



Kendal at Lexington

The Residents' Newsletter

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What's With the Waitlist? Marketing Department Reveals All

The waitlist for Kendal at Lexington was begun in the mid 1990's, while the community was still in its planning stage before opening in 2000, and some of the original signers-up are still on it. Others have moved to Kendal during the intervening years and have thus become residents rather than waitlisters. And some have changed their plans, made other arrangements or had other arrangements made for them, and are no longer on the list.

Today, the waitlist is the special province of Jessica Buhler, Marketing Director, and Linda Moreschi and Terri George, Marketing Associates. The three keep in touch with waitlist members and arrange tours and campus visits for people already on the waitlist and for others who think they might be interested in signing up.

The waitlist has grown considerably since its earlier days, needless to say, and some things about the procedures have changed. The following update is based largely on information provided by Jessica Buhler and might contain surprises for current residents who remember the way things were when we came along.

What is the total number of households on the waitlist? Right now, 145. About one hundred of these are double occupancy

households, and the rest are singles. The "double" category can include married couples, non-married couples, siblings, and partners of all genders and sexual preferences.

How many of these now live in the immediate area -- Rockbridge County and thereabouts? About 67 per cent live in and around Rockbridge. Two per cent live in northern Virginia (D.C. area), eleven per cent live elsewhere in Virginia, and the remainder live elsewhere in the United States.

Has this distribution always been the case? No, at the beginning almost everyone on the waitlist was from close around. (They're the ones who knew about us.) Later additions are more likely to be from farther away. Of the 32

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Welcome to Our New Kendalites!

Kay Quirk
Apartment 117, Cox Hall
(from Alexandria, Virginia)

Meg and Chris Stackpole
Cottage 1016
(from Rye, New York)

🎵 Calendar Notes 🎵

[See also pp. 12 and 13. With some exceptions, most of them specified, the activities listed here are arranged through the residents' Culture and Entertainment Committee, chaired by Ann John. "Borden" = Benjamin Borden Center (skilled nursing care); "Webster" = Webster Assisted Living Center.

Some events are arranged too late for inclusion here. Please check the bulletin boards.

The charge for bus transportation to and from an event in Lexington is \$2.]

July 4, Mon., 6:30 pm. Trip to "Fireworks and Festival" on the VMI Parade Ground. Return about 10 pm. Watch for postings about folding chairs; if Kendal's chairs will not be carried on the bus with us, then it's BYOS (bring your own seating). See "Out and About," p. 10, for more information on this event. [bus, 6:30 pm]

July 7, Thu., 4:30 pm. Bruce Patterson, Clerk of Rockbridge County, will discuss his job in the context of local government in Virginia. Kendal Hall. **Free and Open to the Public.**

July 13, Wed., 3 pm. Therapy presentation on the GEM system ("Gentle Expert Memorycare," a dementia classification model) in conjunction with speech therapy cognitive education. Light refreshments provided. Kendal Hall.

July 14, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

July 16, Sat., 4 pm. Concert at Garth Newel Music Center in Bath County. Musical icebreaker at 4 pm; concert at 5 pm. Return by

8:30 pm. For details of this and other Garth Newel concerts, see story, p. 5. [bus, 2:30 pm]

July 20, Wed., 4:30 pm. Talk by Hank Dobin, Professor of English at W&L, on Shakespeare's tragedy *King Lear*. (Kendal plans a trip to see this play at the Blackfriars Theater; see below.) Kendal Hall. **Free and Open to the Public.**

July 23, Sat., 2 pm. Performance of "King Lear" at the Blackfriars Theater in Staunton, forty miles north of Lexington. Tickets can be bought on line (www.americanshakespearecenter.com) or by telephone (540-851-1733), priced from \$29 to \$54. Watch for postings about car pool arrangements.

