

Kendal at Lexington

The Residents' Newsletter

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❄️ **Plenty of Snow,** ❄️ ❄️ **Plenty of Power** ❄️

Winter Storm Octavia and her Arctic follow-up days treated Lexington kindly, in comparison with other places on the east coast during the last half of February. We had lots of snow and some very cold temperatures, and our wonderful staff coped splendidly. (See story, p. 9.) What we didn't have was an ice-laden tree or two crashing down on power lines to cause an outage.

We know, though, that we won't always be so lucky. It is reassuring to think that by next winter Kendal's new all-site emergency generators -- three of them, diesel-fueled, visually inconspicuous and surprisingly quiet in operation -- will be standing by to help.

Kendal does have emergency generators now, capable of providing power to the Webster Center (assisted living), the Borden Center (skilled nursing care), and some parts of the main building. Most of this equipment will stay as it is. The new system will cover the rest of the campus, including Independent Living residences and any construction we may add in the future.

On February 9, Kendal's management invited residents and campus neighbors to

meet with representatives of Spectrum Design, the Roanoke-based architectural and engineering firm hired to coordinate the generator project. (And to do much more. See the article by Mina Tepper, Kendal's Executive Director, in the January issue of this newsletter, and stay tuned.) Forty-four Kendal residents attended the meeting, paying close attention and asking questions of a calibre consistent with the fact that a number of Kendal residents are former engineers. One neighbor attended and said afterward that any questions she might have asked had been answered.

Granville Grant, a principal at Spectrum Design, and Mark Atkinson, an engineer, showed photos and diagrams of the generators' location, just off Kendal Drive and to the left as one enters the campus. The power poles belonging to Virginia Dominion Power end at this point, where the lines go under ground, and siting the generators at this spot was required by Dominion Power. A concrete pad, about 47 feet long and 26 feet wide, will support not only the generators but several other equipment boxes, some of them belonging to Dominion Power.

The generator site is below the level of Kendal Drive and also below the line of sight from the nearest neighbors' houses on

(cont. on p. 4)

🎵 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 Dianne Herrick. "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.]

Mar. 1, Sun., through Mar. 7, Sat. Library Committee's book sale in the Information Alcove. Bring money, take books.

Mar. 2, Mon., 8 am. Men's monthly breakfast in the Dining Room.

Mar 3, Tue., 8 pm. Concert by the W&L University Singers, an *a capella* ensemble just home from a tour of the Northeast. Ticket free, but required; distributed to riders on the Kendal bus. Wilson Concert Hall, W&L. [bus, 7:20 pm]

* **Mar. 4, Wed., 4 pm.** Talk by Ken Ruscio, president of W&L since 2006. As this newsletter goes to press, no title more specific than "Update" has been made available for President Ruscio's talk. However, a lot goes on at W&L, and it is probably safe to assume that the talk will be of interest. Kendal Hall. * **Free and open to the public.** *

* **Mar. 4, Wed., 5 pm.** Wine reception following President Ruscio's talk. Sunnyside House. * **Free and open to the public.** *

* **Mar. 4, Wed., 7:30 pm.** Cello recital by Evelyn (Evy) Elsing of the music faculty of the University of Maryland. Miss Elsing, who has visited Kendal twice in the past, studied at the University of Michigan and the Juilliard School. She has won numerous prizes, has performed at festivals in Europe, and has recorded the complete works for cello and piano by Rachmaninoff and Ginastera. She is a niece of

Kendal resident Elinor Denney, who tells wonderful stories of "Evy's" childhood in South Dakota. Kendal Hall. * **Free and open to the public.** *

Mar. 6, Fri., 9:30 - 11:30 am and 2 - 4 pm. Bring and collect artwork at the residents' art gallery. (See story, p. 9.)

