

*Locally Owned
by Ed Watson*

GREEKSIDE

*Retirement
Community*

400 Gilkey Road
Burlington, WA 98233
360-755-5550
www.creeksideretirement.com

Winner of the People's Choice Award for Best Retirement Community 2008 & 2010

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Valentine's Day Dinner

in the Creekside Retirement Community's Great Room

February 14th, 2012
4:30 to 6:30

Ticket price \$10⁰⁰ each
No charge to Creekside Residents

If you have been married for 50 years or more, tickets are 2 for the price of one.

Fun Door Prizes!!

Save the Date!
Menu and more information will be out later this month

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GREEKSIDE COURIER

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Creekside Retirement Community

January 2012

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Rediscover Your Creative Path

"Some of the most powerful works of art have been produced by older Americans by hands that have engaged in years of hard work, eyes that have witnessed decades of change, and hearts that have felt a lifetime of emotions."

-Hillary Rodham Clinton

Often at the start of the New Year we reflect back on the past and possibly see something that we would like to pay more attention to in the year ahead. It might be our health and fitness, or maybe it's learning something new or perhaps it's refocusing on a hobby or creative outlet.

This month Creekside will be focusing on Creativity as a theme throughout our activities and events. Creativity is a means of connecting with the world through imagination, originality and innovation. This form of self expression offers many benefits:

- Encourages the mind to continually see the world in new ways

- Nurtures problem solving skills
- Helps to process and work through emotional issues
- Fosters community involvement leading to the lessening of depression and loneliness.
- Connects the inner spiritual self to the physical world in giving the spirit a tangible voice.
- Promotes physical activity

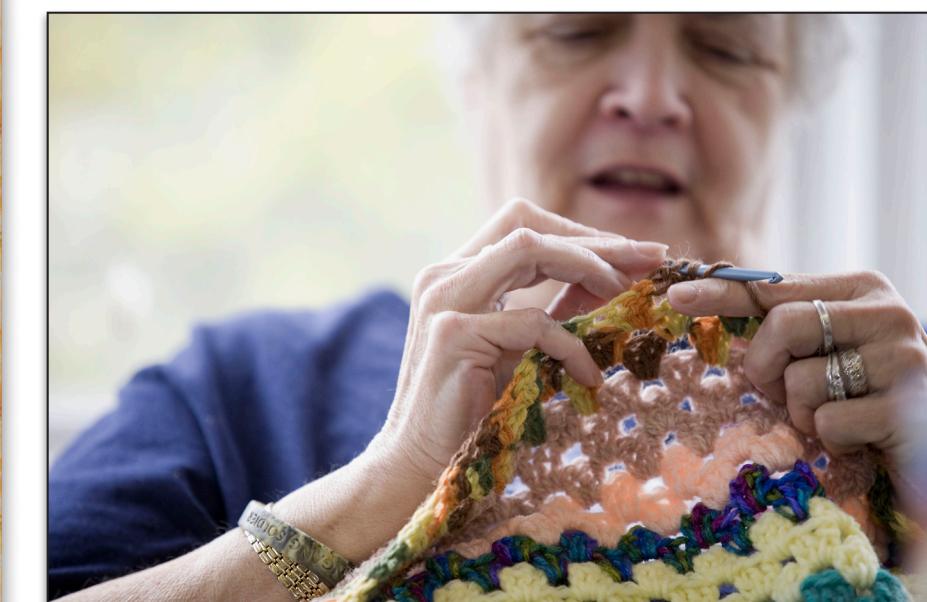
Of course there are many ways to express our creativity: dancing, acting, creating music, woodworking, photography, sculpture, problem solving, inventing, puzzle making, fashion design, building/industrial design, business entrepreneurship, sketching, drawing, painting, writing, knitting, sewing, etc.



