

# Kendal at Lexington

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Kendal at Lexington

February 2015

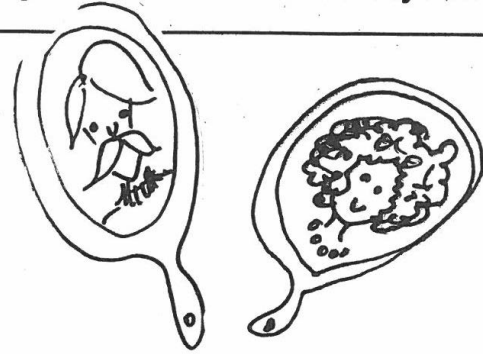
## Kendal's Beauty Salon Continues to Refresh

Lisa Lewis is now in charge of Kendal's beauty and barber salon, following the retirement this past December of Sandy Sherburne of George's Hairstylist in Lexington.

"It was a hard decision," Sandy said in December, "and I'll miss everybody." Sandy, who has operated Kendal's salon since Kendal opened in 2000, plans to work a day or so a week at George's downtown location.

Lisa worked at George's for a number of years before she and two friends opened their own shop, Rita's Hair Salon in Lexington. Lisa trained at the Staunton School of Cosmetology and has twenty-seven years of experience.

A Warm Kendal Welcome to  
Lucy Moise  
Apartment 109, South



It doesn't usually come under the heading of medical care, but research has shown that a salon visit can boost the immune system. Google "Image Recovery" plus "Johns Hopkins" to learn more.

"Everybody here has been wonderful," says Lisa, who sees a definite connection between looking good and feeling good. She thinks her Kendal clients "look refreshed" as they leave her shop, and "feel better going out than coming in."

Lisa and her husband, Kenny, live just over the mountain, in Amherst County near Coffeytown. They have three grown children and three grandchildren.

(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. ]

**Feb. 2, Mon., 8 am.** Men's monthly breakfast; no reservations needed. Dining Room.

**Feb. 4, Wed., 4 pm.** Talk by Elise Sheffield, education director at Boxerwood Nature Center and Woodland Garden, 963 Ross Road, Lexington. Kendal Hall.

**Feb. 7, Sat., 8 pm.** Samite Mulondo, emigre from Uganda and masterful flute and kalimba (thumb piano) player, performs modern African folk music. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

**Feb. 10, Tue., 10 am.** Bi-weekly meeting of the Webster Knitting Group with Carole Smyer, owner of the Orchardside Yarn Shop. Also Feb. 24. Webster Activity Room.

**Feb. 11, Wed., 10 am.** Monthly meeting of Kendal's Photography Group. All are

welcome. Contact Wil Stratton at 463- 3205 with questions. Staff Development Room.

**Feb. 11, Wed., 4:30 pm.** Christopher Whelan, Professor of Law at Oxford University, who spends each winter term teaching at W&L and who has spoken to enthusiastic audiences at Kendal in each of the last two years, will speak on "The British Monarchy: Will It Survive? If So, How?" Kendal Hall.

**Feb. 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.

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

**Feb. 13, Fri., 8 pm.** The King's Singers, male *a cappella* ensemble, performs a program ranging from Renaissance madrigals to popular song arrangements. Senior ticket \$25. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:20 pm]

**Feb. 14, Sat., 2 pm.** Byron Petty and Shuko Watanabe, pianists and members of the W&L music faculty, will perform a four-handed piano movement from a sonata by J.C.F. Bach. The program also includes two of their students, playing piano and flute, respectively. (Prof. Petty's father, the late Byron Wilson Petty, was a Kendal resident.) Kendal Hall.

(cont. on p. 3)

## Calendar Notes

(from p. 2)

**Feb. 18, Wed., 4:30 pm.** Prof. Richard Straw, Professor of History at Radford University, will speak on "Michael Miley's Photographs of Rockbridge County." Miley moved to Lexington after the Civil War and worked in this area for the next thirty years. Prof. Straw's book of Miley's photographs will be available for purchase at the talk. Kendal Hall.