Mar. 7, Sat., 8 pm. "Autour de la Chanson Francaise," with the Terry Vosbein Nonet. Jazz interpretations of classic melodies from the golden age of French singers (Maurice Chevalier, Edith Piaf, many others). Arranged by Terry Vosbein of the W&L music faculty. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

Mar. 8, Sun., 2 am. Daylight Saving Time begins; "spring forward" one hour.

* **Mar. 9, Mon., 4:30 pm.** Peter Hamel of the National Park Service, an authority on bluebirds, will speak on "Nest Box Monitoring." Mr. Hamel has been involved with the outreach program at Boxerwood Gardens and has monitored the bluebird boxes on the Woods Creek Trail. Program arranged by resident Maury Hanson. Kendal Hall. * **Free and open to the public.** *

* VISITORS ARE WELCOME *

to many events at Kendal. Please check the listings on these pages for "open to the public" designations. The dates are underlined and starred. If reservations are required, this fact will be mentioned. If you don't need a reservation, just come on in. We're glad to see you!

Calendar Notes (from p. 2)

Mar. 11, Wed., 10:30 am. Monthly meeting of Kendal's Photography Group. All are welcome. Contact Wil Stratton at 463-3863 with questions. Staff Development Room.

Mar. 11, Wed., 4:30 pm. First meeting of the Kendal College course, "The Cultural Legacy of the Manhattan Project," taught by Prof. Frank Settle. (See story, p. 6.) Kendal Hall.

Mar. 12, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

Mar. 12, Thu., 6:30 pm. Monthly meeting of the Sunnyside Weavers. Open to area residents as well as Kendalites. Contact resident Ruth Tafel (484-883-1043) for more information. Sunnyside House.

Mar. 12, Thu., 7:30 pm. Monty Python's *Spamalot*, based on the film *Monty Python and the Holy Grail*. A Robert O. and Elizabeth M. Bentley musical. (The late Betty Bentley, who with her husband established the fund that supports these musicals, was a Kendal resident.) Senior ticket \$25. (Box office, 458-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 6:50 pm]

* **Mar. 17, Tue., 7:15 pm.** Music by the W&L Jazz Ensemble, directed by Terry Vosbein. Hot, cool, and swinging jazz, featuring student soloists. Kendal Hall.

* **Free and open to the public.** *

* **Mar. 19, Thu., 5 pm.** The Alzheimer's Association, Central and Western Virginia Chapter, and Kendal at Lexington sponsor a screening of the film "Alive Inside," preceded by a reception and followed by a guest discussion. This award-winning documentary follows social worker Dan Cohen, founder of the nonprofit organization Music & Memory, as he demonstrates music's power to combat memory loss. (Kendal at Lexington established a "Music & Memory" program in the fall of 2012, with the help of a grant from Kendal Charitable Funds.) Tickets are limited and reservations are required; this stipulation also applies to Kendal residents. Telephone 464-2601, or reserve online at kalex.kendal.org/event. Kendal Hall. * **Free and open to the public; reservation required.** *

* **Mar. 20, Fri., 7:15 pm.** "Celtic Song Fest." The Kendal Singers and several other resident groups, joined by guest musicians from the Rockbridge area, present music of Ireland, Scotland and Wales. Kendal Hall. * **Free and open to the public.** *

Mar. 21, Sat., 8 pm. The University-Shenandoah Symphony Orchestra presents "East Meets West," with Rimsky-Korsakov's *Russian Easter Festival Overture*, Tchaikovsky's *Serenade for Strings*, Bernstein's "Symphonic Dances" from *West Side Story*, and Barber's *Violin Concerto*, with Ellen Phillips (W&L Class of 2015) as soloist. Senior ticket \$16. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:20 pm]

(cont. on p. 4)





Calendar Notes (from p. 3)

* **Mar. 24, Tue., 7:15 pm.** Vocalist Taerra Pence, of the Music Department of Southern Virginia University in Buena Vista, will present a recital with her voice students. Taerra has delighted Kendal audiences in the past and comes from a musical family. Her brother, Nate Pence, who has also visited Kendal, is now singing with the male vocal ensemble Chanticleer. Kendal Hall.
* **Free and open to the public.** *

Mar. 25, Wed., 4:30 pm. Second meeting of the Kendal College course, "The Cultural Legacy of the Manhattan Project." (See story, p. 6.) Kendal Hall.