July 27, Wed., 7 am to 6 pm. Fitness testing by Jason Bunn and Catie King of the fitness/wellness staff, in conjunction with the Physical Therapy Department. Tests are available for physical fitness, functional fitness/safety, and balance. Residents can choose to do one, two, or all three. Testing will be held in the Fitness Center, but the staff can do at-home tests to accommodate those who cannot make it to the Fitness Center. Appointments may be scheduled in advance; drop-ins are welcome but may have to wait. If July 27 does not work, individual sessions can be scheduled on other days; call Jason and/or Catie at 458-0103.

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🎵 **Calendar Notes** 🎵 (from p. 2)

July 27, Wed., 7:15 pm. Musicians from Garth Newel's "Emerging Artists" program visit Kendal for a concert of chamber music. (See story, p. 5.) Kendal Hall. **Free and Open to the Public.**

July 31, Sun., 3 pm. Concert at Garth Newel Music Center. (See story, p. 5.) Return by 6:30 pm. [bus, 1:15 pm.]



Memorial Books Now in Library

[Memorial books are chosen and placed in the Tutwiler Library by the residents' Library Committee.]

For Vera Sadler: *A Duty to the Dead*, by Charles Todd (William Morrow, 2009).

Vera was an army nurse, so this novel about a World War I army nurse seems made-to-order for her Memorial Book. This is the first in a series about Bess Crawford, written by a mother-son team who call themselves Charles Todd.

Bess, a hospital ship nurse, survives the mining and sinking of her ship with only a badly broken arm. As she is recuperating, she keeps a promise made to a dying soldier and delivers a short but cryptic message to his brother. This sets off a series of further tragic events in that family torn apart by secrets from the past.

-- reviewed by Sarah Giddings

For Mary Barker: *Dark Money: The Hidden History of the Billionaires behind the Rise of the Radical Right*, by Jane Mayer.

Jane Mayer covered Washington for the *Wall Street Journal* and is now on the staff of the *New Yorker*. In 2011 she wrote a piece for that magazine that has been expanded into this book.

Many colorful libertarians, especially Charles and David Koch, formed a network that spent billions of dollars to try to repeal government oversight of business and to advance their corporate interests. Since many of these companies were in the "extractive industries" (coal, oil, gas), opposition to the idea of climate change was paramount among them. To this end they funded an interlocking group of organizations that could be written off as tax-deductible "philanthropy."

Jane Mayer has spent five years in research to trace the trail of this money.

This book is in Large Print format.

-- reviewed by Anne Preuss

Newsletter Statement and Staff

Kendal at Lexington is written by and for the residents of the Kendal retirement community of Lexington, Va.

Staff: Helen Behrens, Sally Emory, Sarah Giddings, Maury Hanson, Ned Henneman, Rae Hickman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the August, 2016 issue is Wednesday, July 20, 5 pm.

Kendal's Waitlist (from p. 1)

households who have joined the list in the past 18 months, only 50 per cent are local.

How many singles/doubles would move in immediately, should the type of residence they want become available? Approximately 35 households have indicated they would like to make the move within the next one or two years.

Which is more in demand, cottages or apartments? And, larger or smaller residences? There is more demand for cottages (especially cottages with garages), and more demand for larger rather than smaller apartments.

Do you have to sign up for a specific category of residence -- cottage or apartment, so many bedrooms, so many square feet, or whatever? No, you can be very flexible if you're open to various options. Just let the Marketing Department know what your parameters are.

What is the current availability of residences at Kendal? We are 99.2 per cent full, including reservations. As this newsletter goes to press, the only Independent Living residence which is neither occupied nor reserved is a very nice 825-square-foot one-bedroom apartment with an enclosed sunroom.

Are all the waitlist households contacted whenever a vacancy occurs at Kendal? No. It's up to those on the list to let the Marketing Department know if they would like to be contacted. We don't bother people who don't want to be bothered.

What is the order in which households are contacted when their type of vacancy occurs? Chronological order, based on when you joined the list. If you were one of the early

signers-up back in the 1990's, and you have indicated you want to be contacted, then you'll be at or near the front of the line. On the other hand, if you just came on the list, we're glad to have you, but others will have prior refusal of any residence that becomes available. (But you can still hope they'll all say "Not now," and you'll get the prize this time.)

