

Whispering Pines

Gracious Retirement Living

7501 Lead Mine Road • Raleigh, NC 27615 • Phone (919) 870-0222 • www.seniorlivinginstyle.com

JANUARY 2021

WHISPERING PINES STAFF

Managers.....WINDY & CHRIS READ
Executive Chef..... LEROY HOLLEY
Activity Coordinator SHELIA BULLOCK
Maintenance RAY SHARPSTENE
Bus DriverJOHN RODRIGUES

TRANSPORTATION

Monday, 9:30 a.m.: Shopping

Tuesday, 9:15 a.m.-12:30 p.m.:
Medical Appointments

Wednesday, 9:30-11:30 a.m.: Shopping Or Trip

Thursday, 9:15 a.m.-12:30 p.m.:
Medical Appointments

Friday, 9:30-11:30 a.m.: Shopping

HAWTHORN
SENIOR LIVING

Get Ready to Travel to a Warm Climate

Swaying
palms,
powder-fine
beaches, and
clear blue
waters — get
ready
Whispering
Pines
Gracious
Retirement



Living, for a tropical getaway you won't soon forget!
Beginning the week of January 17th through February 6th,
we will be embarking on an Island-Hopping adventure
through the Pacific Islands! You'll enjoy three weeks
of sun, sand, rest and relaxation as we explore these
amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing
the food, history and culture of each of these beautiful
destinations. Be sure to attend the Island-Hopping Kickoff
Party on January 12th, at 3 p.m., to get all of your travel
information. If you have any additional questions like what
to pack or weather conditions, be sure to check in with your
Travel Guide Shelia Bullock for all the details!



Gingerbread Competition

During the months of November and December, Whispering Pines tackled the Hawthorn Gingerbread Competition. We took the gingerbread house kits and turned them into cute and festive dog houses with the residents. It took a lot of restraint to keep from eating the M&Ms and other treats we used for decorations. Jan and our Chef created gingerbread cookies in the shape of all of our dogs, cats, birds, and bunny. They really looked like our furry friends! So you have guessed we did a dog park and called it "2020, the Year That Went to the Dogs." I think we should win, don't you?





New Residents

We are happy to welcome the following new residents: JoAnne Hoggard, Joy Kroeger, Bruce and Annie Woodard, and Sheilah Brantley. Eva Vogar missed having her picture in the calendar last time, so she is also included. JoAnne's picture will be in next month's calendar.



Sheilah



Bruce and Annie



Eva

Let's Learn Something New!

Do you know how to text on your phone? How to send a picture to someone? How to get an app and just what do apps do? We will hold a class on how to do all of these things with the phone you have or a new phone. You may be surprised how much more your grandkids may talk to you by text instead of by a phone call or a letter. Let's show the "kids" that old dogs can learn new tricks.

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



JAN 2021

Birthdays

Bev Crews, 7th
Dolores Pruitt, 8th
Audrey Kerr, 12th
Joyce Bridges, 13th
Susan Meyers, 23rd
Iona Watts, 26th
Judy Zerbe, 28th
Sue Schneider, 30th

Locations

Activity Room, AR
Billiards Room, BR
Bistro, B
Chapel, CH
Computer Center, CC
Courtyard, CY
Dining Room, DR
Exercise Room, EX
Front Lobby, Lobby
Movie Theater, MT
Sign Up, SU
TV Room, TV

Movie Showtimes

- 2 p.m. Matinee
- 7 p.m. Evening Show
- Travelogues: 10 a.m.