One of the biggest obstacles to creativity many of us face is fear. We might fear that we will be criticized or that we will make a mistake. It does take courage to express creativity; however, there are also great rewards that come from being creative. The sense of accomplishment and meaningful contribution is enormous. ☺

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Tune into KBRC every Thursday morning at 8:30 to hear *Seniors on the Move!*

This segment is announced by Creekside's own Amy Aslett and talks about activities for seniors in our community.

We are so happy to have so many new residents and their families join our community!



This is one of our Private Dining Room that you can reserve for your guests.

preparation. Please let us know as far in advance as possible if you are having a group of guests join you for any meal. *We appreciate the opportunity to serve you, your family, and friends.*

Creekside Welcomes Our New Residents!

Please join us as we welcome:

**Ray Jacobsen
Wilma Vance
Marge Hillius**

at a New Residents Social,
held in their honor

January 29th at 2:00 p.m.

in the Theatre Room with Joanie



Contact Our Staff

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Library Notes...

Well, Christmas is over and a new year is beginning. I hope you all had a Merry Christmas! Did you receive any books as gifts? The one I received is Billy Graham's book entitled, "Nearing Home." Billy Graham, who is now 93 years of age, writes of his years as a pastor and his long journey with the Lord. He gives us many truths and many things we should all be aware of as we meet the challenges of growing older. I will make the book available to anyone who would care to read it. Just let me know. I am still in the process of shelving books.

*Happy New Year to all!
And happy reading!*

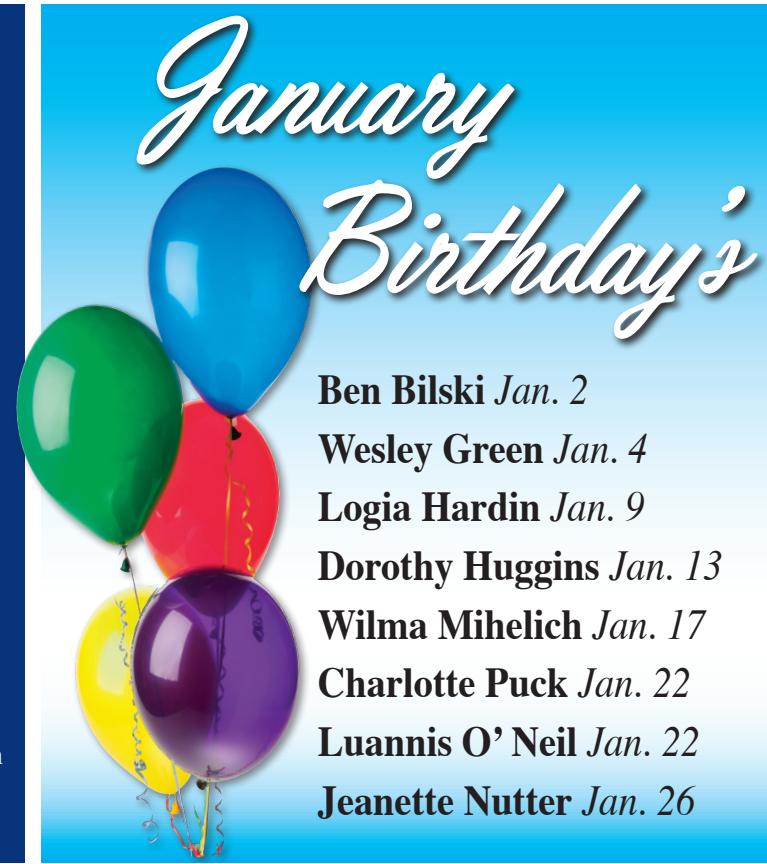
Marceine Melcher
Creekside Librarian

Employee of the Month Danene Yakobian



Danene has been here at Creekside for over a year. She recently graduated from Mt. Vernon High School, and is currently attending Skagit Valley College. Her interest is in American Government.

