



Williams Place

Gracious Retirement Living

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

DECEMBER 2020

WILLIAMS PLACE STAFF

Managers..... DAN & DEBBIE MCENTIRE
Executive Chef..... CODY WALKER
Activity Coordinator WENDY TUCK
Bus Driver STEVE PARRY

TRANSPORTATION

Monday, 2 p.m.: Harris Teeter

Monday, 11 a.m.: Walmart

Monday, 9:30 a.m.: Walmart

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

Wednesday, 10:30 a.m.: Bus Sightseeing

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



HAWTHORN
SENIOR LIVING

This Month's Activities

December is a month full of activity! Check out some of the new things we have going on this month.

- Coffee and Conversation started in November. This is a time for residents to sit, relax, and chit chat a bit. We can get to know each other better. Residents have such interesting stories to share. This will continue on Wednesdays, in December.
- **Gratitude Garland** — Remember the old red and green construction paper garland we used to make? We're going back in time, with a twist. We'll write down things for which we're thankful, and then attach it to our strand. We have so much to be thankful for. Let's see how long our garland grows!
- **Scavenger Hunt** — With so many decorations added to our common areas, it's the perfect time for a scavenger hunt. Pictures of what you're hunting for will be shared on December 3rd. You can take the paper and hunt at your convenience. Just write down where you find the items and turn in your sheet to Wendy. We'll have a drawing for the winner on December 21st.
- **Gift Wrapping** — If you have gifts that need to be wrapped, please bring them to the Activities Area, on Sunday, December 13th, at 2 p.m. We will have a socially distanced package wrapping party!
- **Technology Time** — This is a drop-in time to get assistance with technology. If your family wants to FaceTime or Zoom; and you've never heard of this, we can show you how to do it. Bring whatever you need help with and we'll figure it out together!
- **Jewelry Making** — One of our resident artists, Carol, will help us to make a bracelet on Saturday, December 5th. This should be fun!
- **Wreath Making** — Make your own personal holiday wreath on Monday, December 7th, at 2 p.m. Supplies will be provided, but you can also bring what you'd like to add.

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us." — Terri Marshall



What Has Been Happening at Williams Place?

*A Carolina blue sky and 75 degree temperature made for the perfect setting for LIVE outdoor entertainment at Williams Place!

John G. Franklin treated residents to his musical talents on our back patio. As John states, his music ranges from 'big band to Motown, and everything in between!'

A good time was had by all, as residents were singing along and swaying to the music!

- Personal pumpkin pies were made by residents in Grandma's Kitchen.
- We used fabric markers, paint, and dye, to create colorful masks.
- Residents showed our gratitude to first responders by making wreaths that will be presented to them.
- No tricks, just treats for our Halloween Party. Attendees munched on mummy dogs, dirt cups and popcorn treats.
- Residents were invited to watch a local virtual Veterans Day Celebration.

Students created special cards for our vets and 'Take a Soldier' poems were distributed; so that we can remind ourselves to think of those who have served, or are currently serving, to protect our freedom.

- With the Masters Golf Tournament taking place in November; residents practiced putting like they were trying to win that green jacket. The afternoon was complete with Pimento Cheese Sandwiches and Arnold Palmer drinks!



Personal pumpkin pies were made by residents, Bonnie and Ruby, in Grandma's Kitchen.



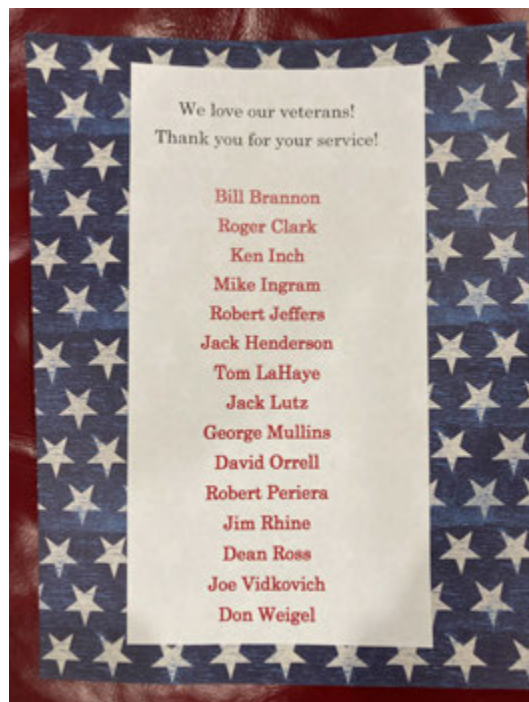
The Halloween Party had the spooky fog effect.



