

Oak Park Retirement

Gracious Retirement Living

548 White Oaks Drive • Salisbury, NC 28147 • Phone (704) 636-4600 • www.seniorlivinginstyle.com

JANUARY 2021

OAK PARK STAFF

Managers..... KEVIN & ANGELA TOOF
Assistant Managers ...RANDY & ROBINN COOK
Executive Chef..... JUSTIN GRIER
Community SalesCHRISTINA HELM
Activity CoordinatorGINA GRUBB
Maintenance PETE TOWNSEND
Transportation..... NELSON GERALDS

TRANSPORTATION

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

Doctor's Appointments

Tuesday, 9 a.m.-noon: Errands

Wednesday, 9 a.m.-2:30 p.m.:

Doctor's Appointments

Friday, 9:45 a.m.: Walmart

HAWTHORN
SENIOR LIVING

Reflections of 2020 and Hopes for 2021

A lot has changed in the past year; it's likely we won't be going back to being completely normal with the flip of the calendar. The year 2020 taught us so much about how we view everyday living. I think for many, we are learning life lessons and resetting our priorities. Perhaps we need to hang on to these essential life lessons even when we start moving forward and go back to whatever new normal awaits us. So, what life lessons am I referring to? I made a list. See if you agree or if you'd have anything to add.

Prioritizing our relationships with family and friends:

This is a must and I don't think we were doing this enough. We should take a minute and appreciate what we are being given — a chance to reconnect and understand each other, an opportunity to work on our interpersonal relationships, let go of past issues, forgive each other, make new memories and get creative with how we are spending our time together.

For those who feel they can't reach out to family, remember that not every family is made of blood. So find your people, your loved ones, and use this time to strengthen the bonds you do have.

The Importance of health and wellness:

If ever we took our health and access to medications for granted, we now realize how lucky we've been thus far. I also hope everyone says, "OK, time to make health a priority." Until you are taking care of yourself, you will not be able to fight not just COVID but any illness.

(Continued inside.)



Reflections of 2020 and Hopes for 2021 (Continued)

Mental health is important:

What we're going through right now, dealing with being confined, coping with boredom, going crazy in our homes, learning to cope with our fears, and struggling to keep our sanity ... some people fight this battle every day, every week, every year. To simplify it further, life is made up of all kinds of nonsensical stuff we have to deal with, and now it's worse due to the pandemic. Mental health is an integral part of our health and needs to be continuously addressed, just like our physical health is. Hopefully, this pandemic will bring new light to the subject.

Who we consider essential has changed:

Our perspective has shifted in the past year about who really matters for us to function as individuals and as a society. Let's all take a minute to recognize these people, be grateful that they exist, and that we have access to them. As we hopefully come out of this pandemic, let's continue to show gratitude, compassion, and kindness for them and recognize their hard work. Let's change our mindset and take care of them as they care for us.

We are all equal:

Illness and natural disasters are great equalizers, and they also highlight the disparities in our society. Money, status, fame and looks have no bearing on what happens to you, nor does it protect you in any way. At the end of the day, we are all susceptible to the same human vices, illnesses and consequences.

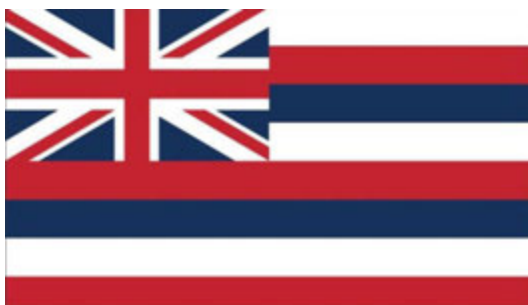
This past year has hopefully shown us all the need reprioritize our time and our life purpose. Perhaps you found yourself realizing what truly matters.

Let's carry these lessons with us as we move forward so that we, as a society, are better as a whole because of this experience.

Let's Go Island Hopping!

