole in One Golf, AT</p> <p>2:00 Bring Your Nickel\$ Bingo with June, AR</p> <p>2:00 Penny Ante Poker, TV</p> <p>6:45 Saturday Night at the Movies, MT</p>
<p>9:00 The Worship Place Televised Live, MT <b>8</b></p> <p>10:30 St. Helen's Catholic Communion Service, CH</p> <p>11:15 Sunday Worship, AR</p> <p>1:30 Sunday Matinee, MT</p> <p>2:00 Rummikub, BR</p> <p>3:00 White Board Wheel of Fortune, AR</p> <p>6:45 Evening at the Movies, MT</p>	<p>9:30 Exercise: Up the Beat with Avis, AR <b>9</b></p> <p><b>10:00 Presentation: Mind Your Mind Event, MT</b></p> <p><b>11:45 Entertainment: Quinton Locklin, DR</b></p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Chair Volleyball, AT</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Strut Your Stuff Walking with Pizzazz, AR <b>10</b></p> <p>10:30 Penny Ante Poker, TV</p> <p>10:30 Singalong Group, AR</p> <p><b>11:30 Resident/Management Meeting, AR</b></p> <p>2:00 Group Games: Rummikub/Mahjong/Pinochle, TV</p> <p>3:00 Giant Crossword Puzzle, AR</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Get Fit with Destini/Outcomes Therapy, AR <b>11</b></p> <p>10:00 Bible Study with Don Kasper, MT</p> <p>11:00 Bean Bag Baseball, AT</p> <p>11:30 Texas Home Health: Blood Pressure Check, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>2:00 Bridge Club, TV</p> <p><b>3:00 Entertainment: Richard Patnaude, AT</b></p> <p><b>6:45 Meet Our New Residents Social, BR</b></p>	<p>9:30 Exercise: Up with the Beat with Mary Ann, AR <b>12</b></p> <p><b>10:00 Exercise: Line Dancing Class, AR</b></p> <p>11:00 Chair Volleyball, AT</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Cranium Crunches: Beat the Bell Trivia, AR</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Up the Beat with Avis, AR <b>13</b></p> <p>10:00 Art &amp; Crafts, AR</p> <p>11:00 Out to Lunch</p> <p><b>11:15 Out to Lunch Bunch: Pappadeaux Restaurant, Lobby</b></p> <p>2:00 Group Game: Rummikub, TV</p> <p>3:00 Chair Volleyball, AR</p> <p>6:45 Friday Night at the Movies, MT </p>	<p>9:30 Step on It: Meet Up and Walk, Lobby <b>14</b></p> <p>10:30 Hole in One Golf, AT</p> <p>2:00 Bring Your Nickel\$ Bingo with June, AR</p> <p>2:00 Penny Ante Poker, TV</p> <p>6:45 Saturday Night at the Movies, MT</p>
<p>9:00 The Worship Place Televised Live, MT <b>15</b></p> <p>10:30 St. Helen's Catholic Communion Service, CH</p> <p>11:15 Sunday Worship, AR</p> <p>1:30 Sunday Matinee, MT</p> <p>2:00 Rummikub, BR</p> <p>3:00 White Board Wheel of Fortune, AR</p> <p>6:45 Evening at the Movies, MT</p>	<p><b>16</b></p> <p>9:30 Exercise: Up the Beat with Avis, AR</p> <p>10:30 Coffee Talk: What's on Your Mind?, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Chair Volleyball, AT</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Strut Your Stuff Walking with Pizzazz, AR <b>17</b></p> <p>10:30 Penny Ante Poker, TV</p> <p>10:30 Singalong Group, AR</p> <p>2:00 Group Games: Rummikub/Mahjong/Pinochle, TV</p> <p>3:00 Giant Crossword Puzzle, AR</p> <p>6:45 Evening Movie, MT</p> <p><b>6:45 Entertainment: Cello and Piano by Ashley and Jen, AR</b></p>	<p>9:30 Exercise: Get Fit with Destini/Outcomes Therapy, AR <b>18</b></p> <p>10:00 Bible Study with Don Kasper, MT</p> <p>11:00 Bean Bag Baseball, AT</p> <p>11:30 Texas Home Health: Blood Pressure Check, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>2:00 Bridge Club, TV</p> <p><b>3:00 A Taste of Christmas and the Singing Santa, AR</b></p> <p>6:45 Evening Movie, MT</p>	<p><b>19</b></p> <p>9:30 Exercise: Up with the Beat with Mary Ann, AR</p> <p><b>10:00 Exercise: Line Dancing