

Be Inspired

THIS MONTH'S *silver star*

JACQUE BRADDOCK

Jacque was born on a farm in Central Pennsylvania with the help of her grandfather and his friend, who were both doctors.

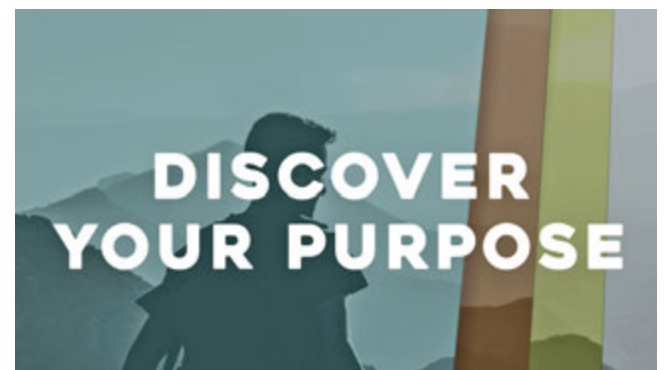
Jacque was raised on the dairy farm until the age of nine, when her family moved to Carlisle, Pa. In Grade 10, Jacque made the decision she was going to go to Middlebury College in Vermont. Upon graduating high school in Carlisle, she attended Oak Grove Private



School in Maine for a year to enable her to get into Middlebury College. She graduated from Middlebury College with a Bachelor of Arts in European History. She met her husband there, and they were married. Middlebury was also where her husband became friends with Robert Frost (yes, the famous poet!). Jacque and her husband lived in Boston for a few years, then they were transferred to Washington, D.C. They had two daughters, and the family settled in Virginia. She volunteered at her daughter's school in the library and was encouraged to continue her education to become a librarian. Jacque got her Masters in Education from the University of Virginia. She worked as a librarian for 25 years at West Springfield High School. When she retired, Jacque and her second husband, Charlie, moved to Hart Lake. Jacque loved being a librarian, so she volunteered with the Central Rappahannock Regional Library for 25 years in retirement. Charlie and Jacque would travel to Europe, various states in the U.S. and on cruises during the months of August when she was off. Jacque has a passion for gardening. She also likes to spend her time reading, playing bridge and watching sports on TV. She has two grandsons and two great-grandchildren. Jacque and Charlie moved to Chancellor's Village in April 2016, and Charlie passed away in October of that year.

JOIN US THIS MONTH FOR *discovering your purpose*

This month encourages all of us to start the New Year off right by putting good intentions into action and living our lives



with more meaning and purpose. Older adults often discover a sense of purpose from taking care of grandchildren, volunteering or becoming involved in community service, work or religion. A purpose in life can arise from learning a new thing, accomplishing a new goal, working together with other people or making new social connections with others. Over the past two decades, dozens of studies have shown that seniors with a sense of purpose in life are less likely to develop Alzheimer's disease, mild cognitive impairment, disabilities, heart attacks or strokes, and more likely to live longer than people without this kind of underlying motivation. Join us this month as we discover our purpose and get involved in new things!

TRAIN YOUR BRAIN *sudoku solution on back*

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

independent living

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ACTIVITY ROOM — AL
- CHAPEL — CHPL
- CRAFT ROOM — CR
- DINING ROOM — DRI
- FITNESS CENTER — FC
- IL LOBBY — IL LBY
- LIBRARY — LI
- 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