**Feb. 18, Wed., 7:45 pm.** The Garth Newel Piano Quartet performs at VMI's Gillis Theatre. No ticket required. [bus, 7:15 pm]

**Feb. 19, Thu., 5 pm.** Tour of The Georges, Lexington's new "boutique inn," occupying two historic buildings on Main Street. After the tour, enjoy a la carte tapas and beverages at Haywood's, the inn's piano bar. The pianist that evening will be Betty Bond Nichols, a frequent and welcome visitor at Kendal. Transportation TBA.

**Feb. 21, Sat., 7 pm.** The Rockbridge Ballet performs "Swan Lake" as well as contemporary works. Novice to advanced level students. Adult ticket \$12, available at the door. Lenfest Center, W&L. [bus, 6:20 pm]

**Feb. 24, Tue., 7:15 pm.** Members of the Christine Schadeberg Voice Studio will present a concert of "Folksongs and Songs from Folk Roots," ranging from Aaron Copland's *Old American Songs* and Benjamin Britten's settings of English and Irish folksongs to the aria "Trees on the Mountain," a folksong set within the American opera *Susannah* by Carlisle Floyd. Christine Schadeberg, vocalist and teacher who divides her time between Rockbridge Baths and the Washington, DC metro area, and

her students have been well received at Kendal on past occasions. Kendal Hall.

**Feb. 26, Thu., 8 pm.** Stage play, "Brother Rat." Ticket price unavailable at press time. Gillis Theatre, VMI. [bus, 7:15 pm]

**Feb. 28, Sat., 7:30 pm.** The Rockbridge Symphony performs selections from Gershwin's *Porgy and Bess* and De Falla's *Nights in the Gardens of Spain* (Jonathan Cook, pianist). Ticket information unavailable at press time, but probably around \$10 and probably available at the door. Wilson Hall, W&L. [bus, 6:50 pm]

### And in Early March:

**Mar. 3, Tue., 8 pm.** Concert by the W&L University Singers, an *a cappella* ensemble, 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]

### Watch for Postings!

As we go to press, Laura Hotinger, Resident Life Coordinator, and Teresa Markham, Activities Assistant, are still working on their February calendar. Their plans focus on Borden and Webster residents, but Independent Living residents often participate as well. Keep an eye on the bulletin boards

## Beauty Salon

(from p. 1)

"Lisa's at Kendal" is open on Wednesdays from 8 until 1 pm, on Thursdays from 8 am until 3 pm, and on Fridays as needed. This means, Lisa explains, that any work which cannot be finished on Thursday can be re-scheduled for the following day. Flexibility is important because Lisa does her best to accommodate walk-ins. She had a number of these during her first week of operation, she noted, especially men who dropped in out of curiosity and then decided they could use a haircut. Appointments are nevertheless a good idea and can be made by telephoning 540-570-7217 or 540-464-2615.

Residents of the Borden Center (skilled nursing care) and the Webster Center (assisted living) who are unable to walk are transported to and from the salon by staff.

The salon's location has not changed; it is still on the lobby floor of the main building, between the Clinic and the inside entrance to the Webster Center. The prices have not changed, either. A shampoo and set is \$16; haircut, \$16; perm (including set), \$65; color (including set), \$65; waxing, \$5; beard trim, \$5. The charge can be added to a resident's monthly bill. The salon has two work stations and four driers, and Lisa is usually able to keep three customers in hand simultaneously, in different stages.

"Lisa's at Kendal" does not offer manicures or pedicures. Kendalites in search of either may contact salons in the area, perhaps riding Kendal's daily shopping bus if they no longer drive. However,

Borden and Webster residents may sign up for manicures in their respective locations, where fingernails (and sometimes toenails) are painted at no charge by Kendal's multi-talented staff.