Grab your suntan lotion and sunglasses! We are headed out on a three week adventure filled with sun, sand, rest and relaxation! We will be going on an adventure through the Pacific Islands, making stops in Hawaii, Fiji, and New Zealand. As we island hop to these tropical destinations, we will be experiencing the vibrant cultures, history, and local cuisine.

Be sure to join us for the Kickoff Party, January 11th, to pick up your itinerary. You won't want to miss this spectacular adventure!



Hawaii



Fiji



New Zealand



What Are You Taking From 2020 Into 2021?

Sandy Fletcher: “The hope that this virus will soon go away completely.”

Nelson Gerald: “I’m just thanking God for blessing me in 2020, and hope he continues to bless me in 2021.”

Pete Townsend: “Looking forward to spending another year with my wife, Cherry. Hopefully, we will have another 20 years together.”

Nece Grier: “I’m glad to be carrying over my job for another year and for the wonderful residents here at Oak Park. Blessed to be healthy and my children are healthy. My amazing family (yes, even Justin).”

Sandy Hudgins: “I’m grateful for my job here at Oak Park, for great coworkers and wonderful bosses. Look forward to sharing more laughter and joy with my family. We are all truly blessed.”

Tenasia Archie: “During 2020, I’ve helped take care of my nephew. This experience has taught me to have patience and how to enjoy the little things in life. I’m hoping everyone stays healthy in 2021.”

Ben Everidge: “That Doc Brown and Marty McFly can’t save everyone! I’m also taking from 2020 those essential items including toilet paper and face masks. We have all become COVID superheroes.”



Sandra Hudgins



Tenasia Archie



Ben Everidge



Sandy Fletcher



Nelson Gerald



Pete Townsend



Nece Grier

JAN 2021

Birthdays













Sharlon Claxton, 4th
Dottie Kobe, 8th
Donna Boughton, 13th
Jack Livingston, 15th
Sue Rader, 17th
Walter Leather, 20th
Harold Barkley, 20th
Genoal Russell, 22nd
Ann Rivera, 23rd
Rosie Ayers, 30th
Carl Basinger, 31st

Locations

Activity Room
(First Floor), AR
Art Studio (Second
Floor), AS
Atrium, ATR
Chapel (Third Floor), CH
Dining Room (First
Floor), DR
Game Room (Second
Floor), GR
Library (Second
Floor), LIB
Lobby, LBY
Screen Porch
(First Floor), SP
Television Lounge
(Second Floor), TVL

“It’s a
wonderful
thing to be
optimistic.
It keeps you
healthy and
it keeps you
resilient.”

