

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

- HOWARD GARY — 5th
- RUTH HUTCHINS — 6th
- RUSS LLOYD — 11th
- WALT MAHON — 13th
- FRANCES FREDERICKS — 13th
- JEAN ROWZEE — 17th
- LOUISE EDWARDS — 17th
- HELEN QUATTLEBAUM — 20th
- ARTHUR DAVIS — 22nd
- CAROLYN OVERTON — 23rd
- KATHLEEN MURRAY — 27th
- GEORGE WRIGHT — 28th
- MARILYNE ANDERSON — 29th



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 | CH

2:00 ● Phase 10 Card Game

6:30 ● Evening Movie | CH

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 ● Evening Movie | CH

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

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

8:30 ● CV Walkers Club | OD 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

6:45 ● Bridge

COLUMBUS DAY 8

8:30 ● CV Walkers Club | OD

10:00 ● Chair Yoga | CH

10:00 ● Mah-Jongg

10:00 ● Catholic Mass | CHPL

11:00 ● Library Chit Chat | LI

11:30 ● Arthritis Aqua Fit at YMCA | TO

1:00 ● Canasta

1:00 ● Hand and Foot Card Game | CR

2:00 ● Glass Pendant Making Workshop | CH

4:30 ● Wine Club | CH

6:45 ● Bridge

8:30 ● CV Walkers Club | OD 15

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 100 Best Photographs Ever Taken | AL

6:45 ● Bridge

8:30 ● CV Walkers Club | OD 22

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 ● National Geographic Photography | AL

6:45 ● Bridge

8:30 ● CV Walkers Club | OD 29

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

9:00 ● Lane Custom Hearing Center | CR 2

11:00 ● Fitness Center with Stephanie | FC

11:00 ● Men's Pool/Billiards | W4

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 ● Narrow Road Music Ministry | CH 9

11:00 ● Fitness Center with Stephanie | FC

11:00 ● Men's Pool/Billiards | W4

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

11:00 ● Men's Pool/Billiards | W4

1:00 ● Yoga Class with Stephanie | CH

1:00 ● Pinochle

2:00 ● Mexican Train Dominoes

2:30 ● Flat Run Ramblers Perform | CH

7:00 ● Bible Study | CH

11:00 ● Fitness Center with Stephanie | FC 23

11:00 ● Men's Pool/Billiards | W4

1:00 ● Yoga Class with Stephanie | CH

1:00 ● Pinochle

3:00 ● Bingo | CH

7:00 ● Bible Study | CH

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

11:00 ● Fitness Center with Stephanie | FC 30

11:00 ● Men's Pool/Billiards | W4

1:00 ● Yoga Class with Stephanie | CH

1:00 ● Pinochle

3:00 ● Bingo | CH

7:00 ● Bible Study | CH

8:30 ● CV Walkers Club | OD 3

10:00 ● Zumba Gold | CH

10:00 ● Library Lobby Stop

10:00 ● Euchre/500 Card Game

10:30 ● Craft with Krista | CR

11:30 ● Arthritis Aqua Fit at YMCA | TO

1:00 ● A Stitch in Time | CR

1:00 ● Mah-Jongg

1:00 ● Weights/Bands Class | CH

2:00 ● BHU: Edgars Garage Recall | CH

7:00 ● Poker Game | IL LBY

7:00 ● Violinist Christopher Price Performs | CH

8:30 ● CV Walkers Club | OD 10

10:00 ● Tai Chi Exercise | CH

10:00 ● Euchre/500 Card Game

10:30 ● Craft with Krista | CR

11:30 ● Arthritis Aqua Fit at YMCA | TO

1:00 ● Blood Pressure Checks | AL

1:00 ● Mah-Jongg

1:00 ● Weights/Bands Class | CH

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

7:00 ● Poker Game | IL LBY

8:30 ● CV Walkers Club | OD 17

10:00 ● Zumba Gold | CH

10:00 ● Library Lobby Stop

10:00 ● Euchre/500 Card Game

11:30 ● Riverside Theater: "Beauty & The Beast" | 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