Danene has grown so much since she started. She is very kind and helpful to our residents and other staff. This is more than a job to her and she takes it very seriously. Recently Mandy asked Danene if she would like to help out with her Veteran's Day program. Danene was excited and came up with great ideas. She had signs made for each resident who served or whose late spouses served in the Armed Forces for our country. Attached to each sign was a flag pin. I walk down the hallways of Creekside and see those flags proudly worn on their collars. *Great Job Danene!*



- Ben Bilski Jan. 2**
- Wesley Green Jan. 4**
- Logia Hardin Jan. 9**
- Dorothy Huggins Jan. 13**
- Wilma Mihelich Jan. 17**
- Charlotte Puck Jan. 22**
- Luannis O' Neil Jan. 22**
- Jeanette Nutter Jan. 26**

**Wednesday
January 25th, 2012
1:30 in the Great Room
at Creekside**



Kathleen Kok the Curator/Collections Manager from the LaConner Quilt Museum will be coming to Creekside with 15-20 quilts from their permanent collection of primarily antique and traditional quilts. Kathleen will choose a selection of interesting pieces that also had some historical significance or an interesting story. Their collection ranges from exquisitely detailed embroidered crazy quilts to large, traditional Amish quilts and popular patterns of the late 19th/early 20th century. They have a number of portable quilt racks that will be erected and have a mini-exhibit of the pieces throughout the room, along with some quilts that will lay on tables for attendees to touch while using gloves. Kathleen has extensive knowledge of quilting history and will give a brief lecture that ties it all together. Kathleen will also give an overview of the museum's history and history of the home, the 1891 Gaches Mansion.

Blessed are the quilters, for they shall be called the piece makers.

December Highlights:



Congratulations and thanks to Mandy Buck and her helpers for decorating Creekside so beautifully during the holidays. The creativity and labor involved in arranging the many decorations and displays are truly appreciated.

- Anonymous IL Resident



*Thanks
everyone for
the Christmas
Memories!*



Hobby Day! January 12th, 2012

Starting at 11:00 in the Great Room at Creekside

We will be hosting a Hobby Day, where residents will be highlighting their own creative outlets. This is not a sale but a place to share and explore creative interests. You might learn something new about someone, or be inspired by an idea that you may want to try yourself! Contact Mandy if you need tables, outlets or a large area to display your items.



M.O.N.A.

January 23rd, 2012 Bus leaves at 1:30

We will be going to the MONA -Museum of Northwest Art in LaConner. The bus will leave Creekside at 1:30 pm. The admission is \$4 for seniors.



LaConner Quilt Museum Wednesday, January 25th, 2012

1:30 Great Room at Creekside

LaConner Quilt Museum will be coming to Creekside with 15-20 quilts from their permanent collection of primarily antique and traditional quilts. Their collection ranges from exquisitely detailed embroidered crazy quilts to large, traditional Amish quilts and popular patterns of the late 19th/early 20th century. There will be an overview of the museum's history and history of the home, the 1891 Gaches Mansion, where the Quilt Museum is located.



The Accidental Artist

January 31st, 2012

at 1:30 in the Great Room at Creekside

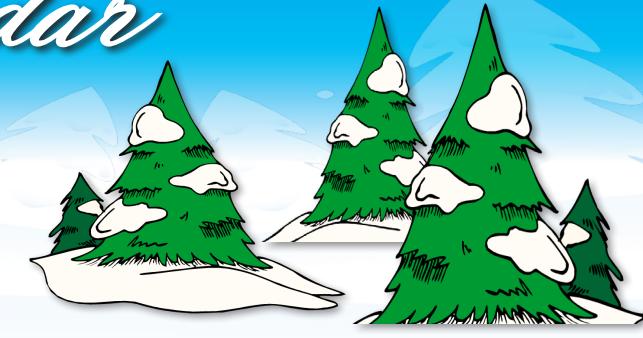
The Accidental Artist will be bringing materials for a Paint Your Own Pottery session. Sign up for this with Mandy so we know how many people will be attending and what items you would like to paint.



