the **OCTOBER 2019** *newsletter*

Be Inspired

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

THIS MONTH'S *silver star*

VERA RICHMOND

Vera was born in a suburb of Berlin, Germany, in 1930. Her father worked as an executive for a building materials company. When WWII began, Vera's father helped his Jewish boss and family escape to Switzerland. Word spread of what her father had done and he was jailed for the duration of the War. When the Russians invaded, the house that Vera, her sister and mother were living in was bombed and they lost everything. They were forced to move to Berlin to live with Vera's aunt. Fortunately, her aunt lived in the American sector of Berlin and her sister got a job at the American hospital. Vera went back to school for languages to improve her English and eventually got a job at the hospital as well. This is where she met her first husband, who passed away at a young age. She married her second husband in 1964 and they owned two businesses in Savannah, Ga. When they retired, they moved to Fredericksburg to live closer to Vera's sister. Vera thanks God for this country and the 69 years she has lived in America.

Vera moved to Chancellor's Village almost 5 years ago and has enjoyed living here, making new friends and calling it home. A year ago, Vera decided to make the move to Assisted Living. It has been good meeting new people but also being able to visit with friends in Independent Living. She says that everyone has been really nice which made the move really easy.

JOIN US THIS MONTH FOR *month of mystery*

"One chilly night in October, we were all gathered together for a pre-Halloween celebration. We wanted something different, something exciting and thrilling and boy, did we plan it." Make sure you don't miss the exciting programs planned during our Month of Mystery. We will bring the game of Clue to life, where the characters will share clues to who killed Mr. Boddy and in which room and with what weapon throughout the month. Come to the specific programs to get the clues and solve the mystery to win a prize! We have invited three different local mystery authors to come and share their books. We will end the month with our annual Halloween Costume Party!

TRAIN YOUR **BRAIN** *search for trees*

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

ACACIA
ASPEN
BANYAN
BEECH
BIRCH
CEDAR
DOGWOOD
ELM
~~FIR~~
JUNIPER
LINDEN
MAPLE
OAK
PALM
PINE
POPLAR
REDWOOD
SEQUOIA
SPRUCE
WILLOW

