



TIMELESS

AN EDITORIAL BY HAWKINS CREEK

OCTOBER 2026

**On Your Mark,
Get Set,
Game!**

Celebrate the spirit of friendly
competition, active living,
and cheering each other on.

HAWKINS CREEK | MEMORY CARE



Resident Spotlight

Jean was born in 1933 to Joe & Mittie Wilson Redmon. She was one of five girls born. She attended Gum Springs School through 7th grade, then graduated from Hallsville High School in 1950 as Salutatorian of her class. She was also a member of the very first Bobcat band, which was organized in 1948. In the summer of 1950, Jean entered SFA and the Lawyers Club asked her to serve as their Duchess for homecoming. In the fall of 1950, Jean met Jim, and they married on December 12, 1952. He was drafted into the Army in March 1953. Graduating from SFA in 1953, she began teaching 2nd grade at Hallsville in 1954. She taught there for 38 years and received her Master's Degree in 1968. She was a member of Gum Springs Christian Church for 60 years and served as Choir Director, teacher, and member of the Fellowship Committee, among many other accomplishments. She was also named a Distinguished Alumna of Hallsville High in 2010. Jean & Jim had three children (Jimmy, Mona, & Barry). They enjoyed traveling and had been to over 40 countries. Jean is one of our top Resident Ambassadors and can often be found zipping through the halls, lending a helping hand with activities, and making sure our newest residents feel welcomed and at home. Her kindness, enthusiasm, and servant's heart make a difference every day. Thank you, Jean, for all you do for our community. We are beyond grateful that you chose Hawkins Creek as your forever home!

Happy Birthday!

Make A Wish

Dixie C	10/11
Emily M.....	10/23
Robert D	10/26
Norma M	10/28



Super Star Spotlight

We are thrilled to recognize Vee Miles as our Super Star of the Month! Vee joined our culinary team on February 24th of this year and her passion for cooking has truly been shining bright ever since. She holds an Associate's Degree in Culinary Arts and loves preparing a variety of diverse and flavorful dishes. Outside of work, Vee is a proud mom to her beautiful two-year-old daughter, Amoriyah, and treasures spending quality time with her family. She is also one of nine siblings, which has helped shape her strong sense of connection and teamwork. Congratulations, Vee, and thank you for the heart, talent, and dedication you bring to our team every day! Our Super Star Award recognizes Leadership, Initiative, Focus, and Exceeding Expectations-- qualities that Vee demonstrates with pride daily. Thank you for all that you do for our residents and our community.



A Message from the Executive Director

As October arrives and the first signs of autumn begin to appear, I am reminded of how grateful we are for the wonderful community we share at Hawkins Creek Assisted Living. This season brings cooler days, beautiful colors, and countless opportunities to gather together and create meaningful memories. As we transition into fall, we look forward to filling our days with fun activities, special celebrations, and moments of connection with one another.

October is a time to embrace the simple joys of the season. Whether it is enjoying festive decorations, participating in seasonal events, sharing stories with friends, or spending time with visiting family members, these experiences help make our community feel like home. Our Lifestyle team has planned an exciting month filled with engaging programs, outings, entertainment, and holiday fun that we hope everyone will enjoy.

I would also like to take a moment to thank our residents, families, volunteers, and dedicated team members for the kindness and positivity you bring to our community each day. Your smiles, encouragement, and support help create the warm and welcoming environment that makes Hawkins Creek such a special place.

As we move into the final months of the year, let us continue to celebrate one another, cherish the friendships we have built, and look forward to the many blessings that lie ahead. We are honored to be part of your lives and grateful for the opportunity to serve you and your loved ones.

Wishing everyone a wonderful October filled with comfort, laughter, and joyful moments.