- MARIE SAPANARA — 1st
- GRETCHEN CORNPROPST — 3rd
- MARGARET OTT — 4th
- ELIZABETH MOORE — 7th
- MARIAN MITCHELL — 9th
- JOY NEWLIN — 12th
- SHIRLEY WHEET — 13th
- DORIS HENSLEY — 20th
- DENYSE CEDARBURG — 22nd
- BETTY LOU BAILEY — 24th
- ADELE MARZEC — 29th
- ELIZABETH HEFLIN — 30th

www.SeniorLifestyle.com
Activities are subject to change

“The beginning is the most important part of any work.”
—Plato



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30 ● Church Rides TO 6</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor CH</p> <p>2:00 ● Phase 10 Card Game</p> <p>6:30 ● Evening Movie CH</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Chair Yoga CH 7</p> <p>10:00 ● Mah-Jongg</p> <p>10:30 ● Episcopal Holy Communion CHPL</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Hand and Foot Card Game CR</p> <p>1:00 ● Canasta</p> <p>2:00 ● All About George Burns & Gracie Allen AL</p> <p>3:30 ● Ambassadors' Meeting CR</p> <p>6:45 ● Bridge</p>	<p>NEW YEAR'S DAY 1</p> <p>10:00 ● Chair Exercise: Stretch CH</p> <p>11:00 ● Pool/Billiards W4</p> <p>1:00 ● Pinochle</p> <p>2:00 ● Mexican Train Dominoes</p> <p>2:00 ● Classic Movie CH</p> <p>7:00 ● Bible Study CH</p>	<p>8:30 ● CV Walking Club 2</p> <p>10:00 ● Zumba Gold CH</p> <p>10:00 ● Euchre/500 Card Game</p> <p>10:00 ● Library Lobby Stop</p> <p>10:30 ● Craft with Krista CR</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Weights/Bands Class CH</p> <p>1:00 ● Mah-Jongg</p> <p>1:00 ● A Stitch in Time CR</p> <p>2:00 ● BHU: Sleep & Your Brain CH</p> <p>7:00 ● Poker Game IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch CH 3</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Comfort Keepers: Blood Pressure Checks</p> <p>10:30 ● Nimble Needlers CR</p> <p>1:30 ● Scrabble Scramblers CR</p> <p>2:00 ● Life Purpose: Learn How to Find Your Passion CH</p> <p>3:00 ● Drama Club CH</p> <p>6:45 ● Bridge W4</p>	<p>8:30 ● CV Walking Club 4</p> <p>10:00 ● Chair Exercise: Strength CH</p> <p>10:00 ● Canasta</p> <p>11:00 ● Men's Roundtable CR</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● Skip-Bo CR</p> <p>2:00 ● Tech Class with Krista CH</p>	<p>10:00 ● Tai Chi Exercise CH 5</p> <p>10:00 ● Coffee & Chat IL LBY</p> <p>10:00 ● Slideshow Presentation: The Keystone State AL</p> <p>11:00 ● Billiards</p> <p>3:00 ● Rummikub CR</p> <p>6:30 ● Evening Movie CH</p>
<p>8:30 ● Church Rides TO 13</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor CH</p> <p>2:00 ● Phase 10 Card Game</p> <p>6:30 ● Fredericksburg Ballet Center Performs CH</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Chair Yoga CH 14</p> <p>10:00 ● Mah-Jongg</p> <p>11:00 ● Library Chit Chat LI</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Hand and Foot Card Game CR</p> <p>1:00 ● Canasta</p> <p>2:00 ● Discover Your Mark AL</p> <p>4:30 ● Wine Club CH</p> <p>6:45 ● Bridge</p>	<p>9:00 ● Central Park Hearing Center CR 15</p> <p>10:00 ● Resident Council Meeting CH</p> <p>11:00 ● Fitness Center with Stephanie FC</p> <p>11:00 ● Pool/Billiards W4</p> <p>1:00 ● Pinochle</p> <p>1:00 ● Yoga Class with Stephanie CH</p> <p>2:00 ● Mexican Train Dominoes</p> <p>3:00 ● Bingo CH</p> <p>6:45 ● UMW Great Lives: Rodgers & Hammerstein TO</p> <p>7:00 ● Bible Study CH</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Zumba Gold CH 16</p> <p>10:00 ● Euchre/500 Card Game</p> <p>10:00 ● Library Lobby Stop</p> <p>10:30 ● Craft with Krista CR</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● A Stitch in Time CR</p> <p>1:00 ● Mah-Jongg</p> <p>1:00 ● Weights/Bands Class CH</p> <p>2:00 ● Percussion Circle CH</p> <p>7:00 ● Poker Game IL LBY</p> <p>7:00 ● Got Science? CH</p>	<p>10:00 ● Chair Exercise: Stretch CH 17</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Comfort Keepers: Blood Pressure Checks</p> <p>10:30 ● Nimble Needlers CR</p> <p>11:00 ● Protestant Communion