

Be Inspired

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

THIS MONTH'S *silver star*

HELEN LOUIS MCLEOD HEAVEY

Louise was born in Spotsylvania County, December 1919.

After finishing school, she went to work for the Spotsylvania County Rationing Board. Following the death of their parents, Louise took the responsibility for her two young brothers, helping them to finish school. She worked in Fredericksburg and then transferred to work for the government at the Marine Corps Base at Quantico. While working at Quantico, Louise met John Heavey. John and Louise were married in 1953 and moved to Jacksonville, N.C. They worked for the government at Camp Lejeune until they both retired. John and Louise were golfers and played courses through the south. Both were club champions.

Following the death of her husband, Louise moved back to Virginia to be near her family. She purchased a home in Lake of the Woods. There, she continued to play golf as long as she was able. She moved to Chancellor's Village in November 2016.

Louise and John's home was always open to the family, who spent many vacations with them. She is loved by all, especially her many nieces and nephews.



JOIN US THIS MONTH FOR *humor month*

April is National Humor Month and we hope you'll join us in making it a laughing matter! Although everyone's "funny bone" is slightly different, many things make us all laugh or smile. The medical benefits of laughter are well-documented. Laughter strengthens your immune system, boosts mood, diminishes pain and protects you from the damaging effects of stress. By seeking out opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness and even add years to your life.



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

HAPPY SPRING!

We've had an interestingly mild (for the most part) winter this year, and spring seems to be coming early with the daffodils blooming in February. In March, we had a beauty shop update and activity room refreshes. We are also looking forward to everyone enjoying the new furniture and fire pit on the patio, too. We hope you'll enjoy the new additions and spend some time in the courtyard taking advantage of the new furniture or sitting under the trees by the water feature as the weather warms up. We look forward to hosting socials and special events outside this spring to take advantage of our new additions!

In March, we started our roof replacement project, which is a large project, as you know. We appreciate your support as we undertake this large endeavor. We have some more exciting things that will be happening in the near future, and we hope you'll enjoy the additions as they are introduced!

It's interesting that Easter is on April 1 this year. Maybe we should designate April 2 as "April Fools' Day" instead of April 1; it seems like that would be appropriate under the circumstances. The theme for this month is "Humor," so keep your eyes open for fun-filled programs geared around this theme!

TRAIN YOUR BRAIN *search for peters and pauls*

U	E	B	E	R	R	O	T	H	J	B	M	<i>peter</i> FALK
D	R	O	F	W	A	L	S	K	H	C	A	<i>peter</i> FINCH
L	O	R	R	E	S	G	K	L	C	S	R	<i>peter</i> FONDA
H	D	D	W	U	N	D	H	A	E	R	S	<i>peter</i> JENNINGS
O	A	S	D	I	S	F	R	F	L	E	H	<i>peter</i> LAWFORD
G	S	R	N	S	L	T	G	D	O	L	A	<i>peter</i> LORRE
A	N	V	D	N	L	I	G	O	L	L	<i>peter</i> MARSHALL	
N	E	O	S	E	D	C	I	N	T	E	L	<i>peter</i> O'TOOLE
J	W	M	Y	D	Y	V	S	A	O	S	A	<i>peter</i> SELLERS
D	M	I	L	Y	N	D	E	C	M	V	N	<i>peter</i> UEBERROTH
F	A	S	D	O	N	I	V	R	O	S	K	<i>peter</i> USTINOV
G	N	A	D	N	O	F	I	N	C	H	A	<i>paul</i> ANKA

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 — LB
- 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