Warm Regards,
Chris Hall
Executive Director
Hawkins Creek Assisted Living



October 2026

Executive Team

Chris Hall
Executive Director

Samantha Griffith, LVN
Health Service Director

Tammie Bell
Business Office Manager

Julie Ryzman
Sales & Marketing Director

Sherry Brown, APC
Lifestyles Director

Casey Bunn
Resident Care Coordinator

Vee Miles
Dietary Chef

Joe Clark
Environmental Health Services



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October 2026
MC Monthly 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAWKINS CREEK ASSISTED LIVING & MEMORY CARE ****ALL Activities Are Subject To Change****		Location Keys Activity OutingAO Activity TableAT Back Sitting AreaBSA BistroB Dining RoomDR Laundry RoomLaRm Living AreaLA Media RoomMR Pathways PatioPP 				
9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [B] 10:30 Church Service w/ Brother Darrell & Tammie Bell [MR] 11:00 Table Settings [DR] 1:30 Name that Tune 2:30 Picture Recognition 3:30 Balloon Badminton [BSA] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:30 Neck Massages [AT] 11:00 Table Settings [DR] 1:30 Ball Toss [LA] 1:30 Big Pin Bowling [BSA] 2:30 Picture Words [BSA] 3:30 50's Trivia [BSA] 4:30 Dining with Grace [DR] 5:30 Reminiscing [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Mobberly Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Memory Games [BSA] 2:30 Toss Across 3:30 Pampered Hands [AT] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:00 Alzheimer's Alliance Meeting [MR] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Sing-A-Long [BSA] 11:00 Table Settings [DR] 1:00 Entertainment w/ Richard Miller 1:00 Facial Recognition [BSA] 2:00 Entertainment w/ "Just Friends" Band [LA] 3:30 Scent Matching [BSA] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Woodland Hills Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Beach Volleyball w/ Cynthia 2:30 Ice Cream Social [B] 3:30 Sing-A-Long [AT] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:30 Magazine Treasure Hunt [AT] 11:00 Table Settings [DR] 1:30 Big Pin Bowling [LA] 2:30 Bowling [LA] 3:30 Connect Four [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music [LA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [DR] 10:15 Emanuel Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Chair Yoga [LA] 2:30 Relaxation Music 3:30 Patio Travels [PP] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]
9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [B] 10:30 Worship Service w/ Brother Billy & Winky F. 11:00 Table Settings [DR] 1:30 Name that Tune 2:30 Magazine Treasure Hunt [AT] 3:30 Connect Four [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	Columbus Day 9:30 Morning Kick Off [BSA] 10:00 Balloon Badminton [LA] 11:00 Table Settings [DR] 1:30 Ring Toss [LA] 2:30 Horseshoes [LA] 3:30 Name that Tune [AT] 4:30 Dining with Grace [DR] 5:30 Reminiscing [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Mobberly Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Sequence Games [BSA] 2:30 Birthday Bash w/ DeeDee of Assist Care [B] 3:00 Entertainment w/ Keith Olson [B] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Resident Weights [LaRm] 11:00 Table Settings [DR] 1:30 Facial Recognition [LA] 2:30 Entertainment w/ Bobby Overall [LA] 3:30 Word Association [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Woodland Hills Baptist Church [MR] 11:00 CRAFTS W/ TASHA OF CONCHO HOSPICE [DR] 1:30 Beach Volleyball w/ Cynthia 2:30 Entertainment w/ Bobby Primm [LA] 3:30 History Flash Cards [AT] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Reminiscing [LA] 11:00 Table Settings [DR] 1:30 Bucket Ball Grab [BSA] 2:30 Bowling [LA] 3:30 Connect Four [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music [LA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [DR] 10:15 Emanuel Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Connect Four [AT] 2:30 Patio Travels [PP] 3:30 Big Pin Bowling [LA] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]
9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [B] 10:30 Church Service w/ Brother Darrell & Tammie Bell [MR] 11:00 Table Settings [DR] 1:30 Name that Tune 2:30 History Flash Cards [BSA] 3:30 Beach Combing [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Flash Cards [AT] 11:00 Table Settings [DR] 1:30 Sequence Games [AT] 2:30 Golf Ball Scoop [AT] 3:30 Horseshoes [LA] 4:30 Dining with Grace [DR] 5:30 Reminiscing [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Mobberly Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Entertainment w/ Iwan Beavington [LA] 2:30 Chair Dancing [BSA] 3:30 Manicures [AT] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Cup Sorting [AT] 11:00 Table Settings [DR] 1:00 Entertainment w/ Richard Miller 1:30 Sock Matching [AT] 2:30 Word Association [AT] 3:30 60's Trivia [BSA] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Woodland Hills Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Beach Volleyball w/ Cynthia 2:30 Flash Cards 2:30 Relaxation Music [BSA] 3:30 Bucket Ball Grab [LA] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Patio Travels [PP] 11:00 Table Settings [DR] 1:30 Horseshoes [LA] 2:30 Bowling [LA] 3:30 Connect Four [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music [LA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [DR] 10:15 Emanuel Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Big Pin Bowling [LA] 2:30 Golf Ball Scoop [AT] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]
9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [B] 10:30 Worship Service w/ Brother Billy & Winky F. 11:00 Table Settings [DR] 1:30 Name that Tune 2:30 Toss Across [BSA] 3:30 Word Scramble [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Ball Toss [BSA] 11:00 Table Settings [DR] 1:30 Sequence Games [AT] 2:30 Earring Matching [AT] 3:30 Magazine Treasure Hunt [AT] 4:30 Dining with Grace [DR] 5:30 Reminiscing [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Mobberly Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Connect Four [AT] 1:30 Word Association [AT] 2:30 Sing-A-Long [BSA] 3:30 Pampered Hands [AT] 3:30 Sock Matching [AT] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:00 Patio Travels [PP] 11:00 Table Settings [DR] 1:30 Silverware Sorting [AT] 2:30 Golf Ball Scoop [AT] 3:30 History Flash Cards [BSA] 4:30 Dining with Grace [DR] 5:30 Relaxation Music 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 10:15 Woodland Hills Baptist Church [MR] 11:00 Table Settings [DR] 1:30 Beach Volleyball w/ Cynthia 2:30 FALL FESTIVAL 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]	9:30 Morning Kick Off [BSA] 11:00 Table Settings [DR] 2:30 Bowling [LA] 3:30 Connect Four [AT] 4:30 Dining with Grace [DR] 5:30 Relaxation Music [LA] 6:30 Evening Wellness [BSA]	Halloween 9:30 Morning Kick Off [BSA] 10:00 Coffee & Conversation [DR] 10:15 Emanuel Baptist Church [MR] 11:00 Table Settings [DR] 4:30 Dining with Grace [DR] 5:30 TV Land [BSA] 6:30 Evening Wellness [BSA]

