

JORDAN OAKS

Gracious Retirement Living

10820 Penny Road • Cary, NC 27518 • Phone (919) 387-8250 • www.seniorlivinginstyle.com

NOVEMBER 2021

JORDAN OAKS STAFF

Management Team JOE WAWRZYNEK
Management Team RAQUEL RAMIREZ
Management Team BOBETTE BOONE
Executive Chef BOBBY JUDD
Marketing KAREN JOHNSON
Activity Coordinator LARAINE TURNER
Maintenance Coordinator TYLER SURRETT
Bus Driver JOHN RODRIQUES

TRANSPORTATION

Monday, 9:45 a.m.: Walmart

Tuesday, 9 a.m.-1 p.m.: Doctor Visits

Wednesday, 9 a.m.-1 p.m.: Doctor Visits

Thursday, 9 a.m.-1 p.m.: Doctor Visits

Friday, 9:45 a.m.: Dollar Tree, Publix

HAWTHORN
SENIOR LIVING

Getting to Know You

Meet Bernie!

I have had a great time getting to know her. Bernie is from Alton, Missouri (in the southeastern part of the state).

Bernie went to college at Truman State University, in Kirksville, Missouri. That is where she was

studying to become a teacher. It was also the place where she met the love of her life, Albert Callahan. Their son, Randy, followed in his father's footsteps and joined the military; he was in the Army.

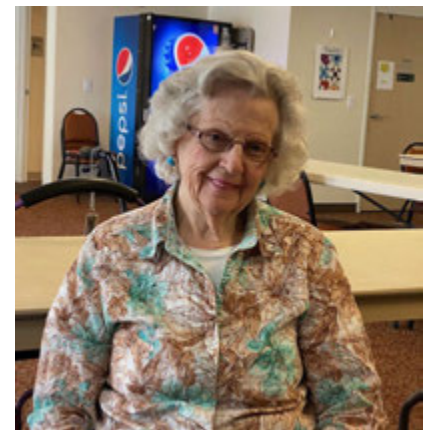
Bernie was a teacher for 22 years. She taught from 1st grade to 6th. When Albert retired from the Air Force, they bought a farm with lots of acreage and lived there for 30 years. They had horses, pigs and cattle. After dinner they would go for walks on their land, hand in hand, and enjoy the scenery around them. Bernie and Albert loved their life on the farm, they couldn't have been happier.

When Albert died in 2003, Bernie moved to Springfield, Missouri, to be closer to family. Before long, she moved along with Randy and his family to Okinawa, Japan, for a year. When they moved again, it was to Holly Springs, North Carolina. Bernie started looking at retirement communities in the area, and decided that Jordan Oaks felt like home. Eight years later it still does.

Bernie has three adult grandchildren — Edward, Alayna and Yumi — and two great-grandchildren — Luke, 8, and Emi, 5.

Thanks for letting us get to know you, Bernie!

Be sure to look for next month's "Getting to Know You," where another Jordan Oaks resident will share their story.



NOVEMBER 2021

Birthdays

Florice Frand, 1st
 Marjorie Stevenson, 3rd
 Peggy Edwards, 4th
 Ruby Allsbrook, 5th
 Honey Bartholomew, 8th
 James Howell, 8th
 Lois Koeth, 20th
 Ida Preston, 21st
 James Barnes, 21st

Locations

Activity Room, AR
 Atrium, AT
 Church, CH
 Dining Room, DR
 Game Room, GR
 Library, LB
 Matinee, MT
 Private Dining Room, PDR

"Life starts all over again when it gets crisp in the fall."