CHPL</p> <p>1:30 ● Scrabble Scramblers CR</p> <p>2:00 ● What's My Purpose? CH</p> <p>3:00 ● Drama Club CH</p> <p>6:45 ● Bridge W4</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Chair Exercise: Strength CH 18</p> <p>10:00 ● Canasta</p> <p>11:00 ● Men's Roundtable CR</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● Skip-Bo CR</p> <p>2:00 ● Tech Class with Krista CH</p>	<p>10:00 ● Tai Chi Exercise CH 19</p> <p>10:00 ● Coffee & Chat IL LBY</p> <p>10:00 ● Slideshow Presentation: Commonwealth of Virginia AL</p> <p>11:00 ● Billiards</p> <p>2:00 ● Movie & Munch CH</p> <p>3:00 ● Rummikub CR</p>
<p>8:30 ● Church Rides TO 20</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor CH</p> <p>2:00 ● Phase 10 Card Game</p> <p>6:30 ● Evening Movie CH</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>8:30 ● CV Walking Club</p> <p>10:00 ● Chair Yoga CH</p> <p>10:00 ● Mah-Jongg</p> <p>10:00 ● Catholic Mass CHPL</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Canasta</p> <p>1:00 ● Hand and Foot Card Game CR</p> <p>2:00 ● Martin Luther King Day of Service AL</p> <p>6:45 ● Bridge</p>	<p>11:00 ● Fitness Center with Stephanie FC 22</p> <p>11:00 ● Pool/Billiards W4</p> <p>11:00 ● Lunch & Movie Trip TO</p> <p>1:00 ● Yoga Class with Stephanie CH</p> <p>1:00 ● Pinochle</p> <p>3:00 ● Bingo CH</p> <p>6:45 ● UMW Great Lives: Bruce Lee TO</p> <p>7:00 ● Bible Study CH</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Zumba Gold CH 23</p> <p>10:00 ● Euchre/500 Card Game</p> <p>10:30 ● Craft with Krista CR</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Weights/Bands Class CH</p> <p>1:00 ● Mah-Jongg</p> <p>2:00 ● Hearing Presentation CH</p> <p>7:00 ● Poker Game IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch CH 24</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Comfort Keepers: Blood Pressure Checks</p> <p>10:30 ● Nimble Needlers CR</p> <p>1:30 ● Scrabble Scramblers CR</p> <p>2:00 ● Wild Men: The Dawn of Rock N' Roll Presentation CH</p> <p>6:45 ● Bridge W4</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Chair Exercise: Strength CH 25</p> <p>10:00 ● Canasta</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:30 ● Praying the Rosary CHPL</p> <p>2:00 ● Skip-Bo CR</p> <p>3:30 ● Resident Social IL LBY</p>	<p>10:00 ● Tai Chi Exercise CH 26</p> <p>10:00 ● Coffee & Chat IL LBY</p> <p>10:00 ● Slideshow Presentation: The Mountain State AL</p> <p>11:00 ● Jukebox with Linked Senior CR</p> <p>2:00 ● Movie & Munch CH</p> <p>3:00 ● Rummikub CR</p>
<p>8:30 ● Church Rides TO 27</p> <p>9:00 ● Church Rides TO</p> <p>10:30 ● Church Rides TO</p> <p>11:00 ● Worship Service in the Chancellor CH</p> <p>2:00 ● Phase 10 Card Game</p> <p>6:30 ● Evening Movie CH</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Chair Yoga CH 28</p> <p>10:00 ● Mah-Jongg</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Canasta</p> <p>1:00 ● Hand and Foot Card Game CR</p> <p>2:00 ● Birthday Celebration CH</p> <p>6:45 ● Bridge</p>	<p>11:00 ● Fitness Center with Stephanie FC 29</p> <p>11:00 ● Pool/Billiards W4</p> <p>1:00 ● Yoga Class with Stephanie CH</p> <p>1:00 ● Pinochle</p> <p>3:00 ● Bingo CH</p> <p>6:45 ● UMW Great Lives: Mikhail Gorbachev TO</p> <p>7:00 ● Bible Study CH</p>	<p>8:30 ● CV Walking Club</p> <p>10:00 ● Zumba Gold CH 30</p> <p>10:00 ● Euchre/500 Card Game</p> <p>10:30 ● Craft with Krista CR</p> <p>11:30 ● Arthritis Aqua Fit at YMCA TO</p> <p>1:00 ● Weights/Bands Class CH</p> <p>1:00 ● Mah-Jongg</p> <p>2:30 ● Fredericksburg Senior Singers Perform CH</p> <p>7:00 ● Poker Game IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch CH 31</p> <p>10:00 ● Catholic Communion CHPL</p> <p>10:30 ● Comfort Keepers: Blood Pressure Checks</p> <p>10:30 ● Nimble Needlers CR</p> <p>1:30 ● Scrabble Scramblers CR</p> <p>2:00 ● TED Talk: Before I Die I Want To... CH</p> <p>6:45 ● Bridge W4</p>		

