

Williams Place

Gracious Retirement Living

825 Peninsula Drive • Davidson, NC 28036 • Phone (704) 896-3278 • www.seniorlivinginstyle.com

OCTOBER 2020

WILLIAMS PLACE STAFF

Managers..... DAN & DEBBIE MCENTIRE
Assistant Managers CHUCK & LIZ BAECHEL
Executive Chef CODY WALKER
Bus Driver STEVE PARRY

TRANSPORTATION

Monday, 9:30 a.m.: Walmart

Monday, 11 a.m.: Walmart

Monday, 2 p.m.: Harris Teeter

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

Wednesday, 10:30 a.m.: Bus Site Seeing

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

HAWTHORN
SENIOR LIVING

Simple Ways To Make Someone Smile

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.





Smile! It's Good for You!

Whether you call it a grin, smirk, beam or smile, there's no denying the feel-good power of this happy facial expression. We are born with the ability to smile, yet as we age, we smile less often.

Research shows that children smile an average of 400 times per day, compared to the average happy adult who smiles 40-50 times per day and the typical adult who smiles only 20 times per day.

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced blood pressure
- Reduced stress
- Improved mood

Try a Smile Challenge:

World Smile Day is celebrated on October 2nd. The holiday was created by Harvey Ball who developed the iconic yellow smiley face. This artist believed that you could improve the world one smile at a time.

To start flexing your smile muscles more often, try one of these fun smile challenges!

Post-It-Note Challenge — Gather 10-20 colorful post-it notes and write down people, places or things that make you smile. Stick the post-it-notes someplace you'll see every morning to start your day.

Waiting Challenge — Catch yourself in a moment where you are waiting — whether it's in traffic or at the grocery store. Stop and smile. See if others smile back!

19 Challenge — Did you know that scientists have calculated that there are 19 types of smiles? How many do you have? Stand in front of a mirror and try out different smiles. This is a fun challenge to do in a small group. See how many smiles you can come up with together!



Word Challenge! Finish the Popular Sayings

These well-known sayings have had all of the vowels (a, e, i, o, and u) removed. Can you replace them and reveal the sayings?

Answers can be found at the back of your Newsletter. Good luck!

1. BSNC MKS TH HRT GRW FNDR

2. HR TDY, GN TMRRW

3. TH GRSS S LWYS GRNR N TH THR SD F TH FNC

4. DN'T CNT YR CHCKNS BFR THY R HTCHD

5. LK BFR Y LP

6. TH HNDWRTNG S N TH WLL



A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels. The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.



Movies by the Master of Suspense

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.

"Rebecca" (1940) — This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.

"Notorious" (1946) — Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

"Rear Window" (1954) — Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

"Vertigo" (1958) — This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

"North by Northwest" (1959) — Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.


"Psycho" (1960) — This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

"The Birds" (1963) — Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.



Mildred Nelson, 1st
Mildred Earwood, 2nd
Betty Carter, 4th
Ruby Allen, 11th
Seth Beam, 12th
(Employee)