Mar. 25, Wed., 7:45 pm. Don Bernardini, internationally acclaimed American tenor, will perform at VMI's Gillis Theatre. Mr. Bernardini graduated from VMI in 1975. No ticket required. [bus, 7:05 pm]

Mar. 30, Mon., 7:30 pm. The W&L Repertory Dance Company presents multifaceted dance works created by faculty and guest artists. Senior ticket \$13. (Box office, 458-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 6:50 pm]

Mar. 31, Tue., 8 pm. "The Easter Symphony," by David Holsinger, will be performed by the University Wind Ensemble and the combined choirs of the W&L choral program. Program includes a brief lecture on the evolution of the oratorio in performance. Ticket free but required; distributed to riders on the Kendal bus. Wilson Concert Hall, W&L. [bus, 7:20 pm]

Emergency Generators (from p. 1)

Cavalry Road and Battery Lane. Consequently, the equipment will not obstruct our own or our neighbors' views of the mountain skyline. To make the generator site even less conspicuous, screening shrubs of just the right height will be planted. Arthur Bartenstein, Lexington-based landscape architect and a member of the family that donated the property on which Kendal is built, has been consulted on this point and has suggested plantings of forsythia, juniper, and abelia.

The generators will be tested periodically at "an innocuous time of day," probably mid-morning, and will run for thirty minutes at idle speed. The noise level at a distance of fifty feet will be about 74 decibels, similar to that of a busy office environment.

During a power outage, the generators can run for 24 hours at full capacity without needing to be refueled. In most situations, however, they would run at about two-thirds capacity. A service road for fuel trucks will enter the site from Battery Lane, making use of a farm road that was in place before Kendal Drive was built.

"An all-site generator is important for us now," Mina says, "and it's important for our future residents. Other retirement communities have them. It's one of the things people will ask about as they become interested in Kendal."

-- Jo McMurtry

with input from Mina Tepper,
Executive Director

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.]

The fact that I underwent back surgery in January caused me to think about preparation for large changes in life. I had other thoughts also, not terribly profound or original, but perhaps worthy of recording.

One of those was to marvel at the things that doctors can now do to cure illness and preserve or enhance life. The cost and availability of such medical services are matters for another time and place, but that they can be provided at all seems remarkable. Another thought was how fortunate we Kendal residents are to be here, how wise we were to decide to live in a place where medical care is part of what goes on, and where nursing, rehab, therapy, and similar services are readily available to us.

But let me turn to some of the practical concerns that we should bear in mind in case changes, those that may or may not be expected, in our lives or those of our family members or others close to us, should occur. I have written about these things before, but they bear repetition.

Each of us needs to know and to be sure that any others who should, know what our important documents and files are, and where they can be found. At this time of year perhaps income tax preparation may be on our minds. Who prepares my tax returns and where is the information the preparer will need to do that?

What about insurance? If we still have life insurance policies, they should be located and reviewed to be certain that beneficiary designations still make sense. For those who have recently sought medical care, the daily mail brings many messages from health care providers and insurers. We hope that most of these carry the cheery greeting, "This is not a bill," but reviewing health care coverage with caregivers is a good idea. Other types of insurance policies -- automobile, liability, theft, long term care, etc. -- if one has them, should be located and reviewed, and appropriate access granted to them.

Access to bank or brokerage accounts or safe deposit boxes needs to be considered. Do the appropriate parties know where accounts or keys are located? Are they still the appropriate parties? Should others' names be added to or removed from these accounts?

In today's world, access to accounts or information probably depends on passwords. Can I remember what those are or where they can be found, and do caregivers have that information? Are they the right people to have it?