A Cruise to Remember

What a night! Our residents and families set sail for an unforgettable adventure during our “A Cruise to Remember” Family Night. From great food and entertainment to wonderful time spent together, it was truly a voyage filled with joy, laughter, and cherished memories!



Apple Cider Stories

“An apple a day keeps the doctor away.” Generation upon generation has heard this proverb promoting the health benefits of eating this delectable and nutritious fruit. But, when applied to the context of its origin story, it takes on an entirely different meaning.

More than a thousand years ago, apples weren’t known as a reliable source of nutrients. To the contrary, they were primarily used to make the alcoholic beverage hard cider. The fermentation process created something special, and people loved it. While Egypt was known for its plentiful apple trees, scholars have mixed reviews on whether Egyptians were heavy on the fermented alcoholic apples. However, by 55 B.C., apple cider was a commonly found favorite in the British Isles. Pressing apples for their pureed alcoholic properties caught on with the masses, and imbibement ensued. From there, the apple cider hype continued to spread throughout Europe and eventually accompanied the colonists to America.

In more recent years, apple cider hype shifted. It has become well-known for its disease-fighting properties and nutritional benefits. It’s cholesterol-free and overloaded with potassium and iron. Its fiber content is off the charts. It is packed with phytochemicals known to combat chronic conditions and diseases such as asthma, diabetes, and heart disease. Plus, apples are super-rich in antioxidants that fight free radicals. They have the ability to neutralize threats before they really inflict damage on the body. Apple cider itself is rich in flavonoids, a type of antioxidant. Nowadays, that’s the focus of many people when it comes to cider, as opposed to its original fermented form of the past. Living by the adage, “An apple a day keeps the doctor away,” is a very good thing.