Watch for more exciting events next month!

Creekside Retirement Community Calendar

January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Happy New Years'</i> 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Bingo GR 3:30 pm, Sunday Matinee TR	2 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 3:00 pm, Musical Movie Monday's TR	3 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Shopping: Burlington Mall 3:30 pm, AL Exercise AL 6:00 pm, Writer's Workshop	4 9:30 am, Exercise GR 2:00 am, Song Making Fun with Phyllis GR 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	5 9:30 am, Exercise GR 10:00 am, Men's Group Meeting TR 1:30 pm, Scenic Ride 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	6 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:00 pm, Bingo GR 4:00 pm, Solarium Social SL	7 9:30 am, Exercise GR 2:15 pm, Bingo GR 3:30 pm, Wii Class GAM 6:30 pm, Bridge GAM
8 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Bingo GR 3:30 pm, Sunday Matinee TR	9 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Resident Meeting TR 3:00 pm, Musical Movie Monday's TR	10 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Shopping: Thrift Store 3:30 pm, Pet Therapy with Kelly & Ranger AL 6:00 pm, Writer's Workshop	11 9:30 am, Exercise GR 11:00 am, Casino Run: Resident Choice 2:00 am, Song Making Fun with Phyllis GR 3:00 pm, Bingo GR 6:00 pm, Midweek Movie TR Ears 2 U	12 9:30 am, Exercise GR 11:00 am, Hobby Day GR 2:00 pm, AL Resident Council Mtg TR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	13 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:00 pm, Bingo GR 3:30 pm, Happy Hour: Chuckanut Manor	14 9:30 am, Exercise GR 2:15 pm, Bingo GR 3:30 pm, Wii Class GAM 6:30 pm, Bridge GAM
15 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm, Hometowners: Tom & Joe 3:30 pm, Sunday Matinee TR	16 Martin Luther King Day 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 3:00 pm, Musical Movie Monday's TR	17 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Monthly Birthdays with The Renegades 3:30 pm, AL Exercise AL 6:00 pm, Writer's Workshop	18 9:30 am, Exercise GR 11:30 am, Lunch Date: Reverie BBQ 2:00 am, Song Making Fun with Phyllis GR 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	19 9:30 am, Exercise GR 1:30 pm, Scenic Ride 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 4:15 pm, Spaghetti Feed: Allen Methodist Church 6:00 pm, Scrabble GAM Foot Care Day	20 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:00 pm, Bingo GR 4:00 pm, Ken's Cocktail Hour: Hot Buttered Rum GR	21 9:30 am, Exercise GR 2:15 pm, Bingo GR 3:30 pm, Wii Class GAM 6:30 pm, Bridge GAM
22 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Bingo GR 3:30 pm, Sunday Matinee TR	23 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Trip to MONA - Museum of Northwest Art LaConner 3:00 pm, Musical Movie Monday's TR	24 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Shopping: Dollar Store 3:30 pm, AL Exercise AL 6:00 pm, Writer's Workshop	25 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 1:30 pm, Quilt Museum Presentation GR 6:00 pm, Midweek Movie TR	26 9:30 am, Exercise GR 1:30 pm, Scenic Ride 2:00 pm, Food Committee Mtg TR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	27 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:00 pm, Bingo GR 4:00 pm, Solarium Social SL	28 9:30 am, Exercise GR 2:15 pm, Bingo GR 3:30 pm, Wii Class GAM 6:30 pm, Bridge GAM
29 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm, New Resident Social with Joanie TR	30 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 3:00 pm, Musical Movie Monday's TR	31 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Accidental Artist - Paint Your Own Pottery GR 3:30 pm, AL Exercise AL 6:00 pm, Writer's Workshop		LOCATIONS IL IL Lobby AL AL Lobby GR Great Room TR Theatre Room	GAM ... Game Room SL Solarium FR Fitness Room AC Arts & Crafts Room (AL 2nd floor)	