

# Be *Inspired*

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

## THIS MONTH'S *silver star*

### DEBBIE FLEAGLE

Debbie was born and raised in Philadelphia, Pa. Upon graduating from the Quaker School, she then attended Moravian College in Bethlehem, Pa. It is in Bethlehem that Debbie met her husband, George. He was attending Lehigh University. They both found each other at the same Frat party with different dates, and George got Debbie's phone number and called her later. They dated through college and then got married when they both graduated. They moved to Baltimore, Md. when George was drafted into the Army and was assigned to the Induction Center. Debbie took an office job at Revere Copper & Brass during their stay in Baltimore. George took a job with Kroger and they moved to Louisville, Ky. This is where they had their first daughter, Melanie. Later, the family would move to Kansas City, Mo. and their second daughter, Amy, was born. George and Debbie missed the east coast so they moved to New Jersey. Debbie stayed home raising her girls until they were adults and then she took a job at a bank in New Jersey running the IRA Department. Upon retirement, Debbie and George decided to move south and settled closer to their oldest daughter at Lake of the Woods in Locust Grove, Va. They enjoyed the amenities the gated community had to offer. It is here that Debbie got her dream job. She taught 4-year-olds at the nursery school at Lake of the Woods. Through the years, Debbie volunteered with many different organizations and traveled extensively. She has been to 23 countries and six islands. When her daughters were very young, she exposed them to other countries by taking them to Europe. She has four grandchildren who she adores!



Debbie moved to Chancellor's Village almost 5 years ago. She enjoys playing various card games and getting to know the new residents when they move in.

JOIN US THIS MONTH FOR

## *a tribute to america*

Patriotism is loving your country. With Independence Day kicking the month of July off, we will be sharing our love of America with a variety of programs. Come show your patriotism for America at the Red, White and Blue Social on July 13, at 3:30 p.m. Our Summer Concert Series will continue this month. We have some great new performers scheduled as well as some favorites returning. Make sure you plan to attend on Friday evening in the Chancellor Room, at 7 p.m.



TRAIN YOUR BRAIN *sudoku solution on back*

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

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

- JEAN BECKER — 2nd
- PAT TOMAYKO — 3rd
- SOL HERMAN — 4th
- BERTHA O'CONNOR — 4th
- BRIAN PUGH — 7th
- ELLEN ROONEY — 8th
- BARBARA GARY — 8th
- DORIS BUSWELL — 12th
- PAULINE STALKER — 19th
- STANLEY CLAUSEN — 20th
- NAOMI CREED — 20th
- TOM SCHLESSER — 21st
- HELEN GREENSTREET — 22nd
- RICHARD JUDD — 24th
- BILL ANDERSON — 24th
- LINDA KELLEY — 28th