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Morning Exercise, ACT 1	9:30 Morning Exercise, ACT 2	9:30 Exercise in the Gym (On Your Own), FIT 3
				10:00 Chat with Managers (Limit 10), ACT	10:00 Rummikub, BIL	10:00 Walking with Bonnie, LBY
				10:00 Rummikub, BIL	10:30 Daily Devotion & Coffee Chat, ACT	11:00 Skip-Bo, ACT
				10:30 Rosary, C	3:00 Audio Reading of the Bible, C	2:00 Light Exercise with Ann, ACT
				2:00 Bingo with Jan, ACT	3:30 Sittercise, ACT	3:30 Bingo with Jan, ACT
				4:00 Light and Easy Exercise with Ann, ACT 	7:00 Bingo with Jan, ACT 	
4	5	6	7	8	9	10
9:30 Walking Club, BP	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Exercise in the Gym (On Your Own), FIT
3:00 Movies on Sundays, MT	10:00 Rummikub, BIL	2:00 Ambassadors Meeting, ACT	10:30 Daily Devotion & Coffee Chat, ACT	10:00 Rummikub, BIL	10:00 Rummikub, BIL	10:00 Walking with Bonnie, LBY
	10:30 Daily Devotion & Coffee Chat, ACT	<i>2:00 Monthly Ambassadors' Meeting, ACT</i>	2:00 Dime Bingo with Jan, ACT	10:30 Rosary, C	10:30 Daily Devotion & Coffee Chat, ACT	11:00 Uno, ACT
	2:00 Adult Coloring Class, ACT	2:00 Bridge, BIL	3:30 Sittercise, ACT	12:00 Resident Meeting, DR	2:00 Blood Pressure Check with Home Careolina, TV	2:00 Light Exercise with Ann, ACT
	3:30 Sittercise, ACT	3:30 Light and Easy Exercise with Ann, ACT		2:00 Bingo with Jan, ACT	3:00 Audio Reading of the Bible, C	3:00 Skip-Bo, ACT
	7:00 Bingo with Jan, ACT	3:30 Light Exercise with Ann, ACT		4:00 Light and Easy Exercise with Ann, ACT	3:30 Sittercise, ACT	3:30 Bingo with Jan, ACT
		7:00 Bingo with Jan, ACT			7:00 Bingo with Jan, ACT	
11	12	13	14	15	16	17
9:30 Walking Club, BP	COLUMBUS DAY 9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Exercise in the Gym (On Your Own), FIT
3:00 Movies on Sundays, MT	10:00 Rummikub, BIL	2:00 Bridge, BIL	10:30 Daily Devotion & Coffee Chat, ACT	10:00 Rummikub, BIL	10:00 Rummikub, BIL	10:00 Walking with Bonnie, LBY
	10:30 Daily Devotion & Coffee Chat, ACT	3:00 Stretching with Legacy, ACT	2:00 Dime Bingo with Jan, ACT	10:30 Rosary, C	10:30 Daily Devotion & Coffee Chat, ACT	11:00 Skip-Bo, ACT
	2:00 Adult Coloring Class, ACT	3:00 Book Club, LIB	3:30 Sittercise, ACT	2:00 Bingo with Jan, ACT	11:00 Garden Club, LIB	2:00 Light Exercise with Ann, ACT
	3:30 Sittercise, ACT	3:30 Light Exercise with Ann, ACT	4:00 Prayer Group, C 	3:00 Health Talk About Hydration with Legacy, ACT	3:00 Audio Reading of the Bible, C	3:30 Bingo with Jan, ACT
	7:00 Bingo with Jan, ACT 	7:00 Bingo with Jan, ACT 		4:00 Light and Easy Exercise with Ann, ACT	3:30 Sittercise, ACT	
					7:00 Bingo with Jan, ACT 	
18	19	20	21	22	23	24
9:30 Walking Club, BP	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Exercise in the Gym (On Your Own), FIT
2:00 Church Service with Pastor David Judge (Outside), BP	10:00 Rummikub, BIL	2:00 Bridge, BIL	10:30 Daily Devotion & Coffee Chat, ACT	10:00 Rummikub, BIL	10:00 Rummikub, BIL	10:00 Walking with Bonnie, LBY
3:00 Movies on Sundays, MT	10:30 Daily Devotion & Coffee Chat, ACT	3:30 Light and Easy Exercise with Ann, ACT	2:00 Dime Bingo with Jan, ACT	10:30 Residents Meet with Chef Cody, ACT	10:30 Daily Devotion & Coffee Chat, ACT	11:00 Uno, ACT
	2:00 Adult Coloring Class, ACT	3:30 Light Exercise with Ann, ACT	3:30 Sittercise, ACT	10:30 Rosary, C	3:00 Audio Reading of the Bible, C	2:00 Light Exercise with Ann, ACT
	3:30 Sittercise, ACT	7:00 Bingo with Jan, ACT		2:00 Bingo with Jan, ACT	3:30 Sittercise, ACT	3:00 Skip-Bo, ACT
	7:00 Bingo with Jan, ACT			4:00 Light and Easy Exercise with Ann, ACT	7:00 Bingo with Jan, ACT 	3:30 Bingo with Jan, ACT 
25	26	27	28	29	30	31
9:30 Walking Club, BP	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Morning Exercise, ACT	9:30 Exercise in the Gym (On Your Own), FIT
3:00 Movies on Sundays, MT	10:00 Rummikub, BIL	2:00 Bridge, BIL	10:30 Daily Devotion & Coffee Chat, ACT	10:00 Rummikub, BIL	10:00 Rummikub, BIL	10:00 Walking with Bonnie, LBY
	10:30 Daily Devotion & Coffee Chat, ACT	3:30 Light Exercise with Ann, ACT	2:00 Dime Bingo with Jan, ACT	10:30 Rosary, C	10:30 Daily Devotion & Coffee Chat, ACT	11:00 Skip-Bo, ACT
	12:30 Blood Pressure Checks with Legacy (Londa), TV	7:00 Bingo with Jan, ACT 	3:30 Sittercise, ACT	2:00 Bingo with Jan, ACT	3:00 Audio Reading of the Bible, C	2:00 Light Exercise with Ann, ACT
	2:00 Adult Coloring Class, ACT		4:00 Prayer Group, C 	4:00 Light and Easy Exercise with Ann, ACT	3:30 Sittercise, ACT	3:30 Bingo with Jan, ACT 
	3:30 Sittercise, ACT				7:00 Bingo with Jan, ACT	
	7:00 Bingo with Jan, ACT 					



How Well Do You Know the Month of October?