Let the Games Begin (or Not)

The Olympic Games have been around for ages, since roughly 776 B.C., in fact. Those original games in Greece were quite different from those witnessed today, as one might imagine. These days, countries compete in the modern Olympic Games, a traditional event that has been in play since 1896. Over time, some games have simply fizzled out as new ones were added. As the wide world of sports has continued to evolve and expand, so has the level and arena of competition.

Since the Olympics came into existence, there’s been no shortage of interesting “games,” special competitions and memorable demonstrations. For instance, during the 1900 Olympic Games, one might have observed hot air balloon racing. Balloons flew high in Paris that year with altitude and distance being measured and judged, alongside top photography from the sky. Images captured by those manning the balloons and racing were also judged. This sport never took off, as it proved to be a logistical nightmare.

Another Olympic idea that didn’t make the cut: pistol dueling. In the 1908 London Olympic Games, teams fired at one another with wax bullets from a set distance. Competitors donned plenty of protective garb and gear as they were judged on accuracy. Torso hits garnered the most points. Ultimately, this type of competition wasn’t viewed as a sustainable addition to the Olympics, given the risks.

While ballooning and dueling are pretty obscure in the Olympics realm, the sports found on the discontinued Olympics list are much less so, and include things like croquet, lacrosse, cricket and tug-of-war, to name a few.

Going for Gold!

1. The first Olympic Games took place in 776BC as part of an Ancient Greek festival, celebrating which Greek God?
2. How many Olympic Games have been hosted in Italy?
3. During Olympic opening ceremonies, the processional of athletes marching with their flags is known as what?
4. True or False: Today, Olympic gold medals only contain six grams of gold?
5. In 1988, a four-man bobsleigh team from this tropical island nation made their historic debut at the Calgary, Alberta Winter Olympics.
6. What nickname is given to the U.S. men's hockey team's stunning 1980 Olympic victory over the Soviet Union?
7. What was the first U.S. city and state to host the Olympics?
8. Women were only allowed to participate in five sports during the 1900 Paris Olympics; can you name any?
9. "Twizzling" is the signature technical skill used in what Olympic sport?
10. The official motto for the Olympics is "Citius, Altius, Fortius." What does it translate to in English?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

1. Zeus 2. Four (1956, 1960, 2006, 2026) 3. The Parade of Nations
4. True 5. Jamaica 6. "Miracle on Ice" 7. St. Louis, Missouri (1904)
8. Tennis, sailing, croquet, golf, equestrian 9. Ice dancing (figure skating)
10. "Faster, Higher, Stronger"

Champion Challenge!

BRONZE
CHAMPION
COMPETITION
EXCELLENCE
GOLD
MEDAL
OLYMPICS
PERSEVERANCE
PODIUM
SILVER
SPIRIT
TEAMWORK
TORCH
VICTORY

B	V	I	C	T	A	R	Y	C	H	I	M	P	A	O	N	S	M	T	I	O
R	B	P	O	O	D	U	I	M	C	M	T	E	A	W	O	R	K	E	P	C
W	R	A	Z	T	E	A	M	W	O	R	K	S	E	B	O	E	E	A	E	G
L	C	E	R	L	E	X	C	E	L	L	A	N	C	E	R	I	I	M	R	O
I	H	L	A	U	R	E	L	B	R	O	N	Z	Z	S	P	O	R	W	S	E
C	A	P	P	A	L	M	C	H	A	M	P	I	O	N	O	Z	N	O	E	E
O	M	E	I	R	A	S	I	L	L	R	I	E	N	T	D	M	T	Z	V	C
M	P	R	T	I	U	P	D	R	E	C	L	O	S	V	I	E	R	P	E	N
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T	M	R	S	I	L	V	E	R	M	T	O	T	L	L	S	R	T	L	E	P
O	P	A	C	O	N	P	S	I	L	V	O	R	O	D	E	E	I	A	C	C
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N	T	C	I	O	E	X	C	E	L	L	E	N	A	I	Y	A	C	P	Z	M
T	I	E	C	I	O	L	Y	M	P	I	C	S	P	K	B	H	O	E	E	U
H	T	M	U	D	O	P	U	M	O	I	Z	S	T	C	I	E	U	S	C	E