

Be *Inspired*

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

THIS MONTH'S *silver star*

DORIS KELLY

Doris was born and spent most of her life living on the outskirts of Buffalo, N.Y. After graduating high school, Doris took a job at Remington Rand as a secretary, where she worked for about five years. It was a coworker who persuaded Doris to go to a church dance, which led Doris to meeting her husband, Walter. He was just out the Navy but got a job at DuPont in the chemical department. They raised their two beautiful daughters, Kathleen and Maureen, in the suburbs of Buffalo. Doris stayed home with her daughters but volunteered at church and as a campfire leader for the eight years her daughters were in grade school. Doris and Walter were active in the community senior center and church where they enjoyed playing cards, traveling and socializing with others. They traveled extensively throughout the United States visiting one of their daughters who married a Marine and moved a lot. After the passing of her husband, Doris made the decision to move south to be closer to her daughters and moved into Chancellor's Village in 2011. She likes the friends she has made here and continues to play cards and stay involved. Doris is very proud of her family, five grandchildren and five great-grandchildren. Her daughters are excited Doris will be turning 95 in March.



JOIN US THIS MONTH FOR *ringing in the new year, '50s style*

We are going to ring in 2018 by stepping back in time to the 1950s. The 1950s was a time when "American Bandstand" became the most popular dance party in America. Every week, young people danced to the latest songs in front of the TV cameras. Television in the 1950s included dramas acted live on TV, quiz shows, game shows and comedy programs. During the 1950s, millions of Americans watched "I Love Lucy." The civil rights movement, led by Martin Luther King, Jr., was beginning to gather strength. A treaty was signed for one war, World War II, but another was beginning — the Korean War. Join us for programs throughout the month that will take us back to the good old days!



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! 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	
	4		1			8

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
- MOLLY MCINTEER — 2nd
- GRETCHEN CORNPROPST — 3rd
- MARGARET OTT — 4th
- MARIAN MITCHELL — 9th
- JOY NEWLIN — 12th
- ALICE COATES — 17th
- DORIS HENSLEY — 20th
- DOUG DETWILLER — 24th
- BETTY LOU BAILEY — 24th
- ADELE MARZEC — 29th
- ELIZABETH HEFLIN — 30th



NEW YEAR'S DAY 1

- 10:00 ● Chair Yoga | CH
- 10:00 ● Mah-Jongg
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
- 1:00 ● Hand and Foot Card Game | CR
- 2:00 ● Classic Movie | CH
- 6:45 ● Bridge

8:30 ● Church Rides | TO 7

- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor | CH
- 2:00 ● Phase 10 Card Game
- 6:30 ● Evening Movie | CH

MARTIN LUTHER KING JR. DAY 15

- 10:00 ● Chair Yoga | CH
- 10:00 ● Mah-Jongg
- 10:00 ● Catholic Mass | CHPL
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
- 1:00 ● Hand and Foot Card Game | CR
- 2:00 ● Martin Luther King, Jr. Day of Service | CH
- 6:45 ● Bridge

8:30 ● Church Rides | TO 14

- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor | CH
- 2:00 ● Phase 10 Card Game
- 6:30 ● Fredericksburg Ballet Performs | CH

- 10:00 ● Chair Yoga | CH
- 10:00 ● Mah-Jongg
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
- 1:00 ● Hand and Foot Card Game | CR
- 2:00 ● "The Art of Faith" Exhibit | CH
- 6:45 ● Bridge

8:30 ● Church Rides | TO 21

- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor | CH
- 2:00 ● Phase 10 Card Game
- 6:30 ● Evening Movie | CH

- 10:00 ● Chair Yoga | CH
- 10:00 ● Mah-Jongg
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
- 1:00 ● Hand and Foot Card Game | CR
- 2:00 ● Birthday Celebration | CH
- 6:45 ● Bridge

8:30 ● Church Rides | TO 28

- 9:00 ● Church Rides | TO
- 10:30 ● Church Rides | TO
- 11:00 ● Worship Service in the Chancellor | CH
- 2:00 ● Phase 10 Card Game
- 6:30 ● Evening Movie | CH

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- 10:30 ● Church Rides | TO
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- 2:00 ● Phase 10 Card Game
- 6:30 ● Evening Movie | CH

MARTIN LUTHER KING JR. DAY 15

- 10:00 ● Chair Yoga | CH
- 10:00 ● Mah-Jongg
- 10:00 ● Catholic Mass | CHPL
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
- 1:00 ● Hand and Foot Card Game | CR
- 2:00 ● Martin Luther King, Jr. Day of Service | CH
- 6:45 ● Bridge