Class, AR</b></p> <p>11:00 Chair Volleyball, AT</p> <p><b>11:45 Resident/Chef Meeting, DR</b></p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Cranium Crunches: Beat the Bell Trivia, AR</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Up the Beat with Avis, AR <b>20</b></p> <p>10:00 Art &amp; Crafts, AR</p> <p><b>11:00 Out to Lunch Bunch: Salt Restaurant, Lobby</b></p> <p>2:00 Group Game: Rummikub, TV</p> <p>3:00 Chair Volleyball, AR</p> <p>4:00 Rosary Prayer Service, CH</p> <p>6:45 Friday Night at the Movies, MT</p>	<p><b>WINTER BEGINS 21</b></p> <p>9:30 Step on It: Meet Up and Walk, Lobby</p> <p>10:30 Hole in One Golf, AT</p> <p>2:00 Bring Your Nickel\$ Bingo with June, AR</p> <p>2:00 Penny Ante Poker, TV</p> <p>6:45 Saturday Night at the Movies, MT</p>
<p><b>HANUKKAH BEGINS AT SUNSET 22</b></p> <p>9:00 The Worship Place Televised Live, MT</p> <p>10:30 St. Helen's Catholic Communion Service, CH</p> <p>11:15 Sunday Worship, AR</p> <p>1:30 Sunday Matinee, MT</p> <p>2:00 Rummikub, BR</p> <p>3:00 White Board Wheel of Fortune, AR</p> <p>6:45 Evening at the Movies, MT</p>	<p><b>23</b></p> <p>9:30 Exercise: Up the Beat with Avis, AR</p> <p>10:30 Chair Volleyball, AT</p> <p><b>2:30 Christmas Fashion Runway Show, AR</b></p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Strut Your Stuff Walking with Pizzazz, AR <b>24</b></p> <p>10:30 Penny Ante Poker, TV</p> <p>10:30 Singalong Group, AR</p> <p>2:00 Group Games: Rummikub/Mahjong/Pinochle, TV</p> <p>3:00 Giant Crossword Puzzle, AR</p> <p><b>3:00 Happy Hour Birthday Social with Texas Home Health, AR</b></p> <p>6:45 Evening Movie, MT</p>	<p><b>CHRISTMAS DAY 25</b></p> <p>9:30 Exercise: Get Fit with Destini/Outcomes Therapy, AR</p> <p>10:00 Bible Study with Don Kasper, MT</p> <p>11:00 Bean Bag Baseball, AT</p> <p>11:30 Texas Home Health: Blood Pressure Check, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>2:00 Bridge Club, TV</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Up with the Beat with Mary Ann, AR <b>26</b></p> <p><b>10:00 Exercise: Line Dancing Class, AR</b></p> <p>11:00 Chair Volleyball, AT</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Cranium Crunches: Beat the Bell Trivia, AR</p> <p>6:45 Evening Movie, MT</p>	<p>9:30 Exercise: Up the Beat with Avis, AR <b>27</b></p> <p>10:00 Art &amp; Crafts, AR</p> <p><b>11:30 Out to Lunch Bunch: Fortune Garden, Lobby</b></p> <p>2:00 Group Game: Rummikub, TV</p> <p>3:00 Chair Volleyball, AR</p> <p>6:45 Friday Night at the Movies, MT </p>	<p><b>28</b></p> <p>9:30 Step on It: Meet Up and Walk, Lobby</p> <p>10:30 Hole in One Golf, AT</p> <p>2:00 Bring Your Nickel\$ Bingo with June, AR</p> <p>2:00 Penny Ante Poker, TV</p> <p>6:45 Saturday Night at the Movies, MT</p>
<p>9:00 The Worship Place Televised Live, MT <b>29</b></p> <p>10:30 St. Helen's Catholic Communion Service, CH</p> <p>11:15 Sunday Worship, AR</p> <p>1:30 Sunday Matinee, MT</p> <p>2:00 Rummikub, BR</p> <p>3:00 White Board Wheel of Fortune, AR</p> <p>6:45 Evening at the Movies, MT</p>	<p><b>30</b></p> <p>9:30 Exercise: Up the Beat with Avis, AR</p> <p>10:30 Coffee Talk: What's on Your Mind?, AR</p> <p>2:00 Bring Your Nickel\$ Bingo, AR</p> <p>3:00 Chair Volleyball, AT</p> <p>6:45 Evening Movie, MT</p>	<p><b>NEW YEAR'S EVE 31</b></p> <p>9:30 Exercise: Strut Your Stuff Walking with Pizzazz, AR</p> <p>10:30 Penny Ante Poker, TV</p> <p>10:30 Singalong Group, AR</p> <p>2:00 Group Games: Rummikub/Mahjong/Pinochle, TV</p> <p>3:00 Giant Crossword Puzzle, AR</p> <p>6:45 Evening Movie, MT</p> <p><b>6:45 New Year's Eve Party, AR</b></p>				