calendar & activities

OCT 2019

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*

BIRTHDAYS THIS MONTH

SALLY FRAVEL — *16th*
JOHN KUNLO — *21st*
ANGELA BUFALO — *27th*
VERONICA MEYER — *28th*
MARCELLA CROWLEY — *29th*

TRANSPORTATION SCHEDULE

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

BRAIN HEALTH UNIVERSITY
LOGO INDICATES A BHU COURSE DAY

www.SeniorLifestyle.com
Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"I still say, shoot for the moon; you might get there." —Buzz Aldrin		1 10:00 Daily Recap | AL 10:30 Camelia Colony Exercise Club | AL 11:00 Current Events & Good News | AL 11:30 "Carol Burnett Show" | AL 2:00 Qwirkle | AL 3:00 Scrabble Scramblers | AL 5:00 "Downton Abbey" | AL 7:00 Bible Study | AL	2 10:00 Zumba Gold Exercise Class | CH 10:00 Daily Recap | AL 10:30 Chair Yoga | AL 11:00 All About Agatha Christie | AL 11:30 Rev. Ritchie | AL 2:00 Movie Matinee | AL 2:00 Phil McKenney: "Teen Idols the Second Wave" | CH 5:00 "Downton Abbey" | AL	3 10:00 Catholic Communion | CHPL 10:00 Camelia Colony Exercise Club | AL 10:00 Walgreens Flu Shots | CH 10:30 Nimble Needlers | CR 10:30 Painting & Decorating Real Pumpkins | AL 2:00 Ron Howard Performs | CH 3:00 Bingo | AL 5:00 "Downton Abbey: The Finale" | AL	4 9:30 World Smile Day: Share a Smile Today | AL LBY 10:00 Daily Recap | AL 10:30 Today's History | AL 11:00 Group Crossword | AL 1:30 Praying the Rosary | CHPL 2:00 Jeanne Robertson, American Humorist Film Clip | AL 2:30 Clue Mystery Introduction | AL 3:00 Poker, Card Game | AL 5:00 "Downton Abbey" Extras | AL	5 10:00 Tai Chi Chair Exercise Class | CH 10:00 Current Events & Good News | AL 10:30 Morning Stretches | AL 11:00 Pumpkin Bocce | AL 2:10 Matinee Movie | AL
6 8:30 Church Rides | TO 9:00 Church Rides | TO 10:30 Church Rides | TO 11:00 Worship Service in the Chancellor Room | CH 2:00 Matinee Movie | AL	7 10:00 Inspirational Stories | AL 10:30 Crafts with Krista | AL 10:30 Episcopal Holy Communion | CHPL 11:30 "Wheel of Fortune" | AL 2:00 The Mystery of the Mona Lisa | AL 3:00 Total Body Yoga Fitness | AL 7:00 Breast Cancer Awareness Lecture | CH	8 YOM KIPPUR *begins at sunset* 10:00 Daily Recap | AL 10:30 Narrow Road Music Ministry | CH 10:30 Camelia Colony Exercise Club | AL 11:00 Current Events & Good News | AL 12:30 Trip: "Downton Abbey" Movie | TO 2:00 Dominoes | AL 3:00 Scrabble Scramblers | AL 7:00 Bible Study | AL 7:00 Riverbend High School Women's Chorus | CH	9 10:00 Zumba Gold Exercise Class | CH 10:00 Daily Recap | AL 10:30 Chair Yoga | AL 11:00 All About Sir Arthur Conan Doyle | AL 11:30 World's Biggest Mysteries Scientist Haven't Solved | AL 2:00 Movie Matinee | AL 2:00 Book Talk with Author Michael Llewellyn | CH	10 10:00 Catholic Communion | CHPL 10:00 Camelia Colony Exercise Club | AL 10:30 Nimble Needlers | CR 10:30 BHU: Social Sense the 5 Senses | AL 11:30 "Carol Burnett Show" | AL 2:00 Brain Puzzle: Name 10 | AL 3:00 Bingo | AL	11 10:00 Daily Recap | AL 10:30 Today's History | AL 11:00 Fabulous Nail Friday | AL 1:30 Praying the Rosary | CHPL 2:00 Group Crossword Puzzle | AL 3:00 Clue, The Board Game | AL	12 10:00 Tai Chi Chair Exercise Class | CH 10:00 Daily Recap | AL 10:30 Music & Movement | AL 11:00 Pokeno/Bingo | AL 2:10 Matinee Movie | AL
13 8:30 Church Rides | TO 9:00 Church Rides | TO 10:30 Church Rides | TO 11:00 Worship Service in the Chancellor Room | CH 2:00 Matinee Movie | AL	14 COLUMBUS DAY 10:00 Inspirational Stories | AL 10:30 Crafts with Krista | AL 11:30 "Family Feud" | AL 2:00 Mini Mysteries | AL 3:00 Total Body Yoga Fitness | AL	15 10:00 Daily Recap | AL 10:30 Camelia Colony Exercise Club | AL 11:00 Current Events & Good News | AL 11:30 "I Love Lucy," Oct. 15, 1951 | AL 2:00 Uno Card Game | AL 2:30 Flat Run Ramblers Perform | CH 3:00 Scrabble Scramblers | AL 7:00 Bible Study | AL	16 10:00 Zumba Gold Exercise Class | CH 10:00 Daily Recap | AL 10:15 Resident Council Meeting | AL 10:30 Chair Yoga | AL 11:00 All About Daphne Du Maurier | AL 11:30 World's Biggest Mysteries Scientist Haven't Solved | AL 2:00 Movie Matinee | AL 2:00 Book Talk with Author Mary Maki | CH 7:00 Got Science? | CH	17 10:00 Catholic Communion | CHPL 10:00 Camelia Colony Exercise Club | AL 10:00 Walgreens Flu Shots | CH 10:30 Nimble Needlers | CR 10:30 America's Great Unsolved Mystery, The Lost Colony | AL 11:00 Protestant Communion | CHPL 11:00 Tea and Scones in the Garden Social | AL 2:00 Easy Does It Trivia | AL 3:00 Bingo | AL	18 10:00 Daily Recap | AL 10:30 Today's History | AL 11:00 Fabulous Nail Friday | AL 1:30 Praying the Rosary | CHPL 2:00 Group Crossword Puzzle | AL 3:00 Rummy, Card Game | AL	19 10:00 Tai Chi Chair Exercise Class | CH 10:00 Current Events & Good News | AL 10:30 Morning Stretches | AL 11:00 Halloween Picture Bingo | AL 1:00 Squishy Face Crew, Visit by the Animals | OD 2:10 Matinee Movie | AL
20 8:30 Church Rides | TO 9:00 Church Rides | TO 10:30 Church Rides | TO 11:00 Worship Service in the Chancellor Room | CH 2:00 Matinee Movie | AL	21 10:00 Catholic Mass | CHPL 10:00 Inspirational Stories | AL 10:30 Crafts with Krista | AL 11:30 "Jeopardy!" | AL 2:00 Virginia Mystery "The Beale Treasure" | AL 3:00 Total Body Yoga Fitness | AL	22 10:00 Daily Recap | AL 10:30 Camelia Colony Exercise Club | AL 11:00 Current Events & Good News | AL 11:30 Linked Senior Mental Fitness | AL 2:00 Dominoes | AL 3:00 Scrabble Scramblers | AL 7:00 Bible Study | AL	23 10:00 Zumba Gold Exercise Class | CH 10:00 Daily Recap | AL 10:30 Chair Yoga | AL 11:00 All About Dashiell Hammett | AL 11:30 Biggest Historical Mysteries | AL 2:00 Movie Matinee | AL 6:30 Twilight in the Garden Social Gathering | AL	24 10:00 Catholic Communion | CHPL 10:00 Camelia Colony Exercise Club | AL 10:30 Nimble Needlers | CR 10:30 Carl Hurley, Kentucky Humorist Film Clip | AL 11:00 Brain Puzzle: Verb Generation | AL 2:00 A Fine Mystery Crossword Puzzle | AL 2:00 Book Talk with Author Linda White | CH 3:00 Bingo | AL	25 10:00 Daily Recap | AL 10:30 Today's History | AL 11:00 Fabulous Nail Friday | AL 1:30 Praying the Rosary | CHPL 2:00 Group Crossword Puzzle | AL 3:00 Trivial Pursuit, Board Game | AL 7:00 Stacy Nunamaker Halloween Recital | CH	26 10:00 Tai Chi Chair Exercise Class | CH 10:00 Daily Recap | AL 10:30 Music & Movement | AL 11:00 Pokeno/Bingo | AL 2:10 Matinee Movie | AL
27 8:30 Church Rides | TO 9:00 Church Rides | TO 10:30 Church Rides | TO 11:00 Worship Service in the Chancellor Room | CH 2:00 Matinee Movie | AL	28 10:00 Inspirational Stories | AL 10:30 Crafts with Krista | AL 11:30 "Deal or No Deal" | AL 2:00 Birthday Celebrations | CH 2:30 Angela Bufalo Performs | CH 3:00 Total Body Yoga Fitness | AL	29 10:00 Daily Recap | AL 10:30 Camelia Colony Exercise Club | AL 11:00 Current Events & Good News | AL 11:30 "Carol Burnett Show" | AL 2:00 Monopoly | AL 3:00 Scrabble Scramblers | AL 7:00 Bible Study | AL	30 10:00 Zumba Gold Exercise Class | CH 10:00 Daily Recap | AL 10:30 Chair Yoga | AL 11:00 All About Alfred Hitchcock | AL 2:00 Nostalga Live Performs | CH 2:00 Movie Matinee | AL 3:30 Clue Mystery Solution | AL	31 HALLOWEEN 10:00 Catholic Communion | CHPL 10:00 Camelia Colony Exercise Club | AL 10:30 Nimble Needlers | CR 10:30 Brain Puzzle: What's the Connection | AL 11:00 Bingo | AL 2:00 Halloween Costume Parade | CH	