Of course, we all have executed powers of attorney or other documents enabling trusted persons to make decisions for us concerning health care or other financial matters. Do we know where these documents are, and do those we have designated know where they are? How long ago were these documents executed? Should they be brought up to date? A stale power of attorney may not be useful any more.

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Legal Perspective (from p. 5)

Finally, the plans we have made and recorded for the disposition of our property should be located and reviewed. Do they still make sense, or have changes in my health or that of potential beneficiaries made changes desirable? Have I planned the division or distribution of my property in ways that still make sense?

Quite a bit to think about as I try to resume normal activities.

-- Ned Henneman

News Flash -- our new fourteen - passenger bus has arrived! More in the April newsletter . . .

Kendal College in March: The Manhattan Project

Dr. Frank Settle will conduct a series of Kendal College lectures in March and April on the subject of "The Cultural Legacy of the Manhattan Project." Meetings will be held at 4:30 pm on March 11 and 25, then on April 1 and 8 (all Wednesdays), in Kendal Hall. Registration is open to Kendal residents via registration forms placed in open mailboxes. There is no charge for this program.

The first lecture will be an overview, with each of the remaining three covering a particular time period.

According to information provided by Dr. Settle, "We will examine the nuclear age as reflected in music, film, and literature. It is divided into three time periods reflecting America's response to the initial use of the atomic bomb, the increasing presence of nuclear weapons during the Cold War, and their continual existence in today's world. The presentations will include clips of songs and film clips from each period."

Dr. Settle taught chemistry at VMI from 1964 to 1992 and at W&L from 1998 to 2012. He was also a program officer at the National Science Foundation for undergraduate education and a consultant to the Department of Energy for environmental issues at nuclear sites. While at W&L he developed a series of courses for liberal arts majors on nuclear history, weapons of mass destruction, and nuclear power. He presents lectures and short courses for the American Chemical Society and for the Osher Lifelong Learning Institute at the University of Virginia.

The Manhattan Project was the U.S. government research project (1942-45) that produced the first atomic bomb. The code name reflects the fact that much early work was performed at Columbia University, but research in fact extended across the continent. (From the Encyclopedia Britannica, online.)

Kendal College courses have a long history at Kendal at Lexington. (See the January, 2015 issue of this newsletter for more.) Current members of the Kendal College Committee are Rae Carpenter, Sally Emory, John Gunn, Bill Russell, and Ruth Woodcock.

March 2015 Resident Art Show

The March Resident Art Show will run from Monday, March 9, to Friday, July 10. The day to retrieve current work and bring in new work is Friday, March 6, between 9:30 and 11:30 am and between 2:00 and 4:00 pm.

For the object label posted beside each piece, please provide your name, a title, and the type of medium. Art show notices were distributed in February and included guidelines to clarify what to use for hanging, and a similar notice will be posted in the Information Alcove.

We have only two display cases, so please let us know ahead of time if you would like to reserve space for any small unframed craftwork.

For anyone newly arrived at Kendal, please consider exhibiting in our gallery. We are always grateful to those of you who lend your work. Thank you all in advance for your wonderful efforts.

The Art Gallery is located on Level One, just past The Restaurant and in the corridor leading toward the south elevator. The other art shows in 2015 will begin on July 13 and Nov. 6. Please direct any questions to either Victoria Shelar or Trix Rumford.

-- Victoria Shelar



Vespers at Kendal in March

A Vespers service is arranged by the Vespers Committee every Sunday at 4 pm in Kendal Hall. All are welcome to these ecumenical services. The officiants and musicians are volunteers from the wider community, whose generosity is much appreciated.

Officiants and pianists for March are:

Mar. 1: Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Karen Fredenburg.

Mar. 8: Deb Klein (Lexington Presbyterian Church); pianist, Charlene Jarrett.

Mar. 15: Bernard Bangley (retired Presbyterian minister); pianist, Jeannie Vaughn.

Mar. 22: Jason Grimes (High Bridge Presbyterian Church); pianist, Jerri Keen.