- VIRGINIA BEEBE — 2nd
- ELIZABETH FRENK — 16th



SENIOR LIFESTYLE VALUES

Hospitality, Excellence, Appreciation, Respect, & Teamwork

www.SeniorLifestyle.com
Activities are subject to change

<p>EASTER SUNDAY 1</p> <p>8:30 ● Church Rides TO</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>9:30 ● Total Body Yoga Fitness AL 2</p> <p>10:30 ● Craft with Michelle CR</p> <p>10:30 ● Episcopal Holy Communion CHPL</p> <p>1:30 ● Finish the Phrase AL</p> <p>2:00 ● Laughter Is the Best Medicine AL</p> <p>2:30 ● Fact or Foolery AL</p> <p>3:00 ● Scrabble Scramblers AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 3</p> <p>10:30 ● Narrow Road Music Ministry CH</p> <p>11:00 ● Pool: Wing 4 Independent Living W4</p> <p>1:30 ● Collage of Funny Humor AL</p> <p>2:00 ● UNO Card Challenge AL</p> <p>3:00 ● Bingo CH</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Sit & Fit AL 4</p> <p>10:30 ● Dominoes AL</p> <p>11:30 ● BHU: Jeopardy Facts of the Day AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>1:30 ● Children Say the Darndest Things AL</p> <p>2:00 ● Matinee Movie & Popcorn Making AL</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 5</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Nimble Needlers CR</p> <p>10:30 ● All About the Cherry Blossoms AL</p> <p>11:30 ● Bunco AL</p> <p>2:00 ● A Walk on Your Wild Side AL</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 6</p> <p>10:30 ● Fabulous Nail Friday & Music AL</p> <p>10:30 ● Adult Color Art AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● The Chieftains Crossword Puzzle AL</p> <p>3:00 ● Happy Hour Social: Dress in Your Funniest Attire AL</p> <p>7:00 ● "I Love Lucy" CH</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 7</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Jigsaw Puzzle Mixers AL</p> <p>10:30 ● Word Explorer AL</p> <p>2:00 ● Matinee Movie & Munch AL</p>
<p>8:30 ● Church Rides TO 8</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>1:00 ● Pet Therapy with Lily LBY</p> <p>2:00 ● Matinee Movie AL</p>	<p>9:30 ● Total Body Yoga Fitness AL 9</p> <p>10:30 ● Craft with Michelle CR</p> <p>1:30 ● Pokeno AL</p> <p>2:00 ● "Family Feud" AL</p> <p>2:30 ● Junk Drawer Detective AL</p> <p>3:00 ● Scrabble Scramblers AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 10</p> <p>10:30 ● Linked Senior Brain Teasers AL</p> <p>11:00 ● Pool: Wing 4 Independent Living W4</p> <p>1:30 ● Wii Bowling AL</p> <p>2:30 ● Facts About April AL</p> <p>3:00 ● Art Expression AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Sit & Fit AL 11</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:30 ● Men's Fashion: Why Men Should Wear Pink AL</p> <p>11:00 ● Perfect Poetry AL</p> <p>11:30 ● BHU: Nonsense Stories AL</p> <p>1:30 ● You Be the Judge AL</p> <p>2:00 ● Matinee Movie: & Popcorn Making AL</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 12</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Nimble Needlers CR</p> <p>10:30 ● Laugh Categories AL</p> <p>11:30 ● Mother Nature Solution AL</p> <p>2:00 ● The Academy's Best Picture Lecture CH</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 13</p> <p>10:30 ● Fabulous Nail Friday & Music AL</p> <p>10:30 ● Adult Color Art AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● The Chieftains Crossword Puzzle AL</p> <p>3:00 ● Greatest Movie Bloopers AL</p> <p>7:00 ● Perform with a Purpose CH</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 14</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Jigsaw Puzzle Mixers AL</p> <p>10:00 ● Shred Fest OD</p> <p>10:30 ● Word Explorer AL</p> <p>2:00 ● Matinee Movie & Munch AL</p>
<p>8:30 ● Church Rides TO 15</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>3:00 ● Flute Recital CH</p>	<p>9:30 ● Total Body Yoga Fitness AL 16</p> <p>10:00 ● Catholic Mass CHPL</p> <p>10:30 ● Craft with Michelle CR</p> <p>1:30 ● Book Review: Tell Us About Your Favorite Book AL</p> <p>2:00 ● Twist of the Tongue AL</p> <p>2:30 ● All About the Famous Comedian: Bob Hope AL</p> <p>3:00 ● Scrabble Scramblers AL</p>	<p>TAX DAY 17</p> <p>9:30 ● Sit & Fit Strength Exercise Class AL</p> <p>10:30 ● Linked Senior Mental Fitness AL</p> <p>11:00 ● Pool: Wing 4 Independent Living W4</p> <p>1:30 ● America's Funniest Videos AL</p> <p>2:00 ● UNO Card Challenge AL</p> <p>2:30 ● Flat Run Ramblers CH</p> <p>3:00 ● Art Expression AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Sit & Fit AL 18</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:15 ● Resident Council Meeting AL</p> <p>11:15 ● Dominoes AL</p> <p>1:00 ● A Stitch in Time CR</p> <p>1:30 ● Matinee Movie & Popcorn Making AL</p> <p>2:00 ● Healthful, Quick & Sustainable Snacks Lecture CH</p> <p>3:30 ● Rev. Ritchie AL</p> <p>7:00 ● Got Science? CH</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 19</p> <p>10:30 ● Nimble Needlers CR</p> <p>10:30 ● Chalk Words AL</p> <p>11:00 ● Protestant Communion CHPL</p> <p>11:30 ● Bunco AL</p> <p>2:00 ● BHU: Duel Movement AL</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 20</p> <p>10:30 ● Fabulous Nail Friday & Music AL</p> <p>10:30 ● Adult Color Art AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● The Chieftains Crossword Puzzle AL</p> <p>3:00 ● Joking Around AL</p> <p>7:00 ● Comedian Simply Shirley Performs CH</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 21</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Jigsaw Puzzle Mixers AL</p> <p>10:30 ● Word Explorer AL</p> <p>2:00 ● Matinee Movie & Munch AL</p>
<p>EARTH DAY 22</p> <p>8:30 ● Church Rides TO</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>1:00 ● Pet Therapy with Lily LBY</p> <p>2:00 ● Matinee Movie AL</p> <p>2:00 ● Roberson Music Studio CH</p>	<p>9:30 ● Total Body Yoga Fitness AL 23</p> <p>10:30 ● Craft with Michelle CR</p> <p>1:30 ● Pokeno AL</p> <p>2:00 ● All About the Famous Comedian: Red Skelton AL</p> <p>2:00 ● Author Ellen Butler Lecture CH</p> <p>2:30 ● Earth Message AL</p> <p>3:00 ● Scrabble Scramblers AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 24</p> <p>10:30 ● Linked Senior Mental Fitness AL</p> <p>11:00 ● Pool: Wing 4 Independent Living W4</p> <p>1:30 ● Wii Bowling AL</p> <p>2:30 ● Funny Booth Photos AL</p> <p>3:30 ● Art Expression AL</p> <p>7:00 ● Bible Study AL</p>	<p>9:30 ● Sit & Fit AL 25</p> <p>10:00 ● Zumba Gold Exercise Class CH</p> <p>10:00 ● White Oak Museum OD</p> <p>1:30 ● April Mad Lib AL</p> <p>1:45 ● BHU: Humor Me AL</p> <p>2:00 ● Matinee Movie & Popcorn Making AL</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 26</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Nimble Needlers CR</p> <p>11:30 ● Manly Trivia AL</p> <p>1:30 ● Missing Last Letter AL</p> <p>2:00 ● Forest Funnies AL</p> <p>3:00 ● Bingo AL</p>	<p>9:30 ● Sit & Fit Strength Exercise Class AL 27</p> <p>10:30 ● Fabulous Nail Friday & Music AL</p> <p>10:30 ● Adult Color Art AL</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● The Chieftains Crossword Puzzle AL</p> <p>3:00 ● Arbor Day: Matching State Trees AL</p> <p>3:30 ● 10 Most Famous Trees in the World AL</p> <p>7:00 ● "The Carol Burnett Show" CH</p>	<p>9:30 ● Sit & Fit Stretch Exercise Class AL 28</p> <p>10:00 ● Tai Chi Chair Exercise Class CH</p> <p>10:00 ● Jigsaw Puzzle Mixers AL</p> <p>10:30 ● Word Explorer AL</p> <p>2:00 ● Matinee Movie & Munch AL</p>
<p>8:30 ● Church Rides TO 29</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>9:30 ● Total Body Yoga Fitness AL 30</p> <p>10:30 ● Craft with Michelle CR</p> <p>1:30 ● All About the Famous Comedians: Laurel & Hardy AL</p> <p>2:00 ● Birthday Celebration CH</p> <p>2:30 ● Knock Knock Jokes AL</p> <p>3:00 ● Scrabble Scramblers AL</p>			<p style="text-align: center;">"The best thing one can do when it's raining is to let it rain." —Henry Wadsworth Longfellow</p>		

