

Be Inspired

CHANCELLOR'S VILLAGE | ASSISTED LIVING | a Senior Lifestyle community | FREDERICKSBURG, VA 22407 | 540-786-5000

THIS MONTH'S *silver star*

DORIS GULATSI

Doris was born in Port Henry, N.Y. She has also lived in the states of Vermont and Pennsylvania before settling in Fredericksburg, Va. in 1996. After graduating high school, she attended business school, and worked in a doctor's office.

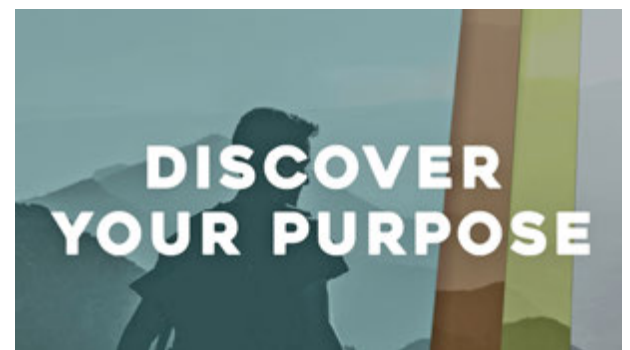
In 1946, Doris married Richard Gulatsi. Early in their marriage, Richard went to college in Vermont on a GI Bill. Although Doris and Richard did not have much money, they enjoyed experiencing the college life. Richard went on to become an electrical engineer, working for General Electric for 37 years. Doris loves her family and has been blessed with three children, seven grandchildren, and seven great-grandchildren. She was a stay-at-home mom, and took a great pleasure in raising her children. A woman of many interests, Doris enjoys reading, but as of late has taken an interest in puzzle books. She also enjoys sewing, crafts, and taking walks. Doris also enjoyed traveling, visiting Jamaica, and Saint Thomas, U.S. Virgin Islands.

Doris has been a resident of Chancellor's Village since May of this year, and is active in many of the programs offered. One of her favorite group activities is playing Scrabble. Always one for great conversation and humor, Doris has lived a good life and enjoys reflecting upon these fond memories, as well as sharing them with others.



JOIN US THIS MONTH FOR *discovering your purpose*

This month encourages all of us to start the New Year off right by putting good intentions into action and living our lives with more meaning and purpose.



Older adults often discover a sense of purpose from taking care of grandchildren, volunteering or becoming involved in community service, work or religion. A purpose in life can arise from learning a new thing, accomplishing a new goal, working together with other people or making new social connections with others. Over the past two decades, dozens of studies have shown that seniors with a sense of purpose in life are less likely to develop Alzheimer's disease, mild cognitive impairment, disabilities, heart attacks or strokes, and more likely to live longer than people without this kind of underlying motivation. Join us this month as we discover our purpose and get involved in new things!

TRAIN YOUR BRAIN *sudoku solution on back*

		3		5				
	2				7	3		9
5				2	6		4	
3				1				
	5	8				6	1	
				8				7
	1		4	3				5
9		7	8				2	
				7				6

assisted living

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ACTIVITY ROOM — AL
- ASSISTED LIVING LOBBY — AL/LBY
- CHAPEL — CHPL
- CRAFT ROOM — CR
- DINING ROOM — DRAL
- FITNESS CENTER — FC
- IL LOBBY — IL/LBY
- LIBRARY — ALI
- LOBBY — LBY
- OUTDOOR ACTIVITY — OD
- THE CHANCELLOR — CH
- THIRD FLOOR, WING FOUR — W4
- TRIP OUTINGS — TO