Mar. 29: Bill Klein (Lexington Presbyterian Church); pianist, Betty Bond Nichols.

Newsletter Statement and Staff

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

Staff: Sally Emory, Sarah Giddings, Maury Hanson, Jo McMurtry (editor), Trix Rumford, Nanalou Sauder, Victoria Shelar, Marje Sherrill, Rudie Terhune, Clara Belle Weatherman.



 **"The Kalex" Seeks** 
Contributions

Calling all fiction, non-fiction, poetry, and memoir writers; all photographers and other artists in all media: help us fill the next issue of *The Kalex*, Kendal's randomly published and widely praised literary magazine. We know you're out there, you rascals, and we know you have not only stories to tell, but also poetry and photos and other artwork to share with the rest of us.

In your life was there one special "house of your heart," one that you could describe in detail, even years later? Was there perhaps one wonderful (or maybe worst-nightmare) travel adventure? Was there -- or is there now -- a pet in your life, a one-of-a-kind cat or dog or other animal that you would let us laugh or weep over with you? How about a work or family experience, a crazy boss, an unforgettable (for better or worse) family reunion?

If writing is just not your thing, consider: maybe you would let a *Kalex* editor "ghost" write with you -- that is, sit down and shape your words as you tell the story. We never publish anything until it is proofread and approved by the contributor.

We're easy to find. Look for the Kalex mailbox right next to our in-house boxes in Anderson, and when you find it, please leave a contribution or tell us how we can get in touch with you. We need you!

-- Marje Sherrill
for *The Kalex* editorial staff

WELLNESS COMMITTEE

"The Wellness Committee promotes the health and well-being of residents. It facilitates the flow of information about available services, identifies unmet needs, and, if possible, finds ways to meet those needs. It responds to concerns of residents regarding health and fitness and plans health education programs." (The Residents Red Book)

Quite a "tall order" for the responsibility of the committee and we need to have input from the residents. We meet each month on the third Thursday at 9 am in the Fitness Center. Please contact me if you have any concerns that can be addressed at our monthly meeting. We would really love to hear from the residents with ideas of speakers and topics. We are so pleased to have the expertise of both Rebecca and Jason and we want to work with them to help plan for educational programs. We also would like feedback on day and time of such talks.

-- Shay Peters

DAY TRIP, ANYONE?

The annual W&L Art Department bus trip to Washington, DC will take place on Saturday, March 7. Seats will be available for Kendal residents if space permits. Departing from Wilson Hall at approximately 7 am, we should return by about 7 pm. Contact Sarah Giddings for more information and to obtain a release form.

Thanks to Our Staff!

Our wonderful staff has done it again -- kept us safe, warm, well fed, and accessible to the outside world while snowflakes fell for hours and hours, indeed for days and days, during one snowfall after another in the latter part of February. Heartfelt thanks to all of you!

Many staff members spent nights at Kendal, sleeping in Sunnyside House and on cots set up in vacant apartments, to be sure they could get in the next day. Others who live at a distance arranged to stay with friends close by, while informal car pools were arranged by staff members who own four-wheel drive vehicles.

For photos of Kendal in the snow (including a shot of a resident walking stalwartly behind one of our snow blowers on a newly-cleared sidewalk), visit our Facebook page -- a quick click on our web site, kalex.kendal.org.

Let's Meet Lucy Moise

Lucy Moise moved to Kendal from Newark, Delaware, where she lived for 41 years. She was born in Spokane, Washington, where her father served in the regular Army. Her mother, Elizabeth Huger Coates, was a Lexington native. Lucy and her family moved here when she was thirteen, after her father retired from the Army. She graduated from Lexington High School and attended Mary Washington College (now the University of Mary Washington) for two years before marrying VMI graduate Larry Moise, VMI '53, in 1954, while Larry was serving his two-year obligation in the Air Force.