-- Jo McMurtry



## Vespers at Kendal

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 February are:

**Feb. 1:** Deb Klein (Lexington Presbyterian Church); pianist, Jean Eisenhauer.

**Feb. 8:** Alternate service (no Communion). Barbara Purdy (retired Methodist minister); pianist, Karen Fredenburg.

**Feb. 15:** Skip Hastings (Collierstown Presbyterian Church); pianist, Laura Hotinger.

**Feb. 22:** Tony Nix (Chaplain, Rockbridge Area Hospice); pianist, Lee Higgins.



## Restaurant Gallery to Show Works by Deborah Wyatt

Paintings by Charlottesville artist Deborah Wyatt will hang in Kendal's Restaurant Gallery during February, March, and April.

Primarily a *plein air* painter, Deborah Wyatt is known for loose, expressive landscapes and cityscapes that often show an abstracted interpretation of her subjects. Her work has won numerous awards and has been exhibited in many of Virginia's juried shows, including that of Lexington's Nelson Gallery. She is a member of the Beverly Street Studio School and of the Co-Art Gallery, both in Staunton.

The Restaurant Gallery is the creation of residents Nancy Epley and Sally Holland, who had the idea in 2010 and then designed a hanging system, arranged for funding, and opened the first exhibit in the summer of 2011. Nancy and Sally are by now accomplished "art sleuths," visiting galleries and exhibitions and inviting professional artists to lend their work for display. The works are for sale, with a price list available near the Restaurant entrance. Sales are transacted by direct contact between the buyer and the artist; Kendal is not involved.

The Restaurant is Kendal's fine dining venue and is located just south of the Dining Room, in a part of the building that has become particularly hospitable to arts and crafts. The corridor outside the Restaurant houses Kendal's resident gallery, which displays work made by people who live here and is curated by Victoria Shelar.

## Philanthropy Report: 2014 in Review

As is obvious from the figures below, the spirit and practice of philanthropy are alive and well at Kendal at Lexington. There was a spirited response to both the Fellowship Fund and the Staff Appreciation Fund appeals this year, which included a large anonymous gift from a resident to the Fellowship Fund. In addition, gifts were received from all members of the Board of Directors. Near the end of the calendar year, Kendal at Lexington received a pledge for a significant gift from a Kalex resident for the purpose of improving programming for residents suffering from dementia and for the training and education of staff who work with those residents. All gifts, regardless of size, are important and deeply appreciated!

**Fellowship Fund:** Total for 2014, \$93,823. (2013 total, \$25,164.)

**Staff Appreciation Fund:** Total for 2014, \$89,172. (2013 total, \$81,049).

**General Fund:** Total for 2014, \$22, 225. (2013 total, \$33,467.)

**Total donations for 2014:** \$205,220. (For 2013, \$139,680.)

-- Becky Edmondson  
Executive Assistant

[Editor's note: Becky assumes that the reason the General Fund total is lower in 2014 than in 2013 is that more people designated their gifts in 2014. Becky adds that this tally does not include gifts in kind, which are much appreciated.]



## Master Plan Moves Along

"We're encouraging people to dream," says Mina Tepper, Kendal's Executive Director, speaking of the Board of Directors' master plan for Kendal's future, "but we can't promise to fulfill all the dreams. Dreams must fit with reality."

But in the dreaming phase, which is where we are now, a great deal of action is under way, and the transition from dreaming to prioritizing will take place with the assurance that many people have been consulted and many angles observed.

During January, representatives from Spectrum Design, the Roanoke-based architectural firm that has been given overall design responsibility for the master plan, spent several days on the Kendal campus in order to observe our community life from a close-up perspective. The group included the firm's president and CEO, David E. Bandy, and its project manager, Granville E. Grant.