www.SeniorLifestyle.com  
Activities are subject to change

<p>8:30 ● Church Rides   TO <b>1</b></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>10:00 ● Chair Yoga   CH <b>2</b></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 ● Canasta</p> <p>1:00 ● Hand and Foot Card Game   CR</p> <p>2:00 ● Bingo   CH</p> <p>6:45 ● Bridge</p>	<p>11:00 ● Fitness Center with Stephanie   FC <b>3</b></p> <p>11:00 ● Men's Pool/Billiards   W4</p> <p>1:00 ● Yoga Class with Stephanie   CH</p> <p>1:00 ● Pinochle</p> <p>2:00 ● Mexican Train Dominoes</p> <p>7:00 ● Bible Study   CH</p>	<p>INDEPENDENCE DAY <b>4</b></p> <p>10:00 ● Tai Chi Exercise   CH</p> <p>1:00 ● Mah-Jongg</p> <p>1:00 ● A Stitch in Time   CR</p> <p>2:00 ● Patriotic Classic Movie   CH</p> <p>7:00 ● Poker Game   IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch   CH <b>5</b></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>3:00 ● Drama Club   CH</p> <p>6:45 ● Bridge   W4</p>	<p>10:00 ● Chair Exercise: Strength   CH <b>6</b></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>7:00 ● William Baskin Performs   CH</p>	<p>10:00 ● Tai Chi Exercise   CH <b>7</b></p> <p>10:00 ● Coffee &amp; Chat   IL LBY</p> <p>11:00 ● Billiards</p> <p>2:00 ● Movie &amp; Munch   CH</p> <p>3:00 ● Rummikub   CR</p>
<p>8:30 ● Church Rides   TO <b>8</b></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>10:00 ● Chair Yoga   CH <b>9</b></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 ● Canasta</p> <p>1:00 ● Hand and Foot Card Game   CR</p> <p>2:00 ● What State Are You From?   CH</p> <p>4:30 ● Wine Club   CH</p> <p>6:45 ● Bridge</p>	<p>9:00 ● Lane Custom Hearing   CR <b>10</b></p> <p>10:30 ● Narrow Road Music Ministry   CH</p> <p>11:00 ● Fitness Center with Stephanie   FC</p> <p>11:00 ● Men's 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>7:00 ● Bible Study   CH</p>	<p>10:00 ● Zumba Gold   CH <b>11</b></p> <p>11:00 ● BHU: "Family Feud"   CH</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 ● Blood Pressure Checks   AL</p> <p>1:00 ● Podiatrist Visit</p> <p>2:00 ● Ice Cream Sundae Social   CH</p> <p>7:00 ● Poker Game   IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch   CH <b>12</b></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>1:30 ● Neuropathy Lecture   CH</p> <p>6:45 ● Bridge   W4</p>	<p>10:00 ● Chair Exercise: Strength   CH <b>13</b></p> <p>10:00 ● Canasta</p> <p>11:00 ● Men's Cornhole Game   CH</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 ● Red, White &amp; Blue Resident Social   IL LBY</p> <p>7:00 ● Michael Geddes Performs   CH</p>	<p>10:00 ● Tai Chi Exercise   CH <b>14</b></p> <p>10:00 ● Coffee &amp; Chat   IL LBY</p> <p>11:00 ● Jukebox with Linked Senior   CR</p> <p>2:00 ● Movie &amp; Munch   CH</p> <p>3:00 ● Rummikub   CR</p>
<p>8:30 ● Church Rides   TO <b>15</b></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>10:00 ● Chair Yoga   CH <b>16</b></p> <p>10:00 ● Mah-Jongg</p> <p>10:00 ● Catholic Mass   CHPL</p> <p>10:30 ● Craft with Krista   CR</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 ● Quilt Trunk Show   CH</p> <p>3:30 ● Ambassadors' Meeting   CR</p> <p>6:45 ● Bridge</p>	<p>9:00 ● Central Park Hearing Center   CR <b>17</b></p> <p>10:00 ● Resident Council Meeting   CH</p> <p>11:00 ● Fitness Center with Stephanie   FC</p> <p>11:00 ● Men's Pool/Billiards   W4</p> <p>1:00 ● Yoga Class with Stephanie   CH</p> <p>1:00 ● Pinochle</p> <p>2:00 ● Mexican Train Dominoes</p> <p>3:00 ● Bingo   CH</p> <p>7:00 ● Bible Study   CH</p>	<p>10:00 ● Zumba Gold   CH <b>18</b></p> <p>10:00 ● Library Lobby Stop</p> <p>11:00 ● BHU: American Puzzles   CH</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 ● Singalong with Joan Niderberg   CH</p> <p>7:00 ● Poker Game   IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch   CH <b>19</b></p> <p>10:00 ● Catholic Communion   CHPL</p> <p>10:00 ● History Tour of Orange   TO</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>3:00 ● Drama Club   CH</p> <p>6:45 ● Bridge   W4</p>	<p>9:00 ● Sheriff Program Part 1   CH <b>20</b></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>1:00 ● Chair Exercise: Strength   CH</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>7:00 ● East Coast Duo Perform   CH</p>	<p>10:00 ● Tai Chi Exercise   CH <b>21</b></p> <p>10:00 ● Coffee &amp; Chat   IL LBY</p> <p>11:00 ● Billiards</p> <p>2:00 ● Movie &amp; Munch   CH</p> <p>3:00 ● Rummikub   CR</p>
<p>8:30 ● Church Rides   TO <b>22</b></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>10:00 ● Chair Yoga   CH <b>23</b></p> <p>10:00 ● Mah-Jongg</p> <p>10:30 ● Craft with Krista   CR</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 ● Lecture by National Parks   CH</p> <p>6:45 ● Bridge</p>	<p>11:00 ● Fitness Center with Stephanie   FC <b>24</b></p> <p>11:00 ● Men's 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>7:00 ● Bible Study   CH</p>	<p>10:00 ● Zumba Gold   CH <b>25</b></p> <p>10:30 ● Fingernail Wednesday   AL</p> <p>11:00 ● BHU: American Trivia   CH</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>1:30 ● Ferry Farm Tour   TO</p> <p>7:00 ● Poker Game   IL LBY</p>	<p>10:00 ● Chair Exercise: Stretch   CH <b>26</b></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 ● Author Pete Dechat Lecture   CH</p> <p>6:45 ● Bridge   W4</p>	<p>9:00 ● Sheriff Program Part 2   CH <b>27</b></p> <p>10:00 ● Canasta</p> <p>11:00 ● Men's Lunch Out   TO</p> <p>11:30 ● Arthritis Aqua Fit at YMCA   TO</p> <p>1:00 ● Chair Exercise: Strength   CH</p> <p>1:30 ● Praying the Rosary   CHPL</p> <p>2:00 ● Skip-Bo   CR</p> <p>3:30 ● Hoedown Resident Social   IL LBY</p> <p>7:00 ● Hardware Hank Perform   CH</p>	<p>10:00 ● Tai Chi Exercise   CH <b>28</b></p> <p>10:00 ● Coffee &amp; Chat   IL LBY</p> <p>11:00 ● Jukebox with Linked Senior   CR</p> <p>2:00 ● Movie &amp; Munch   CH</p> <p>3:00 ● Rummikub   CR</p>
<p>8:30 ● Church Rides   TO <b>29</b></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>10:00 ● Chair Yoga   CH <b>30</b></p> <p>10:00 ● Mah-Jongg</p> <p>10:30 ● Craft with Krista   CR</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 <b>31</b></p> <p>11:00 ● Men's 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>7:00 ● Bible Study   CH</p>	<p>"Far away in the sunshine are my highest aspirations." —Louisa May Alcott</p>			