## Good Old-Fashioned Fundraiser

As most everyone knows, October is Breast Cancer Awareness Month, and what better way to raise money for a great cause than to drink exquisite teas, eat delicious goodies and socialize with good friends. That's exactly what we did at The Oaks to raise money for The Round Rock Breast Cancer Resource Center. With a suggested donation of \$5 per person and the proceeds from four gift baskets, we raised the grand total of \$1000.

A huge thank-you to all the helpers that decorated and cleaned up afterwards. It's a big job but the reward is fantastic.



*Mae and Jim won one of the most beautiful gift baskets donated by HomeWell Senior Services.*



*So proud of all the gentlemen that showed up to this event, Fred even wore a pink ribbon in his hair and demonstrated the art of holding a tea cup!*



*Some delightful friends, Dorothy and Barbara*



*Virginia wheeling and dealing with Ruth to buy a raffle*

## What's Your Favorite Activity at The Oaks?

This email came from Connie Timko on her favorite activity:

My favorite activity at The Oaks is Avis's exercise class three mornings a week. She leads a good, vigorous class with music and humor – great for our body and soul.

In light of this idea from Connie, tell me what's your favorite activity and what activities would YOU like to see at The Oaks?

Caught on Camera



*Dave and Tim, every Wednesday at 6:45 p.m., Men's Club, Come for some great conversation*



## Cupid's Match: Harold and Bettie Graves

This coming December 30, 2019, two young people will be celebrating their 70th wedding anniversary. The love story started when Bettie was 17 years old and Harold was 21. Bettie was friends with Harold's sister and they came home from college for a weekend. Harold had just gotten out of the Navy due to the war was over and he was working in a funeral home in Nashville. He decided to go home for a visit and met Bettie at his parent's home. He was smitten from the first kiss and the story goes on from there. They married and both continued their education.

Harold and Bettie continued to kiss and had five awesome children. They both had wonderful careers; Harold was in the ministry for 70 years in different roles, from head pastor, District Superintendent in the Nazarene Church, to minister to seniors at the Georgetown Church of the Nazarene.

Bettie had total charge of raising five wonderful and successful children along with her many roles as a pastor's wife and church leader. She was a great asset to Harold's career. Harold and Bettie retired to Georgetown, Texas to be near their three youngest children and seven of their 14 grandchildren. They were blessed to live near their two older boys and families in their younger years. Harold and Bettie have enjoyed their five children along with their spouses, 14 grandchildren, 29 great-grandchildren and their many friends. Harold and Bettie moved into The Oaks a little over three years ago and have enjoyed their involvement with the many activities, the wonderful staff and their new friends of The Oaks Senior Living.



## International Conference on Active Aging

I had the honor of being selected to go to Orlando, Florida this past October for the ICAA Conference. It was a whirlwind trip, flying in Thursday and flying out Sunday. This year they focused on Active Aging. With statistics showing more people are living longer, many desire to stay healthy and vital as they age. Did you know that 80% of people aged 70+ say they can live independently and accomplish daily tasks without assistance from caregivers or community resources?

Most of my classes were of the fun, physical nature. The best exercise program to maximize brain health is to Cross-Train Your Brain in a wide variety of movements like aerobic, strength training, dance, yoga, Tai Chi, massage and meditation. You know the old saying, if you don't use it, you lose it. The following new classes will be added to The Oaks agenda in the following months:

- **Line Dancing:** Our first class was great, more lessons to come!
- **Conductorcise:** Place yourself in the sneakers of an orchestra conductor and raise your baton to the beat of the music — you will be surprised at how much of a workout it is!
- **Strut Your Stuff Walking:** Great exercise program, from marching to stretching, using the hand rails down the hallways.

What I enjoyed most about this trip, though, was collaborating with my peers and spending time with Joni and Taylor, our shining lights at Head Office. We all work so hard to bring love, joy and the best activity program into our communities that is humanly possible. It takes a team to accomplish this.



*Back row: Joni and Taylor (Head Office), Avis, and Louise,  
Front row: Karin*



Gracious Retirement Living

3720 Williams Drive  
Georgetown, TX 78628



## *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.



Gracious Retirement Living

**512-863-7788**