Also during January, Spectrum Design sent a questionnaire to Kendal residents asking for input from our point of view. The fourteen questions are a thoughtful mix: what attracted us to this area, what amenities do we or don't we like about our individual residences, what features should be preserved in consideration of future development? The questionnaire seeks a qualitative rather than a quantitative response, with written-out answers and the name of the respondent. The name is important, Mina explains. "Someone might have a novel concept," and Spectrum Design would want to follow up. Those surveyed include pretty much everybody who lives here: all current residents of the

Independent Living sector, the Webster Center (assisted living), and the Borden Center (skilled nursing care), whether on a contract or a per diem basis.

While Spectrum Design will develop the architectural plans, the actual construction will be done by a contracting firm. To advise us from the construction manager's perspective, Kendal has hired Neilsen Builders, based in Harrisonburg. This firm has many years' experience building schools, health care facilities, and retirement communities, including Bridgewater Retirement Community and the Virginia Mennonite Retirement Community. Currently, the firm is engaged in the demolition of Lexington's Waddell Elementary School and the construction of the new facility that will replace it.

At this point, Neilsen Builders has no guarantee that it will get the Kendal job; it is auditioning, one might say. The odds are probably pretty good, though. Spectrum Design has worked with Neilsen Builders on other projects and recommends the firm highly.

Mina points out an advantage of having both an architectural designer and a construction manager working hand in hand: cost estimates are likely to be more realistic. Architects working alone have been known to give a "promising" estimate, leading to unpleasant surprises later on. People who do the building -- who buy the nails and hire the workmen -- tend to estimate costs in the here and now.

Floating about among the prospects of future plans, not exactly part of them but not independent of them either, is the question

(cont. on p. 7)

## Master Plan

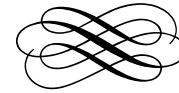
(from p. 6)

of an emergency access road to the Kendal campus. In July of 2012, the Board of Directors agreed to pursue this idea; a storm the previous month had blown a tree onto a live power line and blocked Enfield Road between Lime Kiln Road and the Kendal entrance. (Since that time, Enfield Road has also been blocked for a short period by fire engines.) Kendal management has met with area officials to discuss an entrance from the direction of Ross Road, and the assumption appears to be that such a road can be built. However, nobody wants to get started on it until the sites of any new construction have been determined. It would be unwise to build a road and then have to tear it up again.

And what will this new construction actually be? Only a magician with a highly functional crystal ball could make an accurate prediction. Those wishing to make an approximate guess, however, might consult the "Board Briefs" binders housed in the Kendal library. These documents describe such things as the marketing studies undertaken in 2014 (by Love & Company and Kivov & Company), recommending an increase in Independent Living residences, and, of course, the Board of Directors' reactions to these and other studies -- in particular, perhaps, to studies suggesting the need for emphasis on dementia care.

But as of this moment -- who knows? Here at Kendal, we live in an interesting time.

-- Jo McMurtry  
with input from  
Mina Tepper, Executive Director  
Becky Edmondson, Executive Assistant



## Memorial Book for Charlotte Gunn

The Library Committee (on recommendation from the Poetry Group) has selected *American Religious Poems* as a memorial book for Charlotte Gunn. The anthology, chosen and edited by Harold Bloom and Jesse Zuba, is part of the Library of America series. Major selections by Walt Whitman and Emily Dickinson anchor this anthology of poetic religious thought in America. Selections from the early Colonial period continue through the centuries to the present time, demonstrating the variety of what constitutes religious poetry in America. The anthology casts a wide net to include various religious traditions as well as spirituals, hymns, and American Indian chants. John Gunn says that the family is impressed with the substance and quality of this book that seems so appropriate as a memorial for Charlotte.

-- Mary Stratton

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## Resident Address Changes

**Enid Holmes**, to Apt. 210, Webster Center.

**Gisela Telnaes**, to Apt. 204, South.

**Duane Watson**, to Apt. 225, Webster Center.

**Lee Watson**, to Apt. 226, Webster Center.

## ... Bits and Pieces ...

★ **Free Coffee Continues.** The cost of food is up, and some Dining Room takeout prices have risen slightly. But coffee, tea, and fountain beverages are still available all day at no charge to residents. A list of the new prices was included in the memo distributed to residents by Dennis Fowler, Director of Dining Services, in mid-January.