If I'm contacted but say "I'm not ready," will I be sent to the bottom of the list? No. Some retirement communities do this, but Kendal doesn't. You'll keep your place in the queue.

Can I find out where my place is -- what's my number? Not exactly, but we'll tell you the general standing. Any specific information we give out could be inaccurate five minutes later. Someone who has been on the list since 2002, say, but hasn't wanted to be contacted, might call and say he is ready to hear about the next available residence of a certain type. Then some of the people who joined later would be bumped down a notch. (Unless the 2002 person happened to want that one-bedroom apartment. Cheers!)

What about the rumor that Kendal is planning to build new cottages? Kendal's Master Plan includes renovation of the Borden Center (skilled nursing care) and the Webster Center (assisted living), as well as the addition of an undetermined number of freestanding cottages. These cottages are envisioned as somewhat similar to those completed eight years ago on Sycamore Lane and will blend in with Kendal's existing architecture and "look." However, many steps have yet to be taken with regard to this project. Nothing definite can be stated.

What does it take to join the current wait list? A deposit of \$1250, of which \$1000 is refundable if you change your mind about coming to Kendal; otherwise, the \$1000 is applied to your entry fee when you make the move.

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Kendal's Waitlist

(from p. 4)

Do I have to pass any kind of test for the waitlist? No. That happens later, when you reserve a specific residence and apply to enter.

When I do decide to move in, what does the application involve? Besides demonstrating financial assets sufficient to support Kendal residency, you must be in good enough health to live safely in a residential setting. You'll need a recent physical exam and an interview with a member of Kendal's caregiving team.

Once I've been accepted and have moved to an Independent Living residence, what happens if I need more care? Kendal makes every effort to make it possible for Independent Living residents to remain in their cottages or apartments as long as they can safely do so. But should you ever need another level of care (assisted living or skilled nursing care), it will be ready for you, right here on campus.

-- Jo McMurtry

WAITLISTERS NOTE -- SPECIAL EVENT IN AUGUST. The Marketing Department is planning an informational event for prospective Kendalites on Thursday, August 25, from 9 to 10:30 am in Kendal Hall. Speakers will include Felicia Bush, Finance Manager; Charlotte Sibold, Health Services Administrator; and Jessica Buhler, Director of Marketing.

Garth Newel Summer Plans

Would you like to go for a beautiful ride in the country and hear some glorious chamber music? If so, mark your calendar for the following dates when we will be offering bus transportation to the Garth Newel Music Center, in Bath County, this summer.

The concert on Saturday, July 16, is entitled *The Red Priest* and features music by George

Frideric Handel, Antonio Vivaldi, Heinrich Biber, and Georg Phillip Telemann. There will be a Musical Icebreaker at 4 pm with baroque violinist Aisslin Nosky sharing insights into historical performance techniques.

On Sunday, July 31, *Natural Inspirations* is sponsored by the Lexington Friends of Garth Newel, and features works by Gabriel Fauré, Richard Strauss, and Edward Elgar.

The Sunday, August 14, concert is sponsored by Kendal at Lexington. It is called *Heroes* and features the Enso Quartet along with Garth Newel's own Jeannette Fang on piano, playing works by Ludwig von Beethoven, Brenton Broadstock, and Robert Schumann. There is no bus charge for the August 14 concert. The Sunday, August 21, concert is entitled *Folk Inspirations*, with works by Ralph Vaughan Williams, Maurice Ravel, and Antonin Dvorak. It features Shawn Puller, tenor; Aaron Hill, oboe; and members of the Garth Newel Piano Quartet.

And finally, a program titled *All's Well that Ends Well*, on Sunday, September 4, concludes the summer season with works by Luigi Boccherini and Antonin Dvorak.