—Daniel
Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR’S DAY1</div> <div>9:15 Exercise</div> <div>10:30 Timeless Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div>	<div>2</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div>
<div>3</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div>	<div>4</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:00 Rhythm Band, DR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>4:00 Line Dancing, AR</div> <div></div>	<div>5</div> <div>9:00 Errands</div> <div>9:15 Exercise, AR</div> <div>10:00 Balloon Volleyball, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>7:00 Poker Night, AR</div>	<div>6</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div>	<div>7</div> <div>Thursday Outings</div> <div>9:15 Exercise, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>2:30 Chef Meeting</div> <div>7:00 Poker Night, TVL</div>	<div>8</div> <div>9:15 Morning Stretching: Move and Groove, AR</div> <div>10:30 Timeless Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div></div>	<div>9</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div>
<div>10</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div>	<div>11</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:00 Hawthorn Adventure/ Island Hopping Kickoff Party, AR</div> <div>4:00 Line Dancing, AR</div>	<div>12</div> <div>9:00 Errands</div> <div>9:15 Exercise, AR</div> <div>10:00 Bocce Ball, ATR</div> <div>12:30 Crafts with Legacy, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>3:30 Pack Master Challenge, AR</div> <div>7:00 Poker Night, AR</div>	<div>13</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts Floral scents, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div> <div></div>	<div>14</div> <div>Thursday Outings</div> <div>9:15 Exercise, AR</div> <div>12:30 Taste of the Islands, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>7:00 Poker Night, TVL</div>	<div>15</div> <div>9:15 Morning Stretching: Move and Groove, AR</div> <div>10:30 Timeless Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:30 Beach Reminiscing, AR</div> <div></div>	<div>16</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div>
<div>17</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div> <div></div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:00 Rhythm Band, DR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:00 Dole Whip Pineapple Treats, AR</div> <div>4:00 Line Dancing, AR</div>	<div>19</div> <div>9:00 Errands</div> <div>9:15 Exercise, AR</div> <div>10:00 Balloon Volleyball, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>7:00 Poker Night, AR</div>	<div>20</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts Floral scents, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div> <div></div>	<div>21</div> <div>Thursday Outings</div> <div>9:15 Exercise, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>2:30 Hawaiian Mocktails and a Movie, AR</div> <div>3:30 Health Talk with Legacy, AR</div> <div>7:00 Poker Night, TVL</div>	<div>22</div> <div>9:15 Morning Stretching: Move and Groove, AR</div> <div>10:30 Timeless Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div></div>	<div>23</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div> <div></div>
<div>24</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div>	<div>25</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:00 No Bake Coconut Bars, AR</div> <div>4:00 Line Dancing, AR</div>	<div>26</div> <div>9:00 Errands</div> <div>9:15 Exercise, AR</div> <div>10:00 Bocce Ball, ATR</div> <div>10:30 Wilson Balloon Volleyball, ATR</div> <div>12:30 Blood Pressure Checks with Legacy, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>7:00 Poker Night, AR</div>	<div>27</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts: Create Paper Orchids, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div>	<div>28</div> <div>Thursday Outings</div> <div>9:15 Exercise, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Movie: Castaway, TVL</div> <div>7:00 Poker Night, TVL</div>	<div>29</div> <div>9:15 Morning Stretching: Move and Groove, AR</div> <div>10:30 Timeless Trivia, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:30 Time to Unwind in Fiji, AR</div>	<div>30</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div> <div></div>
<div>31</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div> <div></div>						



Welcome Our New Residents

Kay Bushy is a native of Cornelius, North Carolina. She was one of six girls and only one boy (poor little brother). Kay was a wonderful mother to three children. Her husband's career allowed the family to move around the country. When the family did place down roots, Kay did secretarial work with various companies. She enjoys knitting and has already joined our Stitch and Knit ladies here at Oak Park.



Kay Bushy



Richard Snider

Richard Snider was a math and science middle school teacher. He spent most of his teaching career at the small coastal community of Sunset Beach. He is originally from the Reeds area of Davidson County. He has three children, four grandchildren and three great-grandchildren.

Judy Rose comes from a large family of 10 children. Growing up in Fort Wayne, Indiana, Judy said they didn't have a lot, but they always had laughter in the home. She is mother of two daughters, three granddaughters, and two great-granddaughters — all girls!

Keith Nielson is a former computer programmer for such companies as Wells Fargo and Texaco. He has an interesting hobby. For the last 2 years, he has been researching Biblical archaeology. From the Ark, to the Rock of Horeb, has uncovered some very interesting facts. Keith has three daughters, two grandchildren and another on the way in 2021.

A computer operator himself, Brian Agner commuted from Salisbury to Charlotte for nearly 23 years while working at Rack Room Shoes corporate headquarters. (That's a lot of miles.) When he wasn't working, Brian's pastimes were watching old movies and reading.



Judy Rose



Brian Agner



Keith Neilson



What's Happening at Oak Park



Flo taking in the sights at Sea Life in Concord



Residents enjoy the sweet music from the Enon's Children Choir



Kathy, Dolores, and Lorraine all busy working on the Christmas village

January Quote

“
Let our New Year's
resolution be this: We
will be there for one
another as fellow
members of humanity,
in the finest sense of
the word.

—
GÖRAN PERSSON

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It's always Warm at

Oak Park Retirement
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.

704-636-4600