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- 10:00 ● Mah-Jongg
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
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- 6:45 ● Bridge

- 10:00 ● Chair Yoga | CH
- 10:00 ● Mah-Jongg
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Canasta
- 1:00 ● Hand and Foot Card Game | CR
- 2:00 ● Birthday Celebration | CH
- 6:45 ● Bridge

10:30 ● Narrow Road Music Ministry | CH 2

- 11:00 ● Fitness Center with Stephanie | FC
- 1:00 ● Yoga Class with Stephanie | CH
- 1:00 ● Pinochle
- 2:00 ● Mexican Train Dominoes
- 3:00 ● Bingo | CH
- 7:00 ● Bible Study | CH

10:30 ● Men's Pool/Billiards | W4 9

- 10:30 ● Lunch & Movie Trip | TO
- 11:00 ● Fitness Center with Stephanie | FC
- 1:00 ● Yoga Class with Stephanie | CH
- 1:00 ● Pinochle
- 3:00 ● Bingo | CH
- 7:00 ● Bible Study | CH

9:00 ● Central Park Hearing Center | CR 16

- 10:00 ● Resident Council Meeting | CH
- 11:00 ● Fitness Center with Stephanie | FC
- 1:00 ● Yoga Class with Stephanie | CH
- 1:00 ● Pinochle
- 2:00 ● Mexican Train Dominoes
- 3:00 ● Bingo | CH
- 7:00 ● Bible Study | CH

10:30 ● Men's Pool/Billiards | W4 23

- 11:00 ● Fitness Center with Stephanie | FC
- 1:00 ● Yoga Class with Stephanie | CH
- 1:00 ● Pinochle
- 2:00 ● Genesis Rehab: Improve Your Safety | CR
- 3:00 ● Bingo | CH
- 7:00 ● Bible Study | CH

11:00 ● Fitness Center with Stephanie | FC 30

- 1:00 ● Yoga Class with Stephanie | CH
- 1:00 ● Pinochle
- 3:00 ● Bingo | CH
- 6:45 ● UMW Great Lives: Dale Carnegie | TO
- 7:00 ● Bible Study | CH

10:00 ● Zumba Gold | CH 3

- 10:00 ● Library Lobby Stop
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Weights/Bands Class | CH
- 1:00 ● Mah-Jongg
- 1:00 ● A Stitch in Time | CR
- 1:00 ● Podiatrist Visit
- 2:00 ● BHU: Picture Puzzles | CH
- 7:00 ● Poker Game | IL LBY

10:00 ● Zumba Gold | CH 10

- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Weights/Bands Class | CH
- 1:00 ● Mah-Jongg
- 2:00 ● BHU: State of Mind | CH
- 7:00 ● Poker Game | IL LBY

10:00 ● Zumba Gold | CH 17

- 10:00 ● Library Lobby Stop
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Weights/Bands Class | CH
- 1:00 ● Mah-Jongg
- 1:00 ● A Stitch in Time | CR
- 2:00 ● BHU: Word Warrior | CH
- 7:00 ● Poker Game | IL LBY
- 7:00 ● Got Science? | CH

10:00 ● Zumba Gold | CH 24

- 10:00 ● Trip to the Virginia Fine Arts Museum | TO
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Weights/Bands Class | CH
- 1:00 ● Mah-Jongg
- 1:00 ● A Stitch in Time | CR
- 2:00 ● BHU: Word Warrior | CH
- 7:00 ● Poker Game | IL LBY

10:00 ● Zumba Gold | CH 31

- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:00 ● Weights/Bands Class | CH
- 1:00 ● Mah-Jongg
- 2:00 ● BHU: Restless Nights | CH
- 7:00 ● Poker Game | IL LBY

10:00 ● Chair Exercise: Stretch | CH 4

- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Comfort Keepers: Blood Pressure Checks
- 10:30 ● Nimble Needlers | CR
- 1:30 ● Scrabble Scramblers | LI
- 3:00 ● Drama Club | CH
- 6:45 ● Bridge | W4

10:00 ● Chair Exercise: Stretch | CH 11

- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Comfort Keepers: Blood Pressure Checks
- 10:30 ● Nimble Needlers | CR
- 1:30 ● Scrabble Scramblers | LI
- 2:00 ● Phillip McKenney's Rock & Roll Art Show | CH
- 6:45 ● Bridge | W4

