

# Be *Inspired*

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

## JOIN US THIS MONTH FOR *roaring into 2018 with the '50s*

A New Year, 2018, brings new opportunities to make changes and gain new experiences. January is Reminiscence Month. Join us as we step back into the exciting 1950s! Join me in "Coolsville" to ring in the New Year with the all the "coolest cats in town"! We'll enjoy a variety of fun activities and events from this era.



### THIS MONTH'S *silver star*

RICHARD WAYNE MORRIS

Richard Wayne Morris was born on March 28 in Dayton, Ohio. His father worked for the government. At a young age, Richard moved to Florida where he and his family resided for several years. Richard and his family later moved to Los Angeles, Calif., where he attended Vannugs High School. After graduating, Richard went on to attend UCLA for two years where he studied business administration.



The Vietnam War started in 1966, that is when Richard decided to sign up for the Marine Corp. He was assigned to the Special Forces Division for one year. Richard said that 136 men were stationed in Khe Sanh, Vietnam, and only 11 walked out. He said he is one of them who was very fortunate.

Richard has one daughter, Jamie, and a son-in-law, Jake. They are both optometrists. Richard has a new grandson, Eli, who he is very proud of.

During Richard's time living at Chancellor's Village, he enjoys playing pool and working on puzzles. He also enjoys the residents and staff at Chancellor's Village.

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

HAPPY NEW YEAR!

I hope everyone had a special holiday season and now it's time to say ... Happy New Year! The month of January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. After the busy season, it's nice to have some down time and look back at 2017 while planning for 2018. When we think about the New Year many of us make New Year's resolutions. This tradition is the most common in the Western Hemisphere but is also found in the Eastern Hemisphere. It's a tradition when a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people beginning from New Year's Day.

There is no direct line from the ancient tradition to the modern New Year's resolutions, but the desire to start anew pops up repeatedly. At the end of the Great Depression, about 25 percent of American adults formed New Year's resolutions. At the start of the 21st century, about 40 percent did. New Year's resolutions may be falling out of favor though. A CBS News poll in 2013 found that 68 percent of Americans don't make New Year's resolutions. Several years ago, that number was 58 percent. People under the age of 30 have been more likely than older adults to make resolutions; but only about half of resolution-makers keep their promises. Whether this is a tradition you practice or not, I hope that 2018 is a wonderful year for each of you!

### TRAIN YOUR BRAIN *sudoku solution on back*

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



## 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



- 8:30 ● Church Rides | TO 7
- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor Room | CH
- 2:00 ● Matinee Movie | AL

- 8:30 ● Church Rides | TO 14
- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor Room | CH
- 1:00 ● Pet Therapy with Lily | LBY
- 2:00 ● Matinee Movie | AL
- 6:30 ● Fredericksburg Ballet Performs | CH

- 8:30 ● Church Rides | TO 21
- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor Room | CH
- 2:00 ● Matinee Movie | AL

- 8:30 ● Church Rides | TO 28
- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor Room | CH
- 1:00 ● Pet Therapy with Lily | LBY
- 2:00 ● Matinee Movie | AL

- NEW YEAR'S DAY 1
- 9:30 ● Sit & Fit Stretch Exercise Class | AL
- 10:30 ● New Year's Day Word Sheet | AL
- 11:30 ● Lobby Chats | LBY
- 2:00 ● Classic Movie | AL
- 3:00 ● Scrabble Scramblers | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 8
- 10:30 ● Craft with Michelle | CR
- 11:30 ● Life & Times of Elvis Presley | AL
- 1:30 ● Pokeno | AL
- 2:00 ● All About the '50s | AL
- 3:00 ● Scrabble Scramblers | AL