“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><div>NEW YEAR’S DAY</div><div>1</div><div>9:30 Fitness Fun!, AR 10:00 Devotion with Sue & Donna, CH 10:00 Travel Around the World, MT 10:45 Wii Bowling Practice, AR 11:00 New Year Celebration on TV Abc 2:00 Crafts 2:00 Afternoon Movie, MT 4:00 New Year’s Traditions Trivia with Cider, AR 7:00 Poker Club, BR 7:00 Evening Movie, MT</div></div>	<div><div></div><div>2</div><div>10:00 Let’s Travel Around the World Travelogues, MT 2:00 Afternoon Movie, MT 2:30 Money Bingo, AR 7:00 Evening Movie, MT</div></div>
<div><div>10:15 Catholic Service, CH 10:30 Church Service with Joyce & Jerry Hundley, CY 2:00 Afternoon Movie, MT 4:00 “Crazy” Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>3</div></div>	<div><div>9:30 Upper Body Exercises, AR 10:00 New Resident Coffee Social with Windy and Chris, AR 10:00 Travel Around the World, MT 2:00 Afternoon Movie, MT 2:00 Take Down Holiday Decorations, Lobby 7:00 Big Money Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>4</div></div>	<div><div>9:25 Take Down Holiday Decor on 2nd FL, TV 9:30 Live Well Exercising with Legacy, AR 10:00 Devotion with Sue & Donna, CH 10:00 Let’s Travel Around the World Travelogues, MT 2:00 Bridge Group, BR 2:00 Money Bingo, AR 2:00 Afternoon Movie, MT 3:00 Play Cards: Skip-Bo, Hand & Foot, AR 7:00 Evening Movie, MT</div><div>5</div></div>	<div><div>9:00 Resident Manager Meeting, DR 9:30 Workout with Weights, AR 10:30 Activity Meeting, AR 2:00 Afternoon Movie, MT 2:30 Bean Bag Baseball, AR 3:00 Poker Club, BR 3:30 Take Down 3rd FL Holiday Decor, EX 7:00 Evening Movie, MT</div><div>6</div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Let’s Travel Around the World Travelogues, MT 10:00 Bible Study with Joanne 10:30 Chef Meeting, AR 2:00 Money Bingo, AR 2:00 Bridge Group, BR 2:00 Afternoon Movie, MT 4:00 Singalong with Sue & Wanda, DR 7:00 Evening Movie, MT</div><div>7</div><div></div></div>	<div><div>9:30 Fitness Fun!, AR 10:00 Devotion with Sue & Donna, CH 10:45 Wii Bowling Practice, AR 2:00 Afternoon Movie, MT 2:00 Crafts — Shower Bombs, AR 4:00 Sherlock Holmes Trivia with Cider, AR 7:00 Poker Club, BR 7:00 Evening Movie, MT</div><div>8</div><div></div></div>	<div><div>10:00 Let’s Travel Around the World Travelogues, MT 2:00 Afternoon Movie, MT 2:30 Money Bingo, AR 7:00 Evening Movie, MT</div><div>9</div></div>
<div><div>10:15 Catholic Service, CH 10:30 Church Service with Joyce & Jerry Hundley, CY 2:00 Afternoon Movie, MT 4:00 “Crazy” Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>10</div></div>	<div><div>9:30 Upper Body Exercises, AR 10:00 Travel Around the World, MT 2:00 Afternoon Movie, MT 2:00 Phone Texting, Pictures and Apps Class, AR 4:00 Cider and Trivia Discussions, AR 7:00 Big Money Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>11</div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Devotion with Sue & Donna, CH 10:00 Let’s Travel Around the World Travelogues, MT 10:00 Rummy Kube Group, AR 10:30 Rummy Kube Group, AR 2:00 Bridge Group, BR 2:00 Money Bingo, AR 2:00 Afternoon Movie, MT 3:00 Island Hopping Kick Off Party, AR 7:00 Evening Movie, MT</div><div>12</div><div></div></div>	<div><div>9:30 Workout with Weights, AR 10:00 Travel Around the World, MT 10:00 History and Tour of Cary, SU 2:00 Afternoon Movie, MT 2:30 Packing for the Islands Challenge Competition, AR 3:00 Poker Club, BR 7:00 Evening Movie, MT</div><div>13</div><div></div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Let’s Travel Around the World Travelogues, MT 10:00 Bible Study with Joanne 10:00 Money Bingo, AR 2:00 Bridge Group, BR 2:00 Afternoon Movie, MT 4:00 Singalong with Sue & Wanda, DR 4:20 Raleigh Hearing: Ear & Aid Checks, EX 7:00 Evening Movie, MT</div><div>14</div><div></div></div>	<div><div>9:30 Fitness Fun!, AR 10:00 Devotion with Sue & Donna, CH 10:45 Wii Bowling Practice, AR 2:00 Afternoon Movie, MT 2:00 Crafts Island Painting, AR 7:00 Poker Club, BR 7:00 Evening Movie, MT</div><div>15</div></div>	<div><div>10:00 Let’s Travel Around the World Travelogues, MT 2:00 Afternoon Movie, MT 2:30 Money Bingo, AR 7:00 Evening Movie, MT</div><div>16</div></div>