EVENT RECAP

remembering school days

At the beginning of every school year, parents around the country capture their child's first day with a picture. In most pictures is a chalkboard with the child's grade, teacher's name, school and what they want to be when they grow up. In honor of reminiscing of our school days, we decided to capture a similar picture of our residents. The residents shared their name, age, high school they graduated from, and a piece advice they want to share with students today. The residents had a great time remembering where they graduated from high school and what advice they wanted to share.

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

LAURIE LENNY came to Chancellor's Village at the end of December in 2016. When she came on board, we were eager to tap into all of her office experiences. She has made a great difference in running the Front Desk and working with the Administration Department. She brings great insight and dedication to her position. Laurie has a calming personality that puts visitors, residents and employees at ease. She is a very loyal and trustworthy employee and most of all she is kindhearted. There is no way we could ever run the Front Desk without her presence; working with Laurie makes everyone's job easier.

Laurie was raised in Spotsylvania and graduated from Spotsylvania High School. Following high school, Laurie attended Germanna Community College and earned her Business Associate's Degree. She took a job at a furniture store for over 13 years until the company went out of business. She then worked for the Federal Credit Bureau for over 16 years until it went out of business and then she came to Chancellor's Village. Laurie has been married to her husband, Terry, for 28 years and they have a son, Christopher. When Laurie is not working she enjoys reading, day trips and taking walks. Laurie and Terry do enjoy traveling when they get a chance. They have traveled to the Bahamas, Mexico, Spain, France and many places in various states around the U.S. They are planning a trip to Canada in 2021 to celebrate their 30th wedding anniversary.

What Laurie likes best about working at Chancellor's Village are the people. Every day is different and there is always something going on.

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

FALL IS IN THE AIR

Autumn is a beautiful time of year! The leaves are changing, the air is crisp and fresh, and it is perfect hot cider weather. With any season of change, there are a few things to keep in mind to help ensure you stay happy and healthy.

Take steps to prevent the flu. The single best way to protect against the flu is to get vaccinated each year in the fall. If you did not get your flu shot yet it is not too late! Walgreens will be offering flu shots at Chancellor's Village on Thursday, Oct. 3 and 17. Another important way to protect yourself is frequent hand washing. Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. By taking a few extra precautions you can ensure that you are able to fully enjoy this beautiful time of year!

MANAGEMENT TEAM

Kristen Hansen, *Executive Director*
Krista Wells, *Director of Resident Programs*
Lynette Davis, *Business Office Manager*
Natalie Henley-Disher, *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*

SENIOR LIFESTYLE
your *life*, your *style*
PET FRIENDLY