TRANSPORTATION SCHEDULE

MONDAY- FRIDAY
8:30 a.m.-5 p.m.
Doctor Visits/Grocery
Store/Mall/Banks

BIRTHDAYS THIS MONTH

ANNE CULLEN — 14th
JOHN SHORT — 28th

SENIOR LIFESTYLE

EMBRACE *life.*
EMBRACE *moments.*
EMBRACE *connection.*

www.SeniorLifestyle.com
Activities are subject to change

“The beginning is the most important part of any work.”
—Plato



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NEW YEAR'S DAY 1</p> <p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● New Year's Puzzle Mixers AL</p> <p>11:00 ● Pool/Billiards: Wing 4 Independent Living W4</p> <p>11:00 ● Winter Word Search AL</p> <p>2:00 ● Classic Movie AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● New Year's Resolutions AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Movie Matinee AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● New Year's Resolutions AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Movie Matinee AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● New Year's Resolutions AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Movie Matinee AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● New Year's Resolutions AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Movie Matinee AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● New Year's Resolutions AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Movie Matinee AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● New Year's Resolutions AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Movie Matinee AL</p>
<p>8:30 ● Church Rides TO 6</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor Room CH</p> <p>2:00 ● Matinee Movie AL</p>	<p>10:00 ● Inspirational Stories AL 7</p> <p>10:30 ● Crafts with Krista AL</p> <p>10:30 ● Episcopal Holy Communion CHPL</p> <p>11:30 ● "Wheel of Fortune" AL</p> <p>2:00 ● All About George Burns & Gracie Allen AL</p> <p>3:00 ● Total Body Yoga Fitness AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL 8</p> <p>10:00 ● Linked Senior Mental Fitness AL</p> <p>10:30 ● Narrow Road Music Ministry CH</p> <p>11:00 ● Pool/Billiards: Wing 4 Independent Living W4</p> <p>2:00 ● Creative Art Expression AL</p> <p>3:00 ● Scrabble Scramblers AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Daily Recap AL 9</p> <p>9:30 ● Podiatrist Visits</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● What About Jerome Robbins? AL</p> <p>11:30 ● Dominoes AL</p> <p>2:00 ● Movie Matinee AL</p> <p>2:00 ● "A Journey to the End of World" Lecture Part 1 CH</p>	<p>9:30 ● Camelia Colony Exercise Club AL 10</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:00 ● Great Comedians AL</p> <p>10:30 ● Nimble Needlers CR</p> <p>11:30 ● BHU: Like Minded Mixer AL</p> <p>2:00 ● More Music From the '50s & '60s AL</p> <p>2:00 ● "A Journey to the End of World" Lecture Part 2 CH</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Daily Recap AL 11</p> <p>10:00 ● Fabulous Nail Friday AL</p> <p>10:30 ● Music & Movement AL</p> <p>11:00 ● Today's History AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● Group Crossword Puzzle AL</p> <p>3:00 ● Sit & Fit Strength Exercise Class AL</p>	<p>9:30 ● Roll the Dice, Break the Ice AL 12</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Slideshow Presentation: The Old Line State AL</p> <p>11:00 ● Pokeno AL</p> <p>2:00 ● Matinee Movie AL</p>
<p>8:30 ● Church Rides TO 13</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor Room CH</p> <p>2:00 ● Matinee Movie AL</p> <p>6:30 ● Fredericksburg Ballet Center Performs CH</p>	<p>10:00 ● Inspirational Stories AL 14</p> <p>10:30 ● Crafts with Krista AL</p> <p>11:30 ● "Family Feud" AL</p> <p>1:30 ● Winter Puzzles AL</p> <p>2:00 ● Discover Your Mark AL</p> <p>3:00 ● Total Body Yoga Fitness AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL 15</p> <p>10:00 ● Linked Senior Mental Fitness AL</p> <p>11:00 ● Pool/Billiards: Wing 4 Independent Living W4</p> <p>1:30 ● Uno Card Challenge AL</p> <p>2:00 ● Remembering Dr. King, Jr. AL</p> <p>3:00 ● Scrabble Scramblers AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Daily Recap AL 16</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>10:15 ● Resident Council Meeting AL</p> <p>11:00 ● Eddie Cantor: Our January Star AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● Percussion Circle CH</p> <p>3:30 ● Rev. Ritchie AL</p> <p>7:00 ● Got Science? CH</p>	<p>9:30 ● Camelia Colony Exercise Club AL 17</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:00 ● January Inventors AL</p> <p>10:30 ● Nimble Needlers CR</p> <p>11:30 ● BHU: Brain Blocks AL</p> <p>2:00 ● Champagne Music AL</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Daily Recap AL 18</p> <p>10:00 ● Fabulous Nail Friday AL</p> <p>10:30 ● Balloon Volleyball AL</p> <p>11:00 ● Today's History AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● Group Crossword Puzzle AL</p> <p>3:00 ● Sit & Fit Strength Exercise Class AL</p>	<p>9:30 ● Music & Movement AL 19</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Slideshow Presentation: Commonwealth of Virginia AL</p> <p>11:00 ● Jingo AL</p> <p>2:00 ● Matinee Movie AL</p>
<p>8:30 ● Church Rides TO 20</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor Room CH</p> <p>2:00 ● Matinee Movie AL</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>10:00 ● Inspirational Stories AL</p> <p>10:00 ● Catholic Mass CHPL</p> <p>10:30 ● Crafts with Krista AL</p> <p>11:30 ● "Jeopardy!" AL</p> <p>2:00 ● Martin Luther King Day of Service AL</p> <p>3:00 ● Total Body Yoga Fitness AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL 22</p> <p>10:00 ● Linked Senior Mental Fitness AL</p> <p>11:00 ● Pool/Billiards: Wing 4 Independent Living W4</p> <p>2:00 ● Creative Art Expression AL</p> <p>3:00 ● Scrabble Scramblers AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Daily Recap AL 23</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● The Amazing Talent of Gene Kelly AL</p> <p>2:00 ● Movie Matinee AL</p> <p>2:00 ● Hearing Presentation CH</p>	<p>9:30 ● Camelia Colony Exercise Club AL 24</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:00 ● The Women of January AL</p> <p>10:30 ● Nimble Needlers CR</p> <p>11:30 ● BHU: What's the Connection? AL</p> <p>2:00 ● Famous January Birthdays AL</p> <p>2:00 ● Wild Men: The Dawn of Rock N' Roll Presentation CH</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Daily Recap AL 25</p> <p>10:00 ● Fabulous Nail Friday AL</p> <p>10:30 ● Music & Movement AL</p> <p>11:00 ● Today's History AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● Group Crossword Puzzle AL</p> <p>3:00 ● Sit & Fit Strength Exercise Class AL</p>	<p>9:30 ● Roll the Dice, Break the Ice AL 26</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Slideshow Presentation: The Mountain State AL</p> <p>11:00 ● Pokeno AL</p> <p>2:00 ● Matinee Movie AL</p>
<p>8:30 ● Church Rides TO 27</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor Room CH</p> <p>2:00 ● Matinee Movie AL</p>	<p>10:00 ● Inspirational Stories AL 28</p> <p>10:30 ● Crafts with Krista AL</p> <p>11:30 ● "Deal or No Deal" AL</p> <p>2:00 ● Birthday Celebration CH</p> <p>3:00 ● Total Body Yoga Fitness AL</p>	<p>9:30 ● Camelia Colony Exercise Club AL 29</p> <p>10:00 ● Linked Senior Mental Fitness AL</p> <p>11:00 ● Pool/Billiards: Wing 4 Independent Living W4</p> <p>1:30 ● Uno Card Challenge AL</p> <p>2:00 ● Nostalgic Commercials AL</p> <p>3:00 ● Scrabble Scramblers AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Daily Recap AL 30</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● Music & Movement AL</p> <p>11:00 ● The Artwork of Paul Cezanne AL</p> <p>2:00 ● Movie Matinee AL</p> <p>2:30 ● Fredericksburg Senior Singers Perform CH</p>	<p>9:30 ● Camelia Colony Exercise Club AL 31</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:00 ● Connie Francis, Peggy Lee, Or Doris Day? AL</p> <p>10:30 ● Nimble Needlers CR</p> <p>11:30 ● BHU: Compound Word Overlap AL</p> <p>2:00 ● Celebration of Hollywood Musicals AL</p> <p>3:00 ● Bingo AL</p>		