There's more to October than goblins and ghosts. Test your knowledge of the month of October by answering the multiple-choice and true or false trivia questions below. Good luck! Answers can be found on the bottom of the page, so no peeking!

1. Which of the following does NOT occur in October?
 - A. Halloween
 - B. Thanksgiving Day in Canada
 - C. German Unity Day
 - D. Chinese New Year
2. True or False? October was the eighth month in the Roman calendar.
3. Which October event occurred first?
 - A. Thurgood Marshall was sworn in as a Supreme Court justice.
 - B. Chuck Yeager broke the sound barrier.
 - C. The Erie Canal opened.
 - D. Jackie Kennedy married Aristotle Onassis.
4. What are the two zodiac signs for October?
 - A. Libra and Scorpio
 - B. Sagittarius and Capricorn
 - C. Gemini and Cancer
 - D. Virgo and Libra
5. Ray Bradbury published a collection of short stories titled *The October Country* in 1955. What else did he write?
 - A. *War of the Worlds*
 - B. *Fahrenheit 451*
 - C. *The Great Gatsby*
 - D. *Catcher in the Rye*

Answers: 1. D, 2. True, 3. C, 4. A, 5. B

Get Wise About Owls

Mysterious and a little spooky, owls have captured our imaginations since ancient times. These birds have features that may make your head spin!

- An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.
- Owls need this ability because they can't move their large eyes, their most notable trait. Working like binoculars, an owl's eyes are tube-shaped and fixed in place.
- They're known for their hooting calls, but some owls hiss, whistle, growl or bark.
- Owls have such sensitive hearing, they can detect a mouse under snow.
- Thanks to their broad wings and thick feathers that muffle noise, the birds barely make a sound when flying.
- Most owls are active at night, giving us the expression "night owl."
- Owls are zygodactyl, meaning their feet have two toes that face forward and two that face backward. That trait, along with their sharp talons, gives them a powerful grip.
- Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.
- At about 5 inches, the elf owl is the tiniest owl species. Compare that to the great gray owl, which can be over 30 inches tall.





Happy Halloween Riddles!

Halloween doesn't have to be filled with scares. Below are 10 funny riddles to fill your Halloween festivities with giggles instead of screams!

1. How are vampires like false teeth?

They both come out at night.

2. What does a ghost do to stay safe in a car?

He puts on his seat belt.

3. What did the ghost teacher say to her class?

"Watch the board, and I'll go through it again."

4. It's right behind you and creeps on the ground. It follows you home but does not make a sound. What is it?

Your shadow.

5. What happens when a ghost gets lost in the fog?

He is mist.

6. Why aren't there any famous skeletons?

They're a bunch of no bodies.

7. Why didn't the mummy have any friends?

He was too wrapped up in himself.

8. How do you fix a Jack-o'-lantern?

With a pumpkin patch.

9. What do you call an anxious witch?

A twitch.

10. How do you spell candy with two letters?

C and Y (C-and-y).



Answers: Word Challenge! Finish the Popular Sayings

Below are the answers to the Finish the Sayings Word Challenge!

1. ABSENCE MAKES THE HEART GROW FONDER
2. HERE TODAY, GONE TOMORROW
3. THE GRASS IS ALWAYS GREENER ON THE OTHER SIDE OF THE FENCE
4. DON'T COUNT YOUR CHICKENS BEFORE THEY ARE HATCHED
5. LOOK BEFORE YOU LEAP
6. THE HANDWRITING IS ON THE WALL

What Exactly Are Pumpkins?

As you spend hours in the coming weeks carving pumpkins and preparing pumpkin pies, you may start to wonder: What exactly is a pumpkin? Is it a vegetable? But it has seeds, so is pumpkin a fruit? And is a pumpkin different than a gourd or a squash? Read below to get to the bottom of the pumpkin mystery!



What Exactly Are Pumpkins?

Pumpkins, squash, and gourds are all part of the Cucurbitaceae family. This large plant family includes more than 900 species, including everything from orange pumpkins, to watermelons, to cucumbers. The genus Cucurbita (aka "squash") falls under this family, so yes, your traditional orange pumpkin is also a winter squash. Ready for the surprise? In the United States, any round, orange squash may be called a pumpkin, but the term "pumpkin" actually has no botanical meaning. Similarly, "gourd" is the conventional term used for plants in the genera Cucurbita ("squash") and Lagenaria, so a pumpkin is also technically a gourd.

Why Pumpkins Are Fruit, Not Vegetables:

Pumpkins are squash and also gourds, but are they fruit? According to the Farmer's Almanac, they are. And if we look at Merriam Webster's definition of "fruit," we can see why. A fruit is, "the usually edible reproductive body of a seed plant." Pumpkins are edible, and if you've ever cut one open, you know it's full of seeds, so the pumpkin is the fruit of the pumpkin vine.

Williams Place
Gracious Retirement Living

825 Peninsula Drive
Davidson, NC 28036



Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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