Lucy's VMI connections go back to the nineteenth century. Her great-grandfather, Gen. Scott Shipp, was the Institute's second superintendent, from 1890 to 1907. Then, of course, she married Larry, who was a member of the VMI Glee Club during the years when its

director was the famed Herbert Dillard, who was also a professor of English. Their son, Lee, is also a VMI graduate.

Lucy and Larry lived in Kinston, North Carolina, for nearly two decades, where Larry worked for DuPont as an engineer and Lucy worked for several years as a teacher's aide when the children were in school. Then Larry was transferred to DuPont's Louviers Engineering Department in Newark.

Lucy had always loved to draw and became an accomplished painter and member of the wider arts community in Delaware. She first studied with a local artist, Bonnie vonDuyke, and later joined the Center for Creative Arts (CCA) in Hockessin, where she studied with Sue Kwok. Lucy was invited to join the Studio Group that owns and operates the Howard Pyle Studio, Inc., the studio that was founded by late nineteenth century artist Howard Pyle. She exhibited there as well as at the University of Delaware and at CCA. She brought many of her paintings with her; no doubt we will see some of them outside her apartment and in other places at Kendal in the future.

The Moise children include son Lee, who lives in Grundy and is County Attorney for Buchanan County, and daughters Scotty Moise and Liz LaSorte, both of whom live in Delaware. Lucy has five grandchildren.

Lucy is a long time communicant of the Episcopal Church, both in Lexington and elsewhere. During her 41 years in Newark, she served on the Altar Guild at St. Thomas Church.

The Moise family and another couple owned a cottage at Emerald Isle, South Carolina, for many years, where they both vacationed and rented to other vacationers. Her painting is her avocation and her hobby, and she likes to play bridge.

-- Nanalou Sauder

Memorial Book in Library

As a memorial for Pat Geikler, the Library Committee has chosen *The Art-Full Tree: ornaments to make, inspired by the Abby Aldrich Rockefeller Folk Art Museum*, by Jan Gilliam and Christina Westenberger (published by Colonial Williamsburg). As the Geiklers have donated their beautiful collection of glass Christmas ornaments to the Webster Center, the Library Committee felt that this lovely book of vintage and hand-made ornaments would be an appropriate memorial for Pat. After a brief introduction about the tradition of handmade Christmas tree ornaments, a description of the art in the collection leads to clear and easy instructions for making the ornaments. The Colonial Williamsburg tree is now decorated with these ornaments only. It must be beautiful.

-- Sarah Giddings

Out & About in March

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

Mar. 4, Wed., 5:30 pm. Surrealist-style artist Louis Markova, who once worked as a studio assistant for Salvador Dali, will give an artist's talk about his work, on exhibit in W&L's Staniar Gallery until Mar. 20. A reception will follow. The exhibition also includes original Dali works from Markova's collection.

Mar. 7, Sat., 8 am - 10 am. "Birding at Boxerwood." Sponsored by the Rockbridge Bird Club. Meet in the Nature Center parking lot at Boxerwood Nature Center and Woodland Garden, 963 Ross Road. Free.

Mar. 3, 10, and 17, all Tuesdays, all from 7 to 9 pm. The Frontier Culture Museum in Staunton continues its lecture series on "Living on the Edge: The Frontier Remembered in American

Fiction." **On Mar. 3:** Talk on Hugh Henry Breckenridge by Robert Battistini, who teaches American literature at Centenary College in New Jersey. **On Mar. 10:** "James Fenimore Cooper's Vision of the American Frontier," by Alan Taylor of the Corcoran Department of History at the University of Virginia. Prof. Taylor has won two Pulitzer prizes for his historical writing, the most recent (2014) for *The Internal Enemy: Slavery and War in Virginia, 1772-1832*. **On Mar. 17:** "Romance on the Border of Old Virginia: the Shenandoah Valley in the Novels of John Esten Cooke," by Eric A. Bryan, deputy director of the Frontier Culture Museum. Lectures are held in the Dairy Barn Lecture Hall, and are free to the public. The museum is located at 1290 Richmond Road, Staunton. Telephone (540) 332-7850 or visit www.frontiermuseum.org.