<div><div>10:15 Catholic Service, CH 10:30 Church Service with Joyce & Jerry Hundley, CY 2:00 Afternoon Movie, MT 4:00 “Crazy” Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>17</div></div>	<div><div>MARTIN LUTHER KING JR. DAY</div><div>18</div><div>9:30 Upper Body Exercises, AR 10:00 Travel Around the World, MT 2:00 Afternoon Movie, MT 2:00 Jeopardy with Legacy in Hawaii, AR 3:25 Name That Island Music Tune, Lobby 4:00 Hawaiian Trivia and Drinks, AR 7:00 Big Money Bingo with Chris, AR 7:00 Evening Movie, MT</div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Devotion with Sue & Donna, CH 10:00 Let’s Travel Around the World Travelogues, MT 10:30 Rummy Kube Group, AR 2:00 Bridge Group, BR 2:00 Money Bingo, AR 2:00 Afternoon Movie, MT 3:30 Cook a Treat From Hawaii, AR 7:00 Evening Movie, MT</div><div>19</div></div>	<div><div>9:30 Workout with Weights, AR 10:00 Travel Around the World, MT 2:00 Afternoon Movie, MT 3:00 Poker Club, BR 3:00 Kona Coffee Tasting & Trivia, AR 7:00 Evening Movie, MT</div><div>20</div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Let’s Travel Around the World Travelogues, MT 10:00 Bible Study with Joanne 10:30 Chef Demo, AR 2:00 Bridge Group, BR 2:00 Afternoon Movie, MT 2:00 Elvis Bingo, AR 4:00 Singalong with Sue & Wanda, DR 7:00 Evening Movie, MT</div><div>21</div></div>	<div><div>9:30 Fitness Fun!, AR 10:00 Devotion with Sue & Donna, CH 10:45 Wii Bowling Practice, AR 2:00 Afternoon Movie, MT 2:00 Crafts Island Bracelets, AR 7:00 Poker Club, BR 7:00 Evening Movie, MT</div><div>22</div></div>	<div><div>10:00 Let’s Travel Around the World Travelogues, MT 2:00 Afternoon Movie, MT 2:30 Money Bingo, AR 7:00 Evening Movie, MT</div><div>23</div><div></div></div>
<div><div>10:15 Catholic Service, CH 10:30 Church Service with Joyce & Jerry Hundley, CY 2:00 Afternoon Movie, MT 4:00 “Crazy” Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>24</div></div>	<div><div>9:30 Upper Body Exercises, AR 10:00 Travel Around the World, MT 2:00 Afternoon Movie, MT 2:00 Relax Fiji Style with Hand Massages, AR 4:00 Fiji Trivia and Drinks, AR 7:00 Big Money Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>25</div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Devotion with Sue & Donna, CH 10:00 Let’s Travel Around the World Travelogues, MT 10:30 Rummy Kube Group, AR 2:00 Bridge Group, BR 2:00 Money Bingo, AR 2:00 Afternoon Movie, MT 3:00 Make Coconut Balls, AR 7:00 Evening Movie, MT</div><div>26</div><div></div></div>	<div><div>9:30 Workout with Weights, AR 10:00 Travel Around the World, MT 10:00 Wake Forest Tour and History, SU 2:00 Afternoon Movie, MT 2:00 Fiji Self Spa Time with Coconut Water, AR 2:30 Bean Bag Baseball, AR 3:00 Poker Club, BR 7:00 Evening Movie, MT</div><div>27</div></div>	<div><div>9:30 Live Well Exercising with Legacy, AR 10:00 Let’s Travel Around the World Travelogues, MT 10:00 Bible Study with Joanne 10:00 Money Bingo, AR 2:00 Bridge Group, BR 2:00 Afternoon Movie, MT 4:00 Singalong with Sue & Wanda, DR 7:00 Evening Movie, MT</div><div>28</div><div></div></div>	<div><div>9:30 Fitness Fun!, AR 10:00 Devotion with Sue & Donna, CH 10:45 Wii Bowling Practice, AR 2:00 Afternoon Movie, MT 2:00 Crafts Coral Beading and Shells, AR 7:00 Poker Club, BR 7:00 Evening Movie, MT</div><div>29</div></div>	<div><div>10:00 Let’s Travel Around the World Travelogues, MT 2:00 Afternoon Movie, MT 2:30 Money Bingo, AR 7:00 Evening Movie, MT</div><div>30</div><div></div></div>
<div><div>10:15 Catholic Service, CH 10:30 Church Service with Joyce & Jerry Hundley, CY 2:00 Afternoon Movie, MT 4:00 “Crazy” Bingo with Chris, AR 7:00 Evening Movie, MT</div><div>31</div></div>						