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

HAPPY NEW YEAR!

We have so much in life to be thankful for! I hope everyone enjoyed all the festivities in December. As the holiday season winds down, it's a wonderful time to reflect on 2018 and determine goals (New Year's Resolutions) for 2019. I found some January folklore to share this year since I've shared historical facts in the past. Did you know ...

- Fog in January leads to a wet spring.
- Favorable weather in January brings us a good year.
- If grass grows in January, it will grow poorly for the rest of the year.
- A summer-like January means we'll have a wintery spring.

Let's see if the folklore holds true for 2019! I also found an entertaining quote from the past (I love this kind of thing).

The New Year opens — old is past,
Stern winter comes with its rough blast:
See the farmer shivering with cold,
Driving his flocks and herds to fold.

— The 1793 Old Farmer's Almanac

I look forward to sharing a wonderful 2019 with all of you in our beautiful community!

EVENT RECAP *being grateful!*

During the month of November, the residents were encouraged to be more grateful. Residents participated in gratitude walks, created gratitude poems and thankful cards. In these activities, the residents learned to cultivate gratitude and live a more positive life. Scientists have found that those who cultivate gratitude are happier, healthier and more successful in their relationships with others.



THIS MONTH'S *heart hero*

HOSPITALITY,
EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

DEJAH SAJOUS has been a Server at Chancellor's Village for the past 3 years. She exemplifies the HEART characteristics by working hard with the team, and willing to go above and beyond. Dejah is caring and kind which makes her an asset to the Chancellor's Village family.



Dejah was born and raised in Fredericksburg and graduated from Chancellor High School. Currently, she works two jobs; here at Chancellor's Village as a Server and at Hilldrup Moving Company doing office work. When she is not working, Dejah enjoys doing hair and makeup, and spending time with her boyfriend, Ethan. Dejah met Ethan at Chancellor's Village and they work together at the moving company. What Dejah likes best about working at Chancellor's Village is talking with the residents and learning about their lives, and being around all the staff.

MANAGEMENT TEAM

Kristen Hansen, *Executive Director*
 Krista Wells, *Director of Resident Programs*
 Lynette Davis, *Business Office Manager*
 Roxanne Milstead, *Director of Sales & Marketing*
 Fred Klecar, *Dining Services Director*
 John James, *Director of Plant Operations*
 Donna Lehman, *Health and Wellness Director*

TRAIN
YOUR
BRAIN
solution

7	4	3	9	5	8	1	6	2
8	2	6	1	4	7	3	5	9
5	9	1	3	2	6	7	4	8
3	7	9	6	1	2	5	8	4
2	5	8	7	9	4	6	1	3
1	6	4	5	8	3	2	9	7
6	1	2	4	3	9	8	7	5
9	3	7	8	6	5	4	2	1
4	8	5	2	7	1	9	3	6



SENIOR
LIFESTYLE
your *life*, your *style*