

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

- SHIRLEY TIEDGEN — 9th
- CHRISTIAN NORFOLK — 15th
- SALLY FRAVEL — 16th
- JOHN KUNLO — 21st
- PAULA MOSS — 25th
- VERONICA MEYER — 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

2:00 ● Matinee Movie | AL

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

2:00 ● Matinee Movie | AL

10:00 ● Inspirational Stories | AL **1**

10:30 ● Crafts with Krista | AL

11:30 ● "Wheel of Fortune" | AL

1:30 ● Mixed Puzzles | AL

2:00 ● Matinee Movie | AL

3:00 ● Total Body Yoga Fitness | AL

COLUMBUS DAY 8

9:30 ● Columbus Day Puzzles | AL

10:00 ● Inspirational Stories | AL

10:00 ● Catholic Mass | CHPL

10:30 ● Crafts with Krista | AL

11:30 ● "Family Feud" | AL

1:30 ● Pokeno | AL

2:00 ● Photographic Journey of Hawaii | AL

3:00 ● Total Body Yoga Fitness | AL

10:00 ● Inspirational Stories | AL **15**

10:30 ● Crafts with Krista | AL

11:30 ● "Jeopardy" | AL

1:30 ● Pumpkin-Themed Puzzles | AL

2:00 ● The 100 Best Photographs Ever Taken | AL

3:00 ● Total Body Yoga Fitness | AL

10:00 ● Inspirational Stories | AL **22**

10:30 ● Crafts with Krista | AL

11:30 ● "Deal or No Deal" | AL

1:30 ● Pokeno | AL

2:00 ● National Geographic Photography | AL

3:00 ● Total Body Yoga Fitness | AL

10:00 ● Inspirational Stories | AL **29**

10:30 ● Crafts with Krista | AL

11:30 ● "Who Wants to Be a Millionaire" | AL

1:30 ● Gourd-Themed Puzzles | AL

2:00 ● Birthday Celebration | CH

3:00 ● Total Body Yoga Fitness | AL

9:30 ● Camelia Colony Walking Club | OD **2**

10:00 ● Linked Senior Mental Fitness | AL

11:00 ● Pool/Billiards: Wing 4 Independent Living | W4

1:30 ● Uno Card Challenge | AL

2:00 ● A Look at Oktoberfest | AL

3:00 ● Scrabble Scramblers | AL

7:00 ● Bible Study | AL

9:30 ● Camelia Colony Walking Club | OD **9**

10:00 ● Linked Senior Mental Fitness | AL

10:30 ● Narrow Road Music Ministry | CH

11:00 ● Pool/Billiards: Wing 4 Independent Living | W4

2:00 ● Creative Art Expression | AL

3:00 ● Scrabble Scramblers | AL

7:00 ● Bible Study | AL

9:30 ● Camelia Colony Walking Club | OD **16**

10:00 ● Linked Senior Mental Fitness | AL

11:00 ● Pool/Billiards: Wing 4 Independent Living | W4

1:30 ● Uno Card Challenge | AL

2:30 ● Flat Run Ramblers Perform | CH

3:00 ● Scrabble Scramblers | AL

7:00 ● Bible Study | AL

9:30 ● Camelia Colony Walking Club | OD **23**

10:00 ● Linked Senior Mental Fitness | AL

11:00 ● Pool/Billiards: Wing 4 Independent Living | W4

2:00 ● Creative Art Expression | AL

3:00 ● Scrabble Scramblers | AL

7:00 ● Bible Study | AL

7:00 ● Riverbend H.S. Women's Chorus Performs | CH

9:30 ● Camelia Colony Walking Club | OD **30**

10:00 ● Linked Senior Mental Fitness | AL

11:00 ● Pool/Billiards: Wing 4 Independent Living | W4

2:00 ● The Life and Times of Henry Matisse | AL

3:00 ● Scrabble Scramblers | AL

7:00 ● Bible Study | AL

9:30 ● Daily Recap | AL **3**

10:00 ● Zumba Gold Exercise Class | CH

10:00 ● Music and Movement | AL

11:00 ● Julie Andrews: Our October Star | AL

1:00 ● A Stitch in Time | CR

2:00 ● More Classic Radio Ads | AL

3:00 ● Famous Couples | AL

7:00 ● Violinist Christopher Price Performs | CH

9:30 ● Daily Recap | AL **10**

10:00 ● Zumba Gold Exercise Class | CH

10:00 ● Music and Movement | AL

11:00 ● Photography From Classic Cinema | AL