7:00 ● Poker Game | IL LBY

8:30 ● CV Walkers Club | OD 24

10:00 ● Zumba Gold | CH

10:00 ● Euchre/500 Card Game

10:30 ● Fingernail Wednesday | AL

11:30 ● Arthritis Aqua Fit at YMCA | TO

1:00 ● Weights/Bands Class | CH

1:00 ● Mah-Jongg

2:00 ● BHU: Mixed Puzzles | CH

7:00 ● Poker Game | IL LBY

HALLOWEEN 31

8:30 ● CV Walkers Club | OD

10:00 ● Zumba Gold | CH

10:00 ● Euchre/500 Card Game

10:30 ● Craft with Krista | CR

11:30 ● Arthritis Aqua Fit at YMCA | TO

1:00 ● Weights/Bands Class | CH

1:00 ● Mah-Jongg

2:00 ● Halloween Celebration | CH

7:00 ● Poker Game | IL LBY

10:00 ● Chair Exercise: Stretch | CH 4

10:00 ● Catholic Communion | CHPL

10:00 ● Flu Shots | CH

10:30 ● Comfort Keepers: Blood Pressure Checks

10:30 ● Nimble Needlers | CR

1:30 ● Scrabble Scramblers | CR

2:00 ● Senior Selfies | CH

3:00 ● Drama Club | CH

6:15 ● Stage Alive Concert: Maureen McGovern | TO

6:45 ● Bridge | W4

10:00 ● Chair Exercise: Stretch | CH 11

10:30 ● Comfort Keepers: Blood Pressure Checks

10:30 ● Nimble Needlers | CR

1:30 ● Scrabble Scramblers | CR

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

6:45 ● Bridge | W4

10:00 ● Chair Exercise: Stretch | CH 18

10:00 ● Catholic Communion | CHPL

10:30 ● Comfort Keepers: Blood Pressure Checks

10:30 ● Nimble Needlers | CR

11:00 ● Protestant Communion | CHPL

1:30 ● Scrabble Scramblers | CR

2:00 ● Falls Run Singers Perform | CH

3:00 ● Drama Club | CH

6:45 ● Bridge | W4

10:00 ● Chair Exercise: Stretch | CH 25

10:00 ● Catholic Communion | CHPL

10:00 ● Trip to Montross, VA | TO

10:30 ● Comfort Keepers: Blood Pressure Checks

10:30 ● Nimble Needlers | CR

1:30 ● Scrabble Scramblers | CR

6:45 ● Bridge | W4



8:30 ● CV Walkers Club | OD 5

10:00 ● Chair Exercise: Strength | CH

10:00 ● Canasta

11:00 ● Men's Roundtable | CR

11:00 ● Library Tour | LI

11:30 ● Arthritis Aqua Fit at YMCA | TO

1:30 ● Praying the Rosary | CHPL

2:00 ● Skip-Bo | CR

8:30 ● CV Walkers Club | OD 12

10:00 ● Chair Exercise: Strength | CH

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

3:30 ● Resident Social | IL LBY

8:30 ● CV Walkers Club | OD 19

10:00 ● Chair Exercise: Strength | CH

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 ● The Great Picture Race | CH

8:30 ● CV Walkers Club | OD 26

10:00 ● Chair Exercise: Strength | CH

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

10:00 ● Tai Chi Exercise | CH 6

10:00 ● Coffee & Chat | IL LBY

10:00 ● Slideshow Presentation: Mount Rushmore | AL

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

10:00 ● Slideshow Presentation: Latin America | AL

11:00 ● Jukebox with Linked Senior | CR

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

3:00 ● Rummikub | CR

6:30 ● Evening Movie | CH

10:00 ● Tai Chi Exercise | CH 20

10:00 ● Coffee & Chat | IL LBY

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

11:00 ● Billiards

3:00 ● Rummikub | CR

6:30 ● Evening Movie | CH

10:00 ● Tai Chi Exercise | CH 27

10:00 ● Coffee & Chat | IL LBY

10:00 ● Slideshow Presentation: Sicily | AL

11:00 ● Jukebox with Linked Senior | CR

2:00 ● Stacy Nunamaker Halloween Recital | CH

3:00 ● Rummikub | CR

6:30 ● Evening Movie | CH

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

—Vincent Van Gogh

EVENT RECAP

chancellor's village walkers club

For the month of September we challenged the residents to move. Every Monday, Wednesday and Friday morning we had a group of residents head outside (or stay inside if the weather was not nice) for a few laps around the building. It was nice to see our regular walkers out in the morning and see new ones join in the fun. We hope to continue the Walkers Club until the weather turns too cold.



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 so 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 and 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 the capture of 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.



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*



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