Holiday Cooking

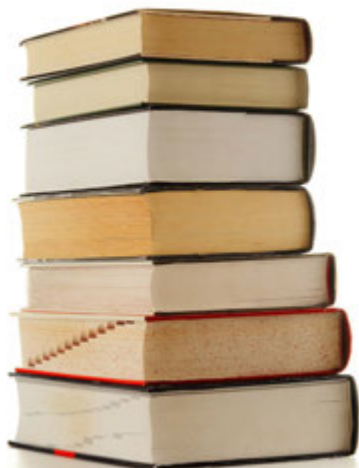
This year Chef Leroy and Barbara planned a special treat for the residents. Barbara made homemade carrot cakes for the residents for Christmas Dinner. One year, one of her cakes went for \$50 at a church auction, so we know her cakes were yummy and made with love.



New Additions for Residents to Enjoy

We were fortunate to have 12 jigsaw puzzles donated to Whispering Pines — most of them are new or have been put together only once. Please be sure to mark on the box if a piece is missing when you do them. They are located in the bookcase in the TV Room.

Shelia also traded in library books that we already had for some new large print books. Be sure to check them out. They are located in the library on the left hand side at the back bookcase. They have a large print sticker on the book. We still like donated books to trade in for large print books if you have any to donate.



Holiday Lights

Nothing could keep us away from taking our residents for scenic rides to see the holiday lights in groups of 10 in December. They went to the Piper Lights for a wonderful display on seven acres. This show is put on by one family and they won the National Light Show Competition

on HGTV several years ago. We also took other groups of 10 to see lights on Wednesday nights until we ran out of time. We did not even put a dent into the light shows around the triangle, but next year we will see other light shows and attractions.





Let's Revive Our Ambassadors Program

Ambassadors are an important part of the Activity Program at Whispering Pines, and we need to revive and bring some new life to this program. We will have a meeting to introduce this program to new residents and refresh what the program entails to our other residents. You will find out in what ways you can help new residents and to make them feel comfortable in their new home. Let's make this the best place for everyone to be and to be happy.

It's Time for a Wii Bowling Tournament: Get Ready!

Captains, get your teams ready for a Wii bowling tournament starting the first week in February. If any resident also wants to get a team together, you may also enter to play. The team from the second floor won our last tournament, but we will have a staff team, so watch out! See Shelia for details. Prizes for the winning team!



Ron, at our last tournament talking to the TV for a strike

Veterans Day at Whispering Pines

We were very lucky this year to be able to have the 440th Army Band's Brass Quintet play for us on Veterans Day. They did a lovely patriotic program after



dinner for us and we had quite a turnout, but everyone was social distanced. It made everything seem normal again. Then we had a program with our chorus and everyone singing our favorite patriotic songs. Shelia then recognized all of the veterans and gave them their gifts, and also recognized the spouses of our veterans. The gifts were bags of Bugles for "answering the call" and patriotic themed masks. It was a great time for everyone.

Scenic Rides This Month

This month, if we don't get snowed in, we will have some scenic rides on Wednesdays. We may explore Cary and its history, Wake Forrest, Apex, etc. Let's see what makes the small towns around Raleigh unique. Don't forget, we can only take nine on the bus for social distancing and group size, so be sure to sign up and wear a mask.



Whispering Pines

Gracious Retirement Living

7501 Lead Mine Road
Raleigh, NC 27615



It's always Warm at

Whispering Pines
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.

919-870-0222