Mar. 14, Sat., 12:55 pm. Rossini's "La Donna del Lago," broadcast live in high definition from the Metropolitan Opera. Starring Joyce DiDonato and Juan Diego Florenz in the operatic version of Sir Walter Scott's novel. Shown at the State Theater in downtown Lexington. Box office, 463-3424.

Our fitness/wellness gurus, Rebecca Wilder and Jason Bunn, call your attention to the following: (1) "Brain Fitness" is now offered in two different versions, one in Webster and one in the Fitness Center Classroom. Don't let your brain rust away! (2) "Zumba Gold," our aerobic dance party, has two new DVD's and has added a third meeting each week. (3) "Wii Games," a magical video game that must be seen to be believed, includes such sports as bowling, golf, boxing (!), and many more, and can be explored with staff support on Thursday afternoons. See the detailed schedule, pp. 11 - 12.

Exercise Classes for March

Please see Rebecca Wilder, Wellness Program Manager, or Jason Bunn, Fitness Program Manager, if you have questions about classes or if you would like to set up an individual fitness program. Both can be reached at 458-0103.

Kendal's Fitness Center has a fifty-foot indoor swimming pool, kept at a temperature of 86 degrees, with gentle salt-based disinfectant; a weight room equipped with treadmills, weight machines, and much more; and a classroom with versatile open space and capacity for DVD and Wii use. Jason and Rebecca are happy to provide orientation. The Fitness Center may be used by all Kendal residents and staff. Recommended hours are 5 am to 10 pm.

Classes marked with an asterisk (*) are taught and attended by members of the Rockbridge community, but are open to Kendal residents and staff free of charge.

Aqua Aerobics. Gentle activity in the pool to improve aerobic fitness. MW, 10 to 10:30 am. (Pool)

* **Aquacise.** Cardiovascular pool workout -- good for the heart, gentle on the joints, fun in the water. M, 4:30 - 5:30 pm; W, 4:30 - 5:30 and 5:30 - 6:30 pm. (Pool)

Brain Fitness. Exercise your brain in fun, challenging, and creative ways. T, 3:30 - 4:30 pm (Webster); W, 3:30 - 4:30 pm. (Classroom). These are two different classes.

Chair Exercise. Seated strengthening exercises from head to toe. Open to everyone. MWF, 11:15 - 11:45 am. (Webster Center)

Chair Yoga. Yoga style seated and standing exercises. WF, 1:30 - 2:00 pm. (Classroom)

Early Bird Ping-Pong. Bring a friend and have fun. The ping-pong table will be set up for free play during this time. M, 7:30 - 8:30 am.

Fitness Games. Fitness-related games to improve coordination and overall fitness. M, 1:00 - 1:30 pm. (Webster Center)

* **Gentle Joints Aquacise.** Gentle exercises designed to improve joint mobility, range of mobility, balance, and stability. T, Th, 11:30 am - 12:15 pm. (Pool)

* **Intermediate Yoga.** Vinyasa Yoga class, sometimes referred to as "flow class." Movement coordinated with breath. All levels welcome. T, 8:30 - 9:30 am. (Classroom)

Pool Strength and Stretch. Includes aerobic and strength-based exercises followed by a brief stretching routine. T,F, 8:30 - 9:15 am. (Pool)

Relaxation & Meditation. A seated routine that combines muscle relaxation, guided imagery, and meditation. TTh, 10 - 10:30 am. (Classroom)

(cont. on p. 12)

Exercise Classes (from p. 11)

Seated Strength & Stretch. Seated strengthening exercises designed to challenge the entire body, followed by stretching of all the major muscle groups. Th, 1:15 - 1:45 pm. (Classroom)

Senior Balance. Balance, coordination, and functional exercise designed to help with activities of daily living. T,Th, 2:00 - 2:30 pm. (Classroom)

