Barbara was born in Wisconsin but grew up in northern New York State where her father worked in the paper industry. Following high school, Barbara attended Smith College where she earned a Bachelor of Arts in French. She had spent her junior year in France. On a trip to Rome, during Easter break, Barbara met an Italian man and fell in love. He followed her to the U.S. and they were married. They had three children together, all boys with one set of twins. Barbara’s husband got homesick so the family moved back to Italy for 5 years. When the family moved back to the U.S., Barbara got a job at an elementary school teaching French. Following that position, Barbara got a full time job teaching bilingual children Italian and English. In retirement, Barbara worked for the Peace Corps in Slovakia giving workshops for English teachers. Barbara decided to get another degree after retirement in linguistics. Barbara said that computers had made this time around so much easier when it came to writing papers.

Barbara is an avid bridge player and is a Gold Life Master. It was while playing bridge that Barbara met her second husband. He was a professor at Syracuse University. Prior to moving to Chancellor’s Village, Barbara spent 15 years living in Florida. She wanted to live closer to her oldest son and moved to Chancellor’s Village in August 2017. Barbara still enjoys playing bridge, exercising and going for walks around the community.

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!
**TRANSPORTATION SCHEDULE**

**MONDAY-FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Service</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Church Rides</td>
<td>To O (9:00)</td>
</tr>
<tr>
<td>9:00</td>
<td>Church Rides</td>
<td>To O (9:00)</td>
</tr>
<tr>
<td>9:30</td>
<td>Church Rides</td>
<td>To O (9:00)</td>
</tr>
<tr>
<td>10:00</td>
<td>Worship Service in the Chapel</td>
<td>To O (11:00)</td>
</tr>
<tr>
<td>11:00</td>
<td>Phase 10 Card Game</td>
<td>To O (1:00)</td>
</tr>
<tr>
<td>11:30</td>
<td>Phase 10 Card Game</td>
<td>To O (1:00)</td>
</tr>
</tbody>
</table>

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Service</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>CV Walking Club</td>
<td>To O (10:00)</td>
</tr>
<tr>
<td>9:00</td>
<td>Chair Yoga</td>
<td>To O (10:00)</td>
</tr>
<tr>
<td>9:30</td>
<td>Chair Yoga</td>
<td>To O (10:00)</td>
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<td>Chair Yoga</td>
<td>To O (10:00)</td>
</tr>
</tbody>
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**BIRTHDAYS THIS MONTH**

**SHIRLEY BISHOP** — 2nd
**RUTH HUTCHINS** — 6th
**RUSS LLOYD** — 11th
**MILLIE GRIES** — 14th
**LINDA AUSLEY** — 17th

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**LOCATIONS**

- **ACTIVITY ROOM — AL CHAPEL — CHPL**
- **CRAFT ROOM — CR**
- **DINING ROOM — BR**
- **FITNESS CENTER — FC**
- **IL LOBBY — IL LBY**
- **LIBRARY — LI**
- **OUTDOOR ACTIVITY — OD**
- **THE CHANCELLOR — CH**
- **THIRD FLOOR, WING FOUR — W4**
- **TRIP OUTINGS — TO**

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**CALENDAR & ACTIVITIES**

**OCT 2019**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>Yoga Class with Stephanie</td>
</tr>
<tr>
<td>TUES</td>
<td>Bible Study</td>
</tr>
<tr>
<td>WED</td>
<td>Bingo</td>
</tr>
<tr>
<td>THURS</td>
<td>Yoga Class with Stephanie</td>
</tr>
<tr>
<td>FRI</td>
<td>Worship Service in the Chapel</td>
</tr>
</tbody>
</table>

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**SCHEDULE**

**8:30**

- **Church Rides**
- **CV Walking Club**
- **YOM KIPPUR begins at sunset**

**9:00**

- **Church Rides**
- **Chair Yoga**
- **Arthritis Aqua Fit at YMCA**
- **Canasta**

**9:30**

- **Church Rides**
- **Library Chat**
- **Arthritis Aqua Fit at YMCA**
- **Vigilant Bears at YMCA**

**10:00**

- **Church Rides**
- **Chair Yoga**
- **Mohican**
- **Arthritis Aqua Fit at YMCA**

**10:30**

- **Church Rides**
- **Arthritis Aqua Fit at YMCA**
- **Bridge**
- **Fitness Center with Stephanie**

**11:00**

- **Church Rides**
- **Chair Yoga**
- **Arthritis Aqua Fit at YMCA**
- **Virginal Mystery’s “The Beale Treasure”**

**11:30**

- **Church Rides**
- **Canasta**
- **Bridge**
- **Women’s Lunch Club**

**12:00**

- **Church Rides**
- **Hand and Foot Card Game**
- **Women’s Lunch Club**
- **Birthday Celebration**

**12:30**

- **Church Rides**
- **Hand and Foot Card Game**
- **Yoga Class with Stephanie**
- **Nestle LA Live Performers**

**1:00**

- **Church Rides**
- **Arthritis Aqua Fit at YMCA**
- **Mah-Jongg**
- **Squishy Face Crew**

**1:30**

- **Church Rides**
- **Yoga Class with Stephanie**
- **Pool/Billiards**
- **Scrabble Scramblers**

**2:00**

- **Church Rides**
- **Bridge**
- **Yoga Class with Stephanie**
- **Kill Bill**

**2:30**

- **Church Rides**
- **Canasta**
- **Morning Yoga**
- **Dinner Club**

**3:00**

- **Church Rides**
- **Yoga Class with Stephanie**
- **Pineapple**
- **Bring a Book**

**3:30**

- **Church Rides**
- **Bridge**
- **Yoga Class with Stephanie**
- **Game Night**

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**Halloween**

**Monday, October 31**

- **Party**
- **Halloween Costume**
- **Yoga Class with Stephanie**
- **Church Rides**

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**COFFEE WILL BE SERVED AT 9:00 AM**

**10:00**

- **Tai Chi Exercise**
- **Coffee & Chat**
- **Billiards**
- **Movie & Munch**
- **AARP Silent Auction**

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**WEATHER ALERT**

- **Storm Warning**
- **Heavy Rain**
- **High Winds**

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**www.SeniorLifestyle.com**

Activities are subject to change.
EVENT RECAP

crafting is good for your health

Did you know that crafting offers numerous benefits for older adults? Being engaged in hands-on creative activities can improve motor skills, strengthen social connections, reduce stress, and alleviate anxiety. It can also be good for the brain. One study found that seniors who participated in crafts like pottery and knitting had a lower risk of developing mild cognitive impairment. In another study, seniors who learned how to quilt or do digital photography showed improved memory function. So making crafts may be a great way to keep your brain stimulated and enhance your cognitive abilities.

Every Wednesday morning at 10:30 a.m., a group of residents meet in the Craft Room to work on a new craft project every week. During the month of September, they created fall crafts to hang on their door, display on their ledge or give as a gift. All are welcome to join in the crafting fun!

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. Make sure you sign up in the Craft Room on the bulletin board to receive an appointment time. 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

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