EVENT RECAP

demonstrating affection through family photos

The month of February was filled with a variety of programs geared toward affection. The residents demonstrated their affection through displaying photos of their family and loved ones. Family stories were also shared. It was a great event enjoyed by all.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

FRED KLECAR has been the Dining Services Director for four years. He was born in the Bronx, N.Y. and raised in Rockland County, N.Y. His family owned an Italian restaurant, The Pie Man, in Valley Cottage, N.Y. for 20 years. This is where Fred got his love for cooking. He moved to Orange County in 2000 and started working at Chancellor's Village. He worked at Chancellor's Village for five years and left to pursue other interests. Fred couldn't stay away and returned to Chancellor's Village in 2014. He exemplifies the HEART characteristics by being an integral part of our Chancellor's Village family. Not only is he an amazing cook, he's extremely creative and always has great ideas on how to take events to the next level. Fred works tirelessly to ensure that our residents have great food in a beautiful dining room. He sets a wonderful example for his team and will go above and beyond for the residents and his staff. What Fred likes best about working at Chancellor's Village is the people. He enjoys making a difference in the residents' lives.

Fred and his wife, Diana, will celebrate 28 years of marriage in August. They have three sons, one daughter and four grandchildren. When Fred is not working, he enjoys fishing, hunting, yard work and fixing cars.



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, *Assisted Living Director*

TRAIN
YOUR
BRAIN
solution



SENIOR
LIFESTYLE
your life, your style