Strength Hour. Supervised time in the weight room for equipment and program-related questions, as well as socialization among residents. T, 2:30 - 3:30 pm. (Weight Room)

Strength & Stretch. Total body strengthening workout with the option of exercise equipment for additional resistance; stretching of all the major muscle groups. MWF, 2:30 - 3:30 pm. (Classroom)

* **Tai Chi Chih.** Features tai chi-like moves designed to get energy moving, promote relaxation, and improve leg strength, coordination, and balance. Th, 11:00 - 11:30 am. (Classroom)

Wii Games. Play activity-based video games -- bowling, golf, boxing, many more. Th, 2:30 - 3:30 pm. Classroom.

Zumba Gold. A low to moderate impact aerobic dance party taught by DVD. MWF, 9:00 - 9:45 am. (Classroom)

Weekly Scheduled Activities

Sundays (1, 8, 15, 22, 29)	4:00 pm	Vespers	Kendal Hall
Mondays (2, 9, 16, 23, 30)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (3, 10, 17, 24, 31)	10:30 am	Poetry Group	North Parlor
	3:30 pm	"Brain Fitness"	Webster
	5:00 pm	Wine & Conversation	Kendal Hall
Wednesdays (4, 11, 18, 25)	3:30 pm	"Brain Fitness"	Fitness Classroom
Thursdays (5, 12, 19, 26)	10:00 am	Bible Study with the Rev. Tom Crittenden	Staff Devel. Rm.
	4:00 pm	Recorder Group	Kendal Hall
Fridays (6, 13, 20, 27)	10:30 am	Kendal Singers	Kendal Hall
	7:00 pm	Movie	Kendal Hall
Saturdays (7, 14, 21, 28)	3:00 pm	Movie	Webster

March Activities Calendar

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

1, Sun., through 7, Sat.		Library Sale	Alcove
2, Mon.	8:00 am	Men's Breakfast	Dining Room
3, Tue.	8:00 pm	University Singers Concert, W&L	[bus, 7:20 pm]
4, Wed.	4:00 pm	* Talk by Ken Ruscio, W&L President	Kendal Hall
	5:00 pm	* Wine Reception	Sunnyside
	7:30 pm	* Cello recital, Evelyn Elsing	Kendal Hall
7, Sat.	8:00 pm	Jazz Interpretations of French Music	[bus, 7:20 pm]
8, Sun.	2:00 am	Daylight Saving Time begins	Eastern Time Zone
9, Mon.	4:30 pm	* Talk on bluebirds by Peter Hamel	Kendal Hall
10, Tue.	1:00 pm	Residents Council	North Parlor
11, Wed.	10:30 am	Photography Group	Staff Development Room
	4:30 pm	Kendal College, Manhattan Project	Kendal Hall
12, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
	6:30 pm	Sunnyside Weavers	Sunnyside
	7:30 pm	"Spamalot" at W&L	[bus, 6:50 pm]
17, Tue.	7:15 pm	* W&L Jazz Ensemble	Kendal Hall
18, Wed.	9:30 am	Residents Association	Kendal Hall
19, Thu.	5:00 pm	** "Alive Inside" (by reservation)	Kendal Hall
20, Fri.	7:15 pm	* Celtic Song Fest	Kendal Hall
21, Sat.	8:00 pm	University-Shenandoah Symphony Orch.	[bus, 7:20 pm]
24, Tue.	7:15 pm	* Taerra Pence, vocalist, and students	Kendal Hall
25, Wed.	4:30 pm	Kendal College, Manhattan Project	Kendal Hall
	7:45 pm	Don Bernardini, operatic tenor, at VMI	[bus, 7:15 pm]
30, Mon.	7:30 pm	W&L Repertory Dance Company	[bus, 6:50 pm]
31, Tue.	8:00 pm	University Wind Ensemble & W&L Choirs	[bus, 7:20]

* = Free and open to the public; no reservation needed

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*Kendal at Lexington
Residents' Newsletter*