All concerts are \$25 per person if we have fewer than ten, or \$21 if we have ten or more. A \$5 bus fee is also charged, except for the concert sponsored by Kendal at Lexington. If you prefer to drive yourself, you can still be included in the discounted price, and you will help ensure having enough for the discount by giving your concert check to Norm Jones by noon on the day of the concert. Do let him know sooner than that if you intend to go that day.

And don't forget the annual performance by the Emerging Artists from the Garth Newel Summer Program in Kendal Hall at 7:15 pm on Wednesday, July 27.

-- Sarah Giddings

From a Legal

Perspective

[Resident Ned Henneman, Associate Professor of Law Emeritus at W&L, continues his column on legal topics of interest to Kendalites.]

I have been out of print for a while, believing that anything I might want to write about had already been covered adequately. However, occasionally things happen that strike my interest and remind me that some messages cannot be repeated too often. One such event was the death of the singer Prince.

I did not share in the widespread sense of loss that apparently was caused by his sudden untimely death. So far as I can recall, I never heard one of his songs, so I am not greatly saddened by the loss to the music world. What stirred my interest, of course, was the fact that he died owning a great deal of property but without a will. The prospect of litigation between and among family members, known and unknown, is exciting to those interested in probate law.

I know that a fairly large majority of Americans die without leaving effective wills or even wills at all, but usually people who have accumulated significant wealth do take some pains to plan for that property's ultimate disposition. Why did Prince choose not to do so, or was it merely unplanned neglect? The result in either case is likely to enrich some Minnesota lawyers.

Some people don't get around to executing a will because of laziness or procrastination. Others simply do not want to go to a lawyer to get it done. Mark

Rothko, the brilliant and productive abstract artist, left a will, but it was drafted by a layman who made so many mistakes that years of very costly litigation were necessary to settle the estate. When asked in court why Rothko had chosen not to have an attorney draft his will, the draftsman testified that Rothko feared only two things, lawyers and elevators. I wonder why Prince failed to express his wishes in even a simple but effective way.

Making a will really is a simple process and a task that should not be neglected. Virginia is one of a number of states that allows a will to be effective even though it is not witnessed or prepared by an attorney. Such a holographic will must be entirely handwritten and signed by the testator. Because proof of such a document will be somewhat more difficult than that of a normal will prepared by an attorney and executed before witnesses. It is generally undesirable to rely on a holograph, but it is a simple and legally effective document.

Many people think that they do not need a will because they do not own much property, or because they think that the estate plan provided by their state's intestacy statute adequately expresses their desires, or because they believe that their survivors will divide their property in a reasonable and cooperative manner.

That last belief expresses a view of human nature that is desirable but often unrealistic. The first two assume that the property owner will die a resident of the

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Legal Perspective

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state in which she now resides or that he will never acquire any more property or that their family members will be the same when the decedent dies as they are now. These may or may not be reasonable assumptions, but they may very well not prove true. A simple will expressing the testator's wishes is insurance against the happening of the unforeseen.

Another common reason not to have a will is the execution of a plan that provides for disposition of property at death by various probate avoidance devices. If there is no or very little property to pass through probate, there may appear to be no need for a will. Many estate planners advise this. I do not know if Prince's estate was planned that way. I have some reservations about that type of planning which I will discuss in a subsequent column.

-- Ned Henneman

Spotlight on Wellness for July

Resident Walk Challenge -- a race for the most distance covered by an intended exercise of walking. You can track your walking via fitness center equipment, personal tracking devices, or the provided information: Kendal's perimeter trail is one mile, and the Sycamore Lane outer loop is one half mile. You cannot count your "steps" or everyday walking around. This must be an intentional walk with a start and stop time, and is only calculated from your *distance in miles* covered each day. Please keep track of your distance and throughout

the week, fill out the provided slips of paper and place them into the shoe box (located at the mailboxes). Calculations will be posted on a large calendar right outside the door to the Clinic. Winners will be awarded a fitness prize each week!!! So get outside and get to walkin'!