10:00 ● Chair Exercise: Stretch | CH 18

- 10:30 ● Comfort Keepers: Blood Pressure Checks
- 10:30 ● Nimble Needlers | CR
- 11:00 ● Protestant Communion | CHPL
- 1:30 ● Scrabble Scramblers | LI
- 2:00 ● Stock Market Lecture | CH
- 3:00 ● Drama Club | CH
- 6:45 ● Bridge | W4
- 6:45 ● UMW Great Lives: Jonas Salk | TO

10:00 ● Chair Exercise: Stretch | CH 25

- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Comfort Keepers: Blood Pressure Checks
- 10:30 ● Nimble Needlers | CR
- 1:30 ● Scrabble Scramblers | LI
- 6:45 ● Bridge | W4
- 6:45 ● UMW Great Lives: Women Code Breakers of WWII | TO

10:00 ● Chair Exercise: Stretch | CH 32

- 10:00 ● Catholic Communion | CHPL
- 10:30 ● Comfort Keepers: Blood Pressure Checks
- 10:30 ● Nimble Needlers | CR
- 1:30 ● Scrabble Scramblers | LI
- 6:45 ● Bridge | W4
- 6:45 ● UMW Great Lives: Women Code Breakers of WWII | TO

10:00 ● Chair Exercise: Strength | CH 5

- 10:00 ● Canasta
- 11:00 ● Men's Roundtable | CR
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● Skip-Bo | CR
- 2:00 ● Tech Class with Krista | CH
- 3:00 ● Wii Bowling League | CH

10:00 ● Chair Exercise: Strength | CH 12

- 10:00 ● Canasta
- 11:00 ● Men's Cornhole Game | CH
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● Skip-Bo | CR
- 3:00 ● Wii Bowling League | CH
- 3:30 ● Resident Social | IL LBY

10:00 ● Chair Exercise: Strength | CH 19

- 10:00 ● Canasta
- 11:00 ● Men's Roundtable | CR
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● Skip-Bo | CR
- 2:00 ● "Lucy Goes to the Hospital" Episode Anniversary | CH
- 3:00 ● Wii Bowling League | CH

10:00 ● Chair Exercise: Strength | CH 26

- 10:00 ● Canasta
- 11:00 ● Men's Lunch Out | TO
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● Skip-Bo | CR
- 3:00 ● Wii Bowling League | CH
- 3:30 ● Resident Social | IL LBY

10:00 ● Chair Exercise: Strength | CH 33

- 10:00 ● Canasta
- 11:00 ● Men's Roundtable | CR
- 11:30 ● Arthritis Aqua Fit at YMCA | TO
- 1:30 ● Praying the Rosary | CHPL
- 2:00 ● Skip-Bo | CR
- 3:00 ● Wii Bowling League | CH
- 3:30 ● Resident Social | IL LBY

10:00 ● Tai Chi Exercise | CH 6

- 10:00 ● Coffee & Chat | IL LBY
- 11:00 ● Billiards
- 2:00 ● Movie & Munch | CH
- 3:00 ● Rummikub | CR

10:00 ● Tai Chi Exercise | CH 13

- 10:00 ● Coffee & Chat | IL LBY
- 11:00 ● Jukebox with Linked Senior | CR
- 2:00 ● Movie & Munch | CH
- 3:00 ● Rummikub | CR

10:00 ● Tai Chi Exercise | CH 20

- 10:00 ● Coffee & Chat | IL LBY
- 11:00 ● Billiards
- 2:00 ● Movie & Munch | CH
- 3:00 ● Rummikub | CR

10:00 ● Tai Chi Exercise | CH 27

- 10:00 ● Coffee & Chat | IL LBY
- 11:00 ● Jukebox with Linked Senior | CR
- 2:00 ● Movie & Munch | CH
- 3:00 ● Rummikub | CR

10:00 ● Tai Chi Exercise | CH 34

- 10:00 ● Coffee & Chat | IL LBY
- 11:00 ● Jukebox with Linked Senior | CR
- 2:00 ● Movie & Munch | CH
- 3:00 ● Rummikub | CR

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



EVENT RECAP

holiday tea at belle grove plantation

On Dec. 7, a group of ladies enjoyed a beautiful tea at the historical Belle Grove Plantation in King George. Belle Grove Plantation is a beautifully restored 1700s home, the birthplace of James Madison. While enjoying tasty treats and tea, a brief history of the house and the ghosts that visit was shared with the ladies. Following tea, everyone met in the parlor where owner Michelle explained how she obtained some of the decorative pieces which gives the house that sense of stepping back in time feeling. The house was beautifully decorated for the holidays by volunteers which got everyone into the holiday spirit.



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 as 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