- MARTIN LUTHER KING JR. DAY 15
- 9:30 ● Sit & Fit Stretch Exercise Class | AL
- 10:00 ● Catholic Mass | CHPL
- 10:30 ● Craft with Michelle | CR
- 11:30 ● Meditation for the Soul | AL
- 2:00 ● A Tribute to Martin Luther King with Brenda Purce | CH
- 3:00 ● Scrabble Scramblers | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 22
- 10:30 ● Craft with Michelle | CR
- 11:30 ● Discussion World Leaders of the 1950s | AL
- 1:30 ● Pokeno | AL
- 2:00 ● Opposites Hangman | AL
- 3:00 ● Scrabble Scramblers | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 29
- 10:30 ● Craft with Michelle | CR
- 11:30 ● Musical Word Block | AL
- 2:00 ● Birthday Celebration | CH
- 3:00 ● Scrabble Scramblers | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 2
- 10:30 ● Narrow Road Music Ministry | CH
- 1:30 ● UNO Card Challenge | AL
- 2:00 ● Daily Chronicle | AL
- 2:30 ● Putting the Past in Order | AL
- 3:00 ● Health & Fitness: Who Is Richard Simmons? | AL
- 7:00 ● Bible Study | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 9
- 10:30 ● Linked Senior Brain Teasers | AL
- 11:00 ● Pool: Wing 4 Independent Living | W4
- 1:30 ● Wii Bowling | AL
- 2:30 ● Facts about the Month of January | AL
- 3:00 ● Art Project | AL
- 7:00 ● Bible Study | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 16
- 10:30 ● Linked Senior Mental Fitness | AL
- 11:00 ● Airport Museum & Cafe Style Lunch | TO
- 2:30 ● UNO Card Challenge | AL
- 3:00 ● New Year Fun Bingo | AL
- 7:00 ● Bible Study | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 23
- 10:30 ● Linked Senior Mental Fitness | AL
- 11:00 ● Pool: Wing 4 Independent Living | W4
- 1:30 ● Wii Bowling | AL
- 2:00 ● Genesis Rehab: Improve Your Safety | CH
- 2:30 ● Music & Dance of the 1950s | AL
- 3:00 ● Art Project | AL
- 7:00 ● Bible Study | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 30
- 10:30 ● History of the Chinese New Year | AL
- 11:00 ● Pool: Wing 4 Independent Living | W4
- 2:00 ● Viewing How the Chinese Celebrate New Year's | AL
- 3:00 ● Art Project | AL
- 7:00 ● Bible Study | AL

- 9:30 ● BHU: Rhyming Trios | AL 3
- 10:00 ● Zumba Gold Exercise Class | CH
- 10:30 ● Dominoes | AL
- 11:30 ● Old Time Remedies | AL
- 1:00 ● A Stitch in Time | CR
- 2:00 ● Movie Matinee & Popcorn Making | AL

- 9:30 ● BHU: Name Scrabble | AL 10
- 10:00 ● Zumba Gold Exercise Class | CH
- 10:30 ● DYM: Instant Art | AL
- 11:30 ● '50s Trivia | AL
- 1:30 ● Conversation Starter | AL
- 2:00 ● Matinee Movie & Popcorn Making | AL

- 9:30 ● BHU: "Family Feud" | AL 17
- 10:00 ● Zumba Gold Exercise Class | CH
- 10:15 ● Resident Council Meeting | AL
- 11:15 ● Dominoes | AL
- 1:00 ● A Stitch in Time | CR
- 2:00 ● Who Said it? Poetry Reading | AL
- 3:30 ● Rev. Ritchie | AL
- 7:00 ● Got Science? | CH

- 9:30 ● Sit & Fit Strength Exercise Class | AL 24
- 10:00 ● Zumba Gold Exercise Class | CH
- 10:30 ● BHU: 10 in 60 Word Storm | AL
- 11:30 ● Slang of the '50s | AL
- 1:30 ● Conversation Starter | AL
- 2:00 ● Matinee Movie & Popcorn Making: American Graffiti | AL

- 9:30 ● BHU: Warm-Ups | AL 31
- 10:00 ● Zumba Gold Exercise Class | CH
- 10:30 ● How Much Did Things Cost in the 1950s? | AL
- 11:30 ● Dominoes | AL
- 1:30 ● Conversation Starter | AL
- 2:00 ● Movie & Popcorn Making | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 4
- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Nimble Needlers | CR
- 11:30 ● Bunco | AL
- 2:00 ● Cars of the 1950s | AL
- 3:00 ● Bingo | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 11
- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Nimble Needlers | CR
- 11:30 ● Wacky Wordies | AL
- 2:00 ● Phillip Mckenney's Rock & Roll Art Show | CH
- 3:00 ● Bingo | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 18
- 10:30 ● Nimble Needlers | CR
- 11:00 ● Protestant Communion | CHPL
- 11:30 ● Bunco | AL
- 1:30 ● Life & Times of Lucille Ball | AL
- 2:00 ● Stock Market Lecture | CH
- 2:00 ● Episodes of Lucille Ball Classic Film | AL
- 3:00 ● Bingo | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 25
- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Nimble Needlers | CR
- 11:30 ● Bunco | AL
- 2:00 ● Viewing Men & Women Fashion of the '50s | AL
- 3:00 ● Bingo | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 5
- 9:30 ● Holiday Take Down | LBY
- 10:30 ● Adult Color Art | AL
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● The Chieftans Crossword Puzzle | AL
- 3:00 ● National Bird Day: All About the Cockatiel | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 12
- 10:30 ● Fabulous Nail Friday & Music | AL
- 10:30 ● Adult Color Art | AL
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● The Chieftans Crossword Puzzle | AL
- 3:00 ● Hot Chocolate Delight | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 19
- 10:30 ● Fabulous Nail Friday & Music | AL
- 10:30 ● Adult Color Art | AL
- 12:00 ● Retro '50s Party | DRAL
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● The Chieftans Crossword Puzzle | AL
- 3:00 ● New Year Superstitions | AL