## EVENT RECAP

# early mountain vineyard trip

Last month, a group of residents enjoyed a beautiful drive out to the countryside to have lunch and wine at Early Mountain Vineyard. It was a cloudy day but it didn't affect everyone's enjoyment. Located in Madison, Va. at the foot of the Blue Ridge Mountains, Early Mountain Vineyards comprises more than 300 acres of the historic Monticello Wine Trail. With its warm and inviting tasting room, picturesque outdoor spaces and breathtaking views, Early Mountain welcomes guests to enjoy the wines and linger over a meal or snack. With a strong commitment to viticulture, as well as a fervent expression of place, Early Mountain's mission is to craft high-quality wines and to support Virginia's ascent as a world-class wine region.



IT'S OUR PLEASURE TO SERVE YOU ...

## word from your executive director

HAPPY FOURTH OF JULY!

The first thing most Americans think about when considering the month of July is Independence Day. It's a special and festive day commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies. It's a day we proudly wear and display our red, white and blue.

I hope everyone has been enjoying the summer concert series and the lecture series. Krista has brought in some really interesting speakers and some great entertainment. Please encourage your friends at CV to attend and feel free to invite friends in from the community.

As summer progresses, many families go on vacation while their children are out of school. I hope that means that many of you have the opportunity to see family that may live out of the area. I know I speak for the entire Chancellor's Village team in telling you we look forward to sharing the month with you and appreciate more than you know the opportunity to be part of your Chancellor's Village family!

## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

DESTINY KAY has worked as a Server in the Dining Room for almost 4 years. She exemplifies the HEART characteristics by always being a reliable and trustworthy employee. We can always count on her to fill in a shift and to help her team in whatever is needed. Her customer service is exceptional.



Destiny was born and raised in Fredericksburg. She graduated from James Monroe High School and is now in her third year out of five at the University of Mary Washington. She is working toward her Bachelor of Science in Psychology and her Master's in Education. She plans to teach elementary school children upon graduation. In Destiny's spare time, she likes to shop and try new things like canoeing and hiking. Destiny also has her own clothing line named "Vibe Baby." Currently, she is making customized shirts. Between working at Chancellor's Village, running her own business and going to school (working on two degrees at the same time), Destiny is a very busy woman. What Destiny likes best about working at Chancellor's Village is talking to the residents. She finds them very entertaining and enjoys their stories they share.

## 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



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



SENIOR LIFESTYLE

your life. your style