11:30 ● Dominoes | AL

2:00 ● Matinee Movie & Popcorn Making | AL

2:00 ● Photographic Africa Trip: Michael Redding, Part 1 | CH

9:30 ● Daily Recap | AL **17**

10:00 ● Zumba Gold Exercise Class | CH

10:00 ● Music and Movement | AL

10:15 ● Resident Council Meeting | AL

11:00 ● Art Through the Lens | AL

1:00 ● A Stitch in Time | CR

1:30 ● Matinee Movie | AL

3:30 ● Rev. Ritchie | AL

9:30 ● Daily Recap | AL **24**

10:00 ● Zumba Gold Exercise Class | CH

10:00 ● Music and Movement | AL

10:30 ● Fingernail Wednesday | AL

11:00 ● Famous October Birthdays | AL

2:00 ● Matinee Movie | AL

HALLOWEEN 31

9:30 ● Daily Recap | AL

10:00 ● Zumba Gold Exercise Class | CH

10:00 ● Music and Movement | AL

11:00 ● Halloween Balloons | AL

2:00 ● Halloween Celebration | CH

3:00 ● Dominoes

9:30 ● Camelia Colony Walking Club | OD **4**

10:00 ● Catholic Communion | CHPL

10:00 ● Flu Shots | CH

10:00 ● Autumn Songs and Poetry | AL

10:30 ● Nimble Needlers | CR

11:30 ● BHU: Change of Color | AL

2:00 ● Science and Photography | AL

3:00 ● Bingo | AL

9:30 ● Camelia Colony Walking Club | OD **11**

10:00 ● Birthflowers | AL

10:30 ● Nimble Needlers | CR

11:30 ● BHU: Name Scramble | AL

2:00 ● All About the Pumpkin | AL

2:00 ● Photographic Africa Trip: Michael Redding, Part 2 | CH

3:00 ● Bingo | AL

9:30 ● Camelia Colony Walking Club | OD **18**

10:00 ● Catholic Communion | CHPL

10:00 ● Name That President | AL

10:00 ● Catholic Communion | CHPL

10:30 ● Nimble Needlers | CR

11:00 ● Protestant Communion | CHPL

11:30 ● BHU: Twists of the Tongue | AL

2:00 ● Falls Run Singers Perform | CH

3:00 ● Bingo | AL

9:30 ● Camelia Colony Walking Club | OD **25**

10:00 ● Catholic Communion | CHPL

10:00 ● The Women of October | AL

10:30 ● Nimble Needlers | CR

11:30 ● BHU: Concentration Puzzles | AL

2:00 ● Autumn Leaves | AL

3:00 ● Bingo | AL



9:30 ● Daily Recap | AL **5**

10:00 ● Fabulous Nail Friday | AL

10:30 ● Balloon Volleyball | AL

1:30 ● Praying the Rosary | CHPL

2:00 ● Group Crossword Puzzle | AL

3:00 ● Sit & Fit Strength Exercise Class | AL

9:30 ● Daily Recap | AL **12**

10:00 ● Fabulous Nail Friday | AL

10:30 ● Music and Movement | AL

1:30 ● Praying the Rosary | CHPL

2:00 ● Group Crossword Puzzle | AL

3:00 ● Sit & Fit Strength Exercise Class | AL

9:30 ● Daily Recap | AL **19**

10:00 ● Fabulous Nail Friday | AL

10:30 ● Balloon Volleyball | AL

1:30 ● Praying the Rosary | CHPL

2:00 ● Group Crossword Puzzle | AL

3:00 ● Sit & Fit Strength Exercise Class | AL

9:30 ● Daily Recap | AL **26**

10:00 ● Fabulous Nail Friday | AL

10:30 ● Music and Movement | AL

1:30 ● Praying the Rosary | CHPL

2:00 ● Group Crossword Puzzle | AL

3:00 ● Sit & Fit Strength Exercise Class | AL

9:30 ● Roll the Dice, Break the Ice | AL **6**

10:00 ● Tai Chi Chair Exercise Class | CH

10:00 ● Slideshow Presentation: Mount Rushmore | AL

11:00 ● Pokeno | AL

2:00 ● Matinee Movie | AL

9:30 ● Music & Movement | AL **13**

10:00 ● Tai Chi Chair Exercise Class | CH

10:00 ● Slideshow Presentation: Latin America | AL

11:00 ● Jingo | AL

2:00 ● Matinee Movie | AL

2:00 ● Perform with Purpose "Disney" | CH

9:30 ● Roll the Dice, Break the Ice | AL **20**

10:00 ● Tai Chi Chair Exercise Class | CH

10:00 ● Slideshow Presentation: The Grand Canyon | AL

11:00 ● Pokeno | AL