EVENT RECAP

holiday tea at belle grove plantation

On Dec. 6, a group of residents enjoyed a wonderful Holiday Tea at Belle Grove Plantation, the birthplace of President James Madison. This Southern Plantation was established in 1670 on the banks of the Rappahannock River. There is nothing so beautiful than to see Belle Grove Plantation's Historic Mansion dressed for the holidays, which got everyone into the holiday spirit. The residents were served a special menu of two flavors of scones, three flavors of tea sandwiches, and three flavors of petite desserts and special blends of loose-leaf tea. Following the tea, the residents toured the Historic Mansion and were able to vote on the best decorated room for the holidays. It was a beautiful trip enjoyed by all!



IT'S OUR PLEASURE TO
SERVE YOU ...

word from your executive director

HAPPY NEW YEAR!

We have so much in life to be thankful for! I hope everyone enjoyed all the festivities in December. As the holiday season winds down, it's a wonderful time to reflect on 2018 and determine goals (New Year's Resolutions) for 2019. I found some January folklore to share this year since I've shared historical facts in the past. Did you know ...

- Fog in January leads to a wet spring.
- Favorable weather in January brings us a good year.
- If grass grows in January, it will grow poorly for the rest of the year.
- A summer-like January means we'll have a wintery spring.

Let's see if the folklore holds true for 2019! I also found an entertaining quote from the past (I love this kind of thing).

The New Year opens — old is past,
Stern winter comes with its rough blast:
See the farmer shivering with cold,
Driving his flocks and herds to fold.

— The 1793 Old Farmer's Almanac

I look forward to sharing a wonderful 2019 with all of you in our beautiful community!

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

DEJAH SAJOUS has been a Server at Chancellor's Village for the past 3 years. She exemplifies the HEART characteristics by working hard with the team and willing to go above and beyond. Dejah is caring and kind, which makes her an asset to the Chancellor's Village family.

Dejah was born and raised in Fredericksburg and graduated from Chancellor High School. Currently, she works two jobs; here at Chancellor's Village as a Server and at Hilldrup Moving Company doing office work. When she is not working, Dejah enjoys doing hair and makeup, and spending time with her boyfriend, Ethan. Dejah met Ethan at Chancellor's Village and they work together at the moving company. What Dejah likes best about working at Chancellor's Village is talking with the residents and learning about their lives, and being around all the staff.



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, *Health and Wellness Director*

TRAIN
YOUR
BRAIN
solution



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



SENIOR
LIFESTYLE

your life, your style