★ **M & M Lawn Care** of Buena Vista is our new landscaping service, according to Bill Houff, Kendal's Director of Operations. M&M will be in charge of mowing, mulching, bush trimming, pest control and herbicides. This company also does lawn work for W&L's fraternity and sorority houses.

★ **What's Available?** Kendal will have six new couples moving in by early July, and as we go to press seven apartments are still available for immediate reservation. (All the cottages are taken.) Two of these are studio apartments of a little over 550 square feet; each is on the ground-floor level and each faces south onto the courtyard behind the Dining Room. Two are one-bedroom apartments of about 750 square feet; one has a top-floor view to the north (Blue Ridge skyline), and the other, on the ground floor level, faces south onto the courtyard. A one-bedroom-with-den apartment of 1100-plus square feet has been altered and has two balconies, two baths, and a large master bedroom; it faces south from a top floor. Another one-bedroom-with-den is a Phase II apartment (completed in 2008): ground-floor level, facing south, with 1180 square feet and two baths. Finally, a two-bedroom, two-bath apartment has 1170 square feet and faces south. All the apartments have as bonus square footage

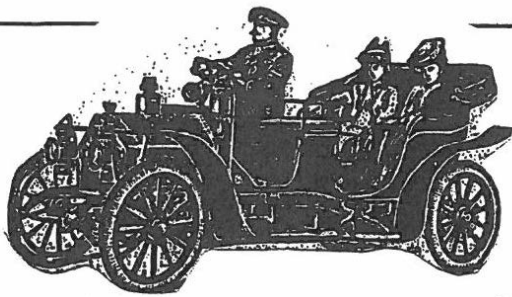
either a patio or a balcony, some of them enclosed. All are in the main building, under the same roof with the lobby, administrative offices, Dining Room, Library, auditorium, Clinic, beauty salon, Fitness Center and pool . . .

★ **Ever wonder about** the bus departure times for cultural events? Residents Norm and Lolly Jones, who have arranged the Culture and Entertainment Committee's bus rides for many years and who deserve our heartfelt gratitude for doing so, explain that leaving Kendal thirty to forty minutes before curtain time is often necessary, even if the destination is just around the corner, because of the time needed for loading and unloading wheelchair passengers. In addition, many residents like to have a wide choice of places to sit, and arriving good and early can be a big help.

★ **Sixty-six** is the number of street lights on the Kendal campus -- would you have guessed? One by one, to replace burnouts, they will all get LED (light emitting diode) light bulbs. The new street lights will shine only downward, not upward, and will thus reduce light pollution as well as save money. Bill Houff, Director of Operations, has undertaken a three-year initiative to move the whole campus to LED, a program that includes installing LED bulbs in all cottages and apartments as they are renovated.

★ From Jessica Buhler, Marketing Director: "Thank you to all attendees of the video presentation event. I encourage residents to view the videos and share them with family and friends. The video testimonials can be found by visiting our website at [kalex.kendal.org/home/gallery](http://kalex.kendal.org/home/gallery)."





## Out and About in February

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

**Feb. 6, Friday, 5 - 7:30 pm.** "First Friday" gallery walk; visit galleries in downtown Lexington, chat with artists, enjoy light refreshments. The Nelson Gallery (27 W. Washington St.) has a Kendal connection this month in its "Side by Side" exhibition of work by gallery members plus friends invited by the members. Resident John Winfrey, gallery member, is joined by resident Jo McMurtry, guest.