Drink Water. As the weather is getting warmer, it's becoming more important to push down that water! Water is more important than just "staying hydrated." It helps with your overall health. Here are a few benefits of drinking AT LEAST eight eight-ounce glasses daily. It relieves fatigue, improves your mood, treats headaches, helps with digestion, aids in weight loss, flushes out more toxins than your kidneys naturally do on their own, regulates body temperature, promotes healthy skin, helps with bad breath, and is a brain booster for improving memory recall. Did you know that aching joints, muscle cramps, and strains can all occur if your body is dehydrated. Please remember to drink water throughout the day, even if you have to set reminders on your phone to force it down. So get outside and get to drinkin'!

Please contact the Fitness Center for any questions about this information. 458-0103.

-- Catie King
Health and Wellness Program Manager

Resident Address Change

Rudie Terhune to Apartment 311, Cox Hall.



The Kalex: Our Literary Magazine

We all remember where we were when President Kennedy was shot. I was at the Metropolitan Museum correcting color proofs with a printer. We all remember the Vietnam years. In Manhattan I was in the midst of demonstrations and parades, for and against.

Some of you have had adventurous lives, traveling to amazing and exotic places. Some may have grown up quietly beside the ocean or in the mountains, perhaps surrounded with family.

We all have stories to tell. They may contain both happy moments and tragedies. Please share them with the *Kalex*. We are also looking for art work for the covers and inside covers: photos, paintings, drawings.

Get in touch with Leland Goddard, Marjorie Sherrill, Caroline Hemmings, Jane Bicknell, Penny Henneman, or me. Or put messages in the Kalex box beside the open mail boxes.

We want them by September 1.

-- Anne Preuss

Falls Prevention

Did you know falls are the leading cause of death for adults who are 65 or older? Each year, one out of three adults 65 and older falls. That's a lot! Falls cause ninety per cent of all hip fractures and are the most common cause of emergency room visits. The most common risk factors for falls include postural hypotension, anti-anxiety and sleep medications, the use of four or more prescription medications, environmental hazards, and impairment in muscle strength or range of motion.

Falls affect women and men differently. Women are 58 per cent more likely than men to suffer a non-fatal fall injury and twice as likely as men to suffer a fracture from a fall. Men have a 46 per cent higher death rate from a fall than women.

Once a fall has taken place, forty per cent of those who have been hospitalized for hip fractures do not return to independent living and nearly twenty per cent die within a year. Seniors who fall once are two to three times more likely to fall again.

There are risks we can eliminate to prevent falls. Some of the risks include poor lighting, clutter, uneven surfaces, stairways without railings, bathtubs and showers without grab bars, furniture that is too high or low, throw rugs, loose carpets, and wet floors or pavements. Be practical, get assessed!

-- Ashley Brunty
Admissions/Borden Marketing Assistant

Bits and Pieces . . .

¶ For June's Staff Appreciation Party, residents donated a total of \$38,183.80 for distribution to our very deserving staff. Amounts are calculated according to length of service and hours worked, with top management excluded. Some donations were received too late to be included, as the checks (142 of them) had to be cut some days in advance, but this money will remain in the fund and will be added to the amount collected for the December party. Let's get an early start on thinking generous thoughts about a merry Christmas for our wonderful staff. (As Karen Russell, Residents Association president, reminded us at the meeting of June 15, Christmas is only 192 days away. And even fewer days by the time you read this.)

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Bits and Pieces

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¶ Heads Up -- Kendal College in August.

"The News about the News" brings to Kendal three W&L journalism professors: Pam Luecke ("The End of Newspapers as We Know Them," August 17); Kevin Finch ("The New Golden Age of Television," August 24); and Mark Coddington ("It's Complicated: How Twitter, Facebook, and Other Social Media Are Changing the Way We Communicate," August 31). All meetings are on Wednesdays at 4:30 pm in Kendal Hall. There will be no registration fee. Kendal College lectures are open only to Kendal residents and staff, with their invited guests. Contact resident Sally Emory with questions.