— F. Scott Fitzgerald

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Chair Volleyball, AR 11:00 Catholic Communion, CH 2:00 Color Creations, AR 3:45 Bingo, AR 	ELECTION DAY 2 10:00 Legacy Exercise, AR 11:00 Trivia, AR 2:00 Chair Volleyball, AR 4:00 Singalong with Chip, AR 7:00 Board Games, GR	3 10:00 Chair Yoga with Leslie, AR 11:00 Devotion, CH 2:30 Brain Fitness, AR 3:45 Bingo, AR 	4 10:00 Legacy Exercise, AR 11:00 Word Game, AR 3:00 Free Bingo, AR 	5 10:00 Chair Volleyball, AR 11:00 Wii Bowling!, AR 2:00 Color Creations, AR 2:00 Zeek, AT 4:00 Coffee Talk, AR 7:00 Movie Night, MT 	6 10:00 Exercise & Volleyball, AR 11:00 Young at Heart Walkers 2:00 Trivia, AR 3:45 Bingo, AR 7:00 Movie Night, MT
DAYLIGHT SAVING TIME ENDS 7 11:00 Worship Service, CH 2:00 Movie Time, MT 7:00 Board Games, GR	8 10:00 Chair Volleyball, AR 11:00 Catholic Communion, CH 2:00 Color Creations, AR 3:45 Bingo, AR 	9 10:00 Legacy Exercise, AR 10:00 My Life Story, LB 11:00 Trivia, AR 2:00 Arts & Crafts, AR 7:00 Board Games, GR	10 10:00 Chair Yoga with Leslie, AR 11:00 Devotion, CH 2:30 Brain Fitness, AR 3:45 Bingo, AR	VETERANS DAY 11 10:00 Legacy Exercise, AR 10:00 My Life Story, LB 10:30 Executive Chef Meeting, PDR 11:00 Word Game, AR 2:00 Jim Walker: Veterans Day Special, AT 3:00 Free Bingo, AR	12 10:00 Chair Volleyball, AR 11:00 Wii Bowling!, AR 2:00 Color Creations, AR 2:00 Liberto Murray Trio, AT 4:00 Coffee Talk, AR 7:00 Movie Night, MT	World Kindness Day! 13 10:00 Exercise & Volleyball, AR 11:00 Young at Heart Walkers 2:00 Trivia, AR 3:45 Bingo, AR 7:00 Movie Night, MT
14 11:00 Worship Service, CH 1:45 Clay by Tay Craft Event, AT 2:00 Movie Time, MT 7:00 Board Games, GR	15 10:00 Chair Volleyball, AR 11:00 Catholic Communion, CH 2:00 Color Creations, AR 3:45 Bingo, AR	16 10:00 Legacy Exercise, AR 10:00 My Life Story, LB 11:00 Trivia, AR 2:00 Chair Volleyball, AR 2:00 Burke Long, AT 4:00 Singalong with Chip, AR 7:00 Board Games, GR	17 10:00 Chair Yoga with Leslie, AR 11:00 Devotion, CH 1:45 Root Beer Float Day with Legacy, AT 2:30 Brain Fitness, AR 3:45 Bingo, AR	18 10:00 Legacy Exercise, AR 10:00 My Life Story, LB 11:00 Word Game, AR 3:00 Free Bingo, AR	19 10:00 Chair Volleyball, AR 11:00 Jewelry Creations, AR 2:00 Color Creations, AR 4:00 Coffee Talk, AR 7:00 Movie Night, MT	20 10:00 Exercise & Volleyball, AR 11:00 Young at Heart Walkers 2:00 Trivia, AR 3:45 Bingo, AR 7:00 Movie Night, MT 
21 11:00 Worship Service, CH 2:00 Movie Time, MT 3:00 Joyful Noise, AT 7:00 Board Games, GR 	22 10:00 Chair Volleyball, AR 11:00 Catholic Communion, CH 2:00 Color Creations, AR 3:45 Bingo, AR	23 10:00 Legacy Exercise, AR 10:00 My Life Story, LB 11:00 Trivia, AR 2:00 Arts & Crafts, AR 4:00 Singalong with Chip, AR 7:00 Board Games, GR	24 10:00 Chair Yoga with Leslie, AR 11:00 Devotion, CH 2:30 Brain Fitness, AR 3:45 Bingo, AR	THANKSGIVING DAY 25 9:30 Happy Thanksgiving 10:00 Exercise & Chair Volleyball, AR 11:00 Word Game, AR	26 10:00 Chair Volleyball, AR 11:00 Wii Bowling!, AR 2:00 Color Creations, AR 4:00 Coffee Talk, AR 7:00 Movie Night, MT	27 10:00 Exercise & Volleyball, AR 11:00 Young at Heart Walkers 2:00 Trivia, AR 3:45 Bingo, AR 7:00 Movie Night, MT
HANUKKAH BEGINS AT SUNSET 28 11:00 Worship Service, CH 2:00 Movie Time, MT 7:00 Board Games, GR	29 10:00 Chair Volleyball, AR 11:00 Catholic Communion, CH 2:00 Color Creations, AR 3:45 Bingo, AR	30 10:00 Legacy Exercise, AR 10:00 My Life Story, LB 11:00 Trivia, AR 4:00 Singalong with Chip, AR 7:00 Board Games, GR				



Moose Therapy!

Moose is a pet therapy dog that came to visit for the first time in October. Melinda, his owner, reached out to see if we would be interested in meeting him. Everyone loved him. He is 98 pounds of love. He likes hugs and will look into your eyes. He is the most gentle soul. Moose's sister, Pearl, will be having surgery on her leg this month, so Moose will be watching over her.



Melinda will keep me updated, and hopefully, we will see him in December.

World Kindness Day

World Kindness Day started in 1998 by the World Kindness Movement and is observed on November 13th. This international holiday is observed in the United States, Canada, Australia, Nigeria, Japan and other countries. The goal is to promote kindness throughout the world.

At Jordan Oaks I plan to challenge residents to 10 random acts of kindness. Here are some ideas; smiling at someone, a compliment, a friendly note (I will have cards in the Activity Room for anyone who would like some), inviting someone to have a meal with them, holding the elevator door, or a wellness visit with someone who doesn't get out much.

Some of these good deeds could be done with people who may not be in the same social circles as you. It feels good to brighten up someone's day. It could become addictive!

My Life Story

This November we will be embarking on a journey! A journey toward sharing our life stories. This will be a six-week-long project called "My



Life Story." Each week you will be given one chapter with inspiring prompts to spark memories, anecdotes, and wisdom gained over the years — all the things that make up the story of your life. At the end of the six weeks, you will have an entire booklet filled with amazing memories and stories that you can share with each other, and your loved ones. We will be holding meetings every Tuesday at 10 a.m. in the Library, beginning on November 9th. If Tuesday doesn't work for you it is also offered on Thursdays at 10 a.m. Be sure to mark your calendars!

Young at Heart Walkers

The Young at Heart Walkers are growing in numbers. The weather has been great and we are taking full advantage of it. When it starts getting colder we will walk inside and add some trivia, an obstacle course or maybe a scavenger hunt. So many possibilities!