- 9:30 ● Sit & Fit Strength Exercise Class | AL 26
- 10:30 ● Fabulous Nail Friday & Music | AL
- 10:30 ● Adult Color Art | AL
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● The Chieftans Crossword Puzzle | AL
- 3:00 ● Life and Times of Henrietta Lacks in 1951 | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 6
- 10:00 ● Tai Chi Chair Exercise Class | CH
- 10:00 ● Jigsaw Puzzle Mixers | AL
- 10:30 ● Word Quest | AL
- 2:00 ● Matinee Movie & Munch | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 13
- 10:00 ● Tai Chi Chair Exercise Class | CH
- 10:00 ● Jigsaw Puzzle Mixers | AL
- 10:30 ● Word Quest | AL
- 2:00 ● Matinee Movie & Munch | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 20
- 10:00 ● Tai Chi Chair Exercise Class | CH
- 10:00 ● Jigsaw Puzzle Mixers | AL
- 10:30 ● Word Quest | AL
- 2:00 ● Matinee Movie & Munch | AL

- 9:30 ● Sit & Fit Stretch Exercise Class | AL 27
- 10:00 ● Tai Chi Chair Exercise Class | CH
- 10:00 ● Jigsaw Puzzle Mixers | AL
- 10:30 ● Word Quest | AL
- 2:00 ● Matinee Movie & Munch | AL

"The new year stands before us, like a chapter in a book, waiting to be written."  
—Melody Beattie





EVENT RECAP

# holiday celebrations, december was a treasure

This year started off the holiday spirit with a special gift giving to the Samaritan's Purse. It is a non-denominational Christian International Relief organization which provides aid to children all over the world. The residents helped stuff toys of all kinds in a beautifully decorated shoe box. This gifts will put a smile on all of the children's faces.

Residents enjoyed the annual tree lighting ceremony. Once the tree was lit, everyone gathered around Janeen Butler who played the piano and led us all in Christmas songs. What a great way to start the festive Christmas holiday!

A sincere thank you to the residents, families and staff for making this year's assisted living residents' Party a huge success. Thank you, Mike and Dave, for making the Christmas Party very festive. Fred Klecar, Food Service Director, and staff did an amazing job. Many thanks to you all. It was a memorable event enjoyed by all!

Many Thanks to Sharon Woolfolk for assisting with decorating Assisted Living.



Camellia Colony Christmas Celebration



Samaritan's Purse: The gift of giving

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

JANA NELSON has been a Concierge at Chancellor's Village for the past five years where she is the heart of the front desk. She is always happy and has a daily joke for the residents and staff. Jana is very reliable, and she is always willing to take on extra shifts. Without Jana, the front desk would not run as smoothly as it does.

Jana was born in Charleston, S.C., but moved around a lot as her father served in the Marines. The family eventually settled in Maryland. Jana moved to Fredericksburg 45 years ago, and she has been married to her husband, Butch, for 43 years. They have three children, seven grandchildren, one great-grandchild and one more due in April. All of Jana's family lives in Fredericksburg, so when she is not working, she enjoys spending time with them. She also enjoys going on cruises and cooking. Prior to working at Chancellor's Village, Jana retired after 25 years from Courtland High School where she worked in the front office as a secretary. What Jana likes best about working at Chancellor's Village are the great residents and staff. She enjoys helping the residents and hearing about their life experiences. We appreciate Jana and her willingness to support Chancellor's Village, especially the residents.



## 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*

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