¶ **Would You Like a Copy** of the handout distributed by Felicia Bush, our Finance Manager, at her presentation on June 1 on Kendal's annual report for 2015? If so, contact Felicia at 464-2604. The report shows Kendal to be in excellent financial shape, and Felicia's charts and tables give the details.

**In Memoriam**

Jean Morgan

Died May 26, 2016

Entered Kendal July 17, 2000

¶ **Herbie Martin, Director of Operations**, explained at the Residents Association meeting on July 15 the mysterious painted marks that appear on campus from time to time. These are the result of calling VA811, "Miss Utility of Virginia," to summon locators who can determine the position of underground utility lines before anyone undertakes a digging project. This procedure is required by state law, as Herbie pointed out. The paint marks, whether on grass or pavement, are not meant to be permanent and will fade.

¶ **Internal Staff Promotions** continue as Charles Rowsey (alias "Boo" and "the tall skinny guy") moves up to Maintenance Supervisor, the job just vacated by Herbie Martin (now Director of Operations). Boo came to Kendal in August of 2015 and is an expert in HVAC and plumbing. His fellow Maintenance team members recommended him unanimously for his new position.

¶ **Volunteer Dispatchers** are needed to help with bus trips arranged by the residents' Culture and Entertainment Committee. The dispatcher's job is to be in the Anderson lobby before a bus is scheduled to leave, check the riders' names against the reservation list, and collect the fares -- two dollars per rider, usually, for an event in or near Lexington. The dispatcher need not be attending the event. Dispatchers will be asked to serve for only one or two months during the year; not a great deal of time will be involved. Contact JoAnn Wilson to volunteer and/or to ask questions. JoAnn has kindly undertaken to coordinate bus trips for the Culture and Entertainment Committee and will make the arrangements with the drivers. Previous transportation facilitators for cultural events, whose work is much appreciated, are Anne Preuss and Norm and Lolly Jones.

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Bits and Pieces

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¶ **Recycling Rooms (aka trash rooms)** serving the apartments and the cluster cottages have been refurbished, according to Don Holmes, speaking for the residents' Environmental Sustainability Committee. New containers are in place, clearly marked to show what kind of material goes where. Each recycling room now has a cork bulletin board containing detailed instructions for recycling at Kendal, written by Nanalou Sauder for the committee. Copies of this handout were placed in residents' mailboxes last month and, Don reminds us, are worth reviewing.

¶ **How Many Residents** do we currently have in Independent Living plus the Webster Center (assisted living)? According to the list displayed each month in the Fitness Center (for people to check their names when using the pool on their own rather than in a class), June's total is 178: 115 women, 63 men.

¶ **Ten Years Ago**, in July of 2006, Kendal residents were looking forward to the completion of the renovation of Sunnyside House, the beautiful nineteenth century dwelling that is now the centerpiece of our campus. Many years of work and many contributions by generous donors had been involved, but the end was in sight. Gifts of furniture were being received and duct work for the air conditioning was under way. The dedication took place a few months later, in mid-October.

¶ **Members of the Waitlist** are welcome at Wine and Conversation, our Tuesday evening (5 pm) cocktail party. (Cash bar, reasonable prices.) The location is traditionally Kendal Hall. Occasionally, in beautiful weather, the party shifts to the Sunnyside House patio, but, should this happen, clues will probably be available and you can find us. Relax, chat with your future neighbors, hoist a glass or two.

Out and About in July

[This column lists events and opportunities for which Kendal is not offering transportation, but which may be of interest to Kendal residents and their guests.]

Fri., July 1, 5 to 7:30 pm. Lexington Gallery Walk, a "first Friday" tradition. Downtown galleries welcome visitors.