2:00 ● Matinee Movie | AL

9:30 ● Music & Movement | AL **27**

10:00 ● Tai Chi Chair Exercise Class | CH

10:00 ● Slideshow Presentation: Sicily | AL

11:00 ● Jingo | AL

2:00 ● Matinee Movie | AL

2:00 ● Stacy Nunamaker: Halloween Recital | CH

"I often think that the night is more alive and more richly colored than the day."

—Vincent Van Gogh

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

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

— Nathaniel Hawthorne

It's hard to believe that autumn is upon us. The summer seemed to fly by! This October is especially exciting for me because my daughter Karisa is getting married on Oct. 5 and I have been given the honor of walking her down the aisle. I know that having your mother walk you down the aisle is somewhat unconventional but I can't tell you how much it means to me and how proud I am that she has bestowed this honor on me. I know it's an exciting time for several of our residents who have grandchildren or great-grandchildren getting married this month too. Congratulations to you and your families — I can't wait to see the pictures!

Although many of you know that summer is my favorite season, fall is a close runner-up. The change of season with the colorful leaves and crisp evenings and mornings is beautiful, especially in our lovely state of Virginia!

Krista and Daniel have a lot of exciting programs planned for the month that I know you'll enjoy.

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

HELEN SIMPSON is such an asset to Assisted Living. She exemplifies the HEART characteristics by always taking her position very seriously and making sure her residents want for nothing. She has worked here since 2004, retired in 2010, and then came back in 2011 because she was "bored." You can always count on Helen to help out in a time of "need." Regardless of what time you call her to ask if she can come in to cover for a co-worker, she does without hesitation. She assists with training any new employee on the night shift and always goes above and beyond her assigned duties. The residents absolutely love her and so do all of her co-workers.



Helen grew up in Brooklyn, N.Y. She has been married for 40 years and has two boys and three girls with 17 grandchildren. She moved to the Fredericksburg area in 1994 from Michigan. Helen has worked as a caregiver for 18 years. She has always wanted to become a caregiver since she was a little girl. Prior to becoming a caregiver Helen worked for the police department in Highland, Mich., for seven years. She was the administrative clerk for the chief of the FBI involved in capturing a wanted serial killer in the area. In Helen's spare time she enjoys spending time with her family and doing ministry work for her church. What she loves best about working at Chancellor's Village are her co-workers and the warm friendly atmosphere.

EVENT RECAP

assisted living week celebration

To celebrate the end of Assisted Living Week residents, family members and staff enjoyed a fall-themed celebration. In addition, we celebrated the success of earning our third consecutive three-year state licensing from the Department of Social Services. Everyone enjoyed a fabulous lunch and entertainment.



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