Ready to get the party started



Bill's creativity showed in a patriotic way.



We honor you!



Ponder These Analogies

Determine the relationship between the first two italicized words. Then find the word with a similar relationship to complete the second pair of words.

Example: Win is to lose as stop is to ____ (go).

1. August is to summer as January is to _____.
2. Eyes are to see as ears are to _____.
3. Tragedy is to cry as comedy is to _____.
4. Cake is to dessert as mozzarella sticks are to _____.
5. Sister is to sibling as father is to _____.
6. Mustard is to condiment as saffron is to _____.
7. Velvet is to soft as emery board is to _____.
8. Whole wheat is to bread as spaghetti is to _____.
9. Penny is to circle as a Scrabble tile is to _____.
10. Lungs are to two as months are to _____.
11. Catcher is to baseball as quarterback is to _____.
12. Gazelle is to swift as sloth is to _____.

Residents' Corner

Despite the craziness the last several months of 2020 has brought, we are glad to have some new residents who have made Williams Place their home.

We extend a warm welcome to:

- | | |
|----------------------------|---------------------|
| • Roger Clark | • Florence Lindale |
| • Jo Elder | • Larry O'Hern |
| • Hermann and Elke Langweg | • Carol Silberstein |
| • Joyce Johnson | • Joyce Zagrobelny |

We're so happy that you're here!

Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



DEC 2020

Birthdays

Sophia Tomasko, 2nd (Employee)
Shirley Reynolds, 2nd
Pat Aycoth, 5th
Dot Morgan, 8th
Nancy Mitchell, 9th
Laura Flincham, 12th
Elayne Stawicki, 17th
Bill Garrett, 23rd
Alexandra Nickas, 25th
Mary Margaret Matthews, 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