Mon., July 4, noon to 10 pm. Fourth of July celebration, "Fireworks and Festival," at the VMI Parade Ground. (Kendal is taking a bus to this event, leaving at 6:30 pm, but some may wish to go earlier.) Food and craft vendors open at noon, with over 25 food vendors (classic festival fare along with traditional and regional favorites) and over 50 arts and craft vendors selling art, jewelry, and specialty items. Booths from area companies and non-profit organizations will also be on site. Antique cars will be on display between noon and 4 pm, and music will begin at 4 pm. Musicians include Shenandoah Valley performers SaraJane McDonald and Sweetfire as well as "The Wannabeatles," a nationally known Beatles tribute band playing "happy music that spans the generations." Fireworks begin at 9:15 pm. Free admission. Sponsored by Lexington's Sunrise Rotary Club and by Cornerstone Bank.

Thu., July 21, through Sat., July 23. Rock-bridge Regional Fair and Farm Show. Livestock competitions (4H and FFA youth projects); quilt, horticulture, and art competition; midway rides. See local media (especially *The News-Gazette*) for details as the date approaches. Virginia Horse Center, 487 Maury River Road.

Boxerwood Nature Center and Woodland Garden, 963 Ross Road (not far from Kendal), offers "Music in the Garden" every other Friday during the summer. July's performers are "Baddogs" (blue grass, blues, and reggae) on

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Out and About

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July 8, and "Red Hill Band" (rock and country) on July 22. Music starts at 6:30 pm and continues to 8 pm. Bring lawn chairs and a picnic. Free parking and admission; a hat will be passed to benefit the musicians. Kendal at Lexington is one of the sponsors of this series.

Lime Kiln Theater continues its summer concert series with "Walker's Run," acoustic bluegrass, on Saturday, July 2; "Turnpike Troubadours," country-leaning rock, on Saturday, July 16; "Acoustic Syndicate," rock/folk/bluegrass, on Saturday, July 30. Tickets are \$15 in advance and \$20 at the door, except for the Turnpike Troubadours, at \$25 and \$30. "Buy Ticket" buttons can be found on the Lime Kiln website (www.limekilntheater.org); a fee is added to the price. All advance tickets are "will call"; bring a photo id. 607 Borden Road, not far from Kendal. Free parking.

Hull's Drive In Theater, 2367 Lee Highway, shows a double feature on Fridays and Saturdays. Hull's opened in 1950 and is now a non-profit community enterprise run by a volunteer group called, who could resist, "Hull's Angels." Adults \$7; children 5 to 11, \$3; younger children free. Leashed, well-behaved dogs are welcome. Bring lawn chairs and sit outside your vehicle if you prefer. Concession stand and restrooms. Gates open at 7 pm; movie begins approximately twenty minutes after sundown. To find out what's playing, call (540) 463-2621 or visit www.hullsdivein.com. The website also explains rules governing the size of vehicles and other matters.

Fridays Alive, a free concert series hosted by the Lexington/Rockbridge Jaycees, takes place from 6 to 9 pm every second Friday in Davidson Park, downtown Lexington (Varner Lane, near the Visitor Center on East Washington Street). July's headliners are: July 1, South-paw; July 15, Klaxton Brown; July 29, Fatty Lumpkin.

Local Farmers' Markets offer fresh produce, baked goods, and much more. The Lexington Farmers Market is held on Wednesdays, 8:30 am to 12:30 pm, in McCrum's parking lot off Jefferson Street between Washington and Nelson. The Rockbridge Farmers Market is held on Saturdays, 8 am to noon, at the Virginia Horse Center, 487 Maury River Road, parking lot opposite Anderson Coliseum.

The Summer Music Festival at Wintergreen Resort, in Nelson County, runs from July 9 until August 7 and offers a wide variety of musical experiences -- largely chamber and symphonic concerts featuring Bach, Beethoven, and Mozart, but bagpipes will be present this year, and a "Christmas in July" celebration includes a "Messiah" sing along. Visit www.wintergreenperformingarts.org to see the festival's calendar, guest artists, etc. Ticketing is pretty complex and includes special packages, but you can skip the complexity and buy a season pass for \$500, or a seven-day pass for \$175. Wintergreen Performing Arts, Inc., is a non-profit organization active since the mid 1990's. The artistic director since 2014 is Erin R. Freeman.