“Time together as a family is a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Morning Exercise, ACT 1 10:15 Cornhole, ACT 10:30 Rosary, C 11:00 Gratitude Garland, ACT 2:00 <i>Monthly Ambassadors’ Meeting, ACT</i> 2:00 Bridge, BIL 2:00 Knitting, TV 2:00 Pokeno, ACT 4:00 Light and Easy Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	9:30 Morning Exercise, ACT 2 10:30 Coffee & Conversation, ACT 1:30 <i>Technology Time, ACT</i> 2:00 Dime Bingo with Jan, ACT 	9:30 Morning Exercise, ACT 3 10:00 Rummikub, BIL 10:15 Cornhole, ACT 11:00 <i>Holiday Scavenger Hunt Begins</i> 1:45 <i>Gingerbread Village Construction Begins, ACT</i> 2:00 Bingo with Jan, ACT 4:00 Light and Easy Exercise with Ann, ACT	9:30 Morning Exercise, ACT 4 10:00 Rummikub, BIL 10:15 Baking Cookies in Grandma’s Kitchen, ACT 2:00 History of the Church (Non Denominational), TV 3:00 Audio Reading of the Bible, C 7:00 Bingo with Jan, ACT	9:30 Exercise in the Gym (On Your Own), FIT 5 10:00 Jewelry Making, ACT 11:00 Uno, ACT 2:00 Exercise, ACT 3:00 Skip-Bo, ACT 3:30 Bingo with Jan, ACT 
6	7 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Mindfulness Mondays, MT 2:00 Holiday Craft Making, ACT 7:00 Bingo with Jan, ACT	8 9:30 Morning Exercise, ACT 10:15 Cornhole, ACT 10:30 Rosary, C 2:00 Bridge, BIL 2:00 Knitting, TV 2:00 Pokeno, ACT 3:00 Book Club, LIB 4:00 Light and Easy Exercise with Ann, ACT 7:00 Bingo with Jan, ACT 	9 9:30 Morning Exercise, ACT 10:30 Coffee & Conversation, ACT 2:00 Dime Bingo with Jan, ACT 3:30 <i>Legacy Appreciation Social, ACT</i> 4:00 Prayer Group, C 	HANUKKAH BEGINS AT SUNSET 10 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:15 Cornhole, ACT 11:00 Resident Meeting, ACT 2:00 Bingo with Jan, ACT 3:00 Holiday Karaoke, ACT 4:00 Light and Easy Exercise with Ann, ACT	11 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 2:00 History of the Church (Non Denominational), TV 3:00 Audio Reading of the Bible, C 3:00 Rehearsal/Talent Show, ACT 7:00 Bingo with Jan, ACT	12 9:30 Exercise in the Gym (On Your Own), FIT 11:00 Skip-Bo, ACT 2:00 Exercise, ACT 3:30 Bingo with Jan, ACT 
13 9:30 Walking Club, BP 2:00 <i>Gift Wrapping, ACT</i> 3:00 Movies on Sundays, MT	14 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Mindfulness Mondays, MT 2:00 Calming Coloring, ACT 2:30 Hot Chocolate Bar, ACT 7:00 Bingo with Jan, ACT	15 9:30 Morning Exercise, ACT 10:15 Cornhole, ACT 10:30 Rosary, C 2:00 Bridge, BIL 2:00 Knitting, TV 4:00 Light and Easy Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	16 9:30 Morning Exercise, ACT 10:30 Coffee & Conversation, ACT 1:30 <i>Technology Time, ACT</i> 2:00 Dime Bingo with Jan, ACT	17 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:15 Cornhole, ACT 10:30 Residents Meet with Chef Cody, ACT 2:00 Bingo with Jan, ACT 3:30 Health Talk About Medicare with Legacy, ACT 4:00 Light and Easy Exercise with Ann, ACT  6:15 Dessert Extravaganza	18 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 11:00 Garden Club, LIB 2:00 History of the Church (Non Denominational), TV 3:00 Audio Reading of the Bible, C 3:00 Talent Show, ACT 7:00 Bingo with Jan, ACT	19 9:30 Exercise in the Gym (On Your Own), FIT 11:00 Uno, ACT 2:00 Exercise, ACT 3:00 Skip-Bo, ACT 3:30 Bingo with Jan, ACT
20 9:30 Walking Club, BP 2:00 Church Service with Pastor David Judge (Outside), BP 3:00 Movies on Sundays, MT	WINTER BEGINS 21 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Mindfulness Mondays, MT 2:00 Calming Coloring, ACT 7:00 Bingo with Jan, ACT	22 9:30 Morning Exercise, ACT 10:15 Cornhole, ACT 10:30 Rosary, C 2:00 Bridge, BIL 2:00 Knitting, TV 2:00 Pokeno, ACT 4:00 Light and Easy Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	23 9:30 Morning Exercise, ACT 10:30 Coffee & Conversation, ACT 2:00 Dime Bingo with Jan, ACT 4:00 Prayer Group, C 	24 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:15 Cornhole, ACT 2:00 Bingo with Jan, ACT 4:00 Light and Easy Exercise with Ann, ACT	CHRISTMAS DAY 25 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 2:00 History of the Church (Non Denominational), TV 3:00 Audio Reading of the Bible, C 	26 9:30 Exercise in the Gym (On Your Own), FIT 11:00 Skip-Bo, ACT 2:00 Exercise, ACT 3:30 Bingo with Jan, ACT
27 9:30 Walking Club, BP 3:00 Movies on Sundays, MT	28 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:30 Mindfulness Mondays, MT 2:00 Calming Coloring, ACT 7:00 Bingo with Jan, ACT	29 9:30 Morning Exercise, ACT 10:15 Cornhole, ACT 10:30 Rosary, C 2:00 Bridge, BIL 2:00 Knitting, TV 4:00 Light and Easy Exercise with Ann, ACT 7:00 Bingo with Jan, ACT	30 9:30 Morning Exercise, ACT 10:30 Coffee & Conversation, ACT 2:00 Dime Bingo with Jan, ACT 	NEW YEAR’S EVE 31 9:30 Morning Exercise, ACT 10:00 Rummikub, BIL 10:15 Cornhole, ACT 2:00 Bingo with Jan, ACT 4:00 Light and Easy Exercise with Ann, ACT		



It's Not About Buying Presents ... It's About BEING Present

December is typically a busy month for most. For many, it can be a stressful time, as we struggle to come up with ideas for gifts to buy; and where to get the money to purchase those items. STOP!

Enter 'being present, or mindfulness,' as it's also called. It is defined as a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

So what does this mean and how can we be mindful? One can begin by consciously (at first) finding moments throughout our day to take a peaceful pause. Focus on being aware WITHOUT JUDGEMENT, of what you are sensing and feeling in the moment.

There are many benefits to becoming more mindful. Some of those are: Relieving stress and anxiety, improving depression and insomnia; and it can help to reduce high blood pressure. These changes won't happen overnight, but aim to make mindfulness a part of your daily routine; and see how things improve for you.

We are implementing Mindfulness Mondays here at Williams Place during December. Plan to join us at 10:30 a.m., each Monday, where we'll put mindfulness exercises into practice.

For now, you can start by practicing this exercise. STOP! Take a deep breath! Tune into:

Five things you can see

Four things you can hear

Three things you can feel

Two things you can smell

One thing you can taste

This December, give yourself the gift of mindfulness! I look forward to our meetings on Mindfulness Mondays!



Analogies Solutions

- | | |
|--------------|--------------------|
| 1. winter | 7. rough or coarse |
| 2. hear | 8. pasta |
| 3. laugh | 9. square |
| 4. appetizer | 10. twelve |
| 5. parent | 11. football |
| 6. spice | 12. slow |



What's in the Library?

Until now, the answer would have been, "I don't know." Now the answer is, "Look in the Catalogue Notebook, on the 'Returned Items' shelf." All of the books have been catalogued and re-shelved.

The rules for taking a book out are the same as always.

1. Take the book
2. Return it when you are finished with it.

*A bookmark has been placed in each book with the catalogue information. When you take a book out,

1. Put your apartment number on the back of the bookmark. (The attending librarian will know when the book was borrowed.)
2. Place the bookmark in the box on the 'Returned Items' shelf. This will let the librarian know what you are reading.

Enjoy your library! In the future, we will hold activities in the library. There is also a suggestion box on that 'Returned Items' shelf. Let the librarian know what else you'd like from your library!



— Carol, Resident Librarian

The Cornhole Craze

By now, most everyone has either played in or seen a game of cornhole at tailgates, backyards, or beaches. A couple of reasons it has become so popular is because anyone can play and it's pretty portable.

While nobody really knows where cornhole had its start; there are a few assumptions out there. It has been said that Native Americans filled pig bladders with dried beans and threw them as a game. Others say it originated in Cincinnati about 15 years ago. One legend even says it began after a 14th century cabinet maker grew concerned after he saw kids throwing rocks into a groundhog hole. Since he was a carpenter, he designed a safer way to play. He built boards similar to those used today; and used corn, because it was readily available and had some 'weight' to it. No matter where it started, Williams Place residents are crazy about cornhole!

Cornhole tournaments take place across the country and customized boards have become quite popular.

Cornhole is a favorite activity at Williams Place. Residents on the 'Cornhole Kernels' team practice twice weekly. Normally, the team plays against first responder teams, corporate teams, and even school students. Since we can't meet with those teams currently, the residents challenged the staff to a game. The latest one ended in a tie! Stay tuned, as both sides are looking forward to a rematch!

"Cornhole is fun and it's good exercise. I just love it!" — Jane Hess



Bill ready to sink one in the hole!

Williams Place

Gracious Retirement Living

825 Peninsula Drive
Davidson, NC 28036



It's always Warm at

Williams Place
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

704-896-3278