The Heifetz International Music Institute, headquartered in Staunton (40 miles north of Lexington), presents its Twentieth Anniversary Festival of Concerts from July 2 until August 11. Eighty students, many of them advanced, will be studying and performing mainly chamber music for strings. The weekly schedule includes Monday concerts at noon, free, in the Temple House of Israel, 15 N. Market St. Also on Mondays, at 7:30 pm, a free concert at the Blackfriars Theater will be followed by guest speakers from other disciplines (art, music, medicine), exploring the intersection of music and ideas. On Tuesdays, Wednesdays, and Thursdays, student concerts will be held at 7:30 pm in the Francis Auditorium of Mary Baldwin College; suggested donation, \$5. On Fridays, a 5 pm happy hour will precede a concert by Heifetz Institute faculty, on the Page Terrace of

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Weekly Scheduled Activities

Sundays (3, 10, 17, 24, 31)	4:00 pm	Vespers	Kendal Hall
Mondays (4, 11, 18, 25)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (5, 12, 19, 26)	1:00 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (7, 14, 21, 28)	10:00 am 3:30 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Tea Served Movie	Staff Devel. Rm. Dining Room Kendal Hall
Fridays (1, 8, 15, 22, 29)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (2, 9, 16, 23, 30)	3:00 pm	Movie	Webster

Out and About

(from p. 11)

Mary Baldwin College; the \$30 ticket includes food and beverage. On Saturdays, a concert at 7:30 pm will include faculty, students, and artists in residence; Francis Auditorium, Mary Baldwin College; ticket \$10. In addition to these regular concerts, the Festival will include a number of special events. Visit www.heifetzinstitute.org for an overview. The Heifetz headquarters and box office is open from 9 am to 6 pm at 107 E. Beverley Street. Telephone (540) 907-4446. The Heifetz Institute is a non-profit organization founded by Daniel Heifetz, now retired; the executive director is Benjamin R. Roe.

leave about every half hour, every day including holidays, from the Lexington Visitor Center, 106 E. Washington Street. (Actually the departure site is Varner Lane, across the street from the Visitor Center; the Visitor Center is a good place to park.) Tours take 40 to 50 minutes. Prices vary according to the passenger's age; the senior rate is \$14. Except for groups of ten or more, no reservations are taken before the day of the tour. Instead, just turn up at the Visitor Center and sign in when the carriage and driver appear. First come, first served; if a carriage-load is already on hand, you can sign up for the next departure. To arrange a group tour, telephone 463-3777. Much more information is available at www.lexcarriage.com.

The Lexington Carriage Company offers narrated tours of historic downtown Lexington in a horse-drawn carriage. During July, tours



July Activities Calendar

(See pp. 2 -3 for details. Please watch the bulletin boards for changes, additions, etc.)

4, Mon.	6:30 pm	"Fireworks and Festival" at VMI	[bus, 6:30 pm]
7, Thu.	* 4:30 pm	Talk by Bruce Patterson, Clerk of Rockbridge Co.	Kendal Hall
12, Tue.	1:00 pm	Residents Council Meeting	North Parlor
13, Wed.	3:00 pm	Therapy Presentation	Kendal Hall
14, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
16, Sat.	4:00 p	Concert at Garth Newel Music Center	[bus, 2:30 pm]
20, Wed.	10:30 am	Residents Association Meeting	Kendal Hall
	* 4:30 pm	Talk on "King Lear," Prof. Hank Dobin	Kendal Hall
23, Sat.	2:00 pm	"King Lear" at the Blackfriars Theater	Transportation TBA
27, Wed.	7:00 am to 6:00 pm	Fitness Testing	Fitness Center
	* 7:15 pm	Concert, Garth Newel's Emerging Artists	Kendal Hall
31, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:15 pm]

* Free and Open to the Public

Kendal at Lexington

The Residents' Newsletter