**Feb. 7, Sat., until early May.** The Taubman Museum of Art, in Roanoke, has announced a showing of Lexingtonian Sally Mann's photographs of Civil War battlefields, a series that Mann began in 2001. These evocative landscapes are made by a nineteenth-century colloidal process. Museum hours are Tuesdays through Saturdays from 10 am until 5 pm, or until 9 pm on Thursdays and first Fridays; the address is 110 Salem Ave. NE; and the telephone number on the museum's web site is 540-342-5760.

**Feb. 13 and 14, Fri. and Sat.; then Feb 19, 20, 21, Thu. through Sat.. 7:30 pm.** Musical comedy based on Jane Austen's novel *Mansfield Park* (first published 1814). Senior ticket \$7. Chandler Hall, Southern Virginia University, Buena Vista.

## Library Tidbits

with Sarah Giddings

Take a look at our newly revamped music section. This is located in the second floor alcove entrance to the South Building. On the left hand shelf section is a fine collection of movie DVDs, a few audiobooks on CD, and four boxed sets of videocassettes. The center shelves contain a group of complete operas on CD, and a good selection of other music CDs. These continue on the right section, followed by our complete collection of music books, including some fine biographies and a number of opera libretti.

### 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, Marjorie Sherrill, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

## In Memoriam

Roy Steinheimer

Died January 8, 2015

Entered Kendal December 18, 2008

## Kendal's Interest Groups -- Informal and Fun

Any resident can start an interest group, a point emphasized by Winifred Hart, Residents Association president, at the association's January meeting. Just seek out a kindred spirit or two and spread the word. In fact, Winifred suggested a few ideas that had just occurred to her and that Kendal doesn't have at the moment: a book club? a short-trip travel club?

But in the meantime, nine interest groups are listed on the bulletin board of the Residents Association office. These are, with the names of their respective contact persons: the resident art gallery (Victoria Shelar); Bible study (Shay Peters); *The Kalex* publication (Leland Goddard); Kendal Singers (Don Taebel); model railroad (John Tucker); needleworkers (Bunny Babcock); poetry (John Miller); photography (Wil Stratton); recorder (Don Taebel).

Representatives of five groups spoke at the meeting, describing the group's activities and welcoming prospective participants.

**The Recorder Group**, described by Sarah Giddings, was founded by Julie Krentzlin not long after Kendal opened and has been making music ever since. One need not own a recorder or know how to play one; the group has instruments to lend and will give instruction. The current meeting time is 4 pm on Thursdays, in Kendal Hall, but this may change.

**The Kendal Singers**, described by Don Taebel, welcomes all comers and

specializes in "happy tunes." The group's versatile and talented pianist is Lexingtonian Betty Bond Nichols. Meeting time, Fridays at 10:30 am. Kendal Hall.

**The Kalex, our literary magazine**, described by Leland Goddard, published its most recent issue this past fall, a beautiful and interesting collection of creative work. The next issue is planned for later in 2015. The editorial board seeks "short fiction, non-fiction, reportage or commentary, poetry, sketches, photos, paintings . . ." Leland emphasizes that, if you have a story to tell but would rather speak it than write it, a member of the staff will work with you. A contributions box is located near the open mailboxes.

**The Poetry Group**, described by Mary Stratton, meets on Tuesdays at 10:30 in the North Parlor. Each member chooses for discussion a poem he or she likes. "We get to know each other through the poems we select to bring," Mary says.

**Model Railroads**, described by John Tucker, can be found in a special room in the basement of Sunnyside House. John will be happy to take you there, show you the equipment and the layout, and introduce you to other area groups involved in building and operating model railroad layouts. Many of these are one-of-a-kind, historically accurate representations of actual places.

**The Photography Group**, described by Wil Stratton, started about five years ago in order to teach members to use digital cameras. Now the group meets monthly (second Wednesday, 10 am) to share photos and offer critiques.

## Exercise Classes for February

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 and 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 and an overview of the Fitness Center's ins and outs. (Some doors require numerical codes, for example.) 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.

**NEW -- 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)

**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 Exercise.** 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,Th, 8:30 - 9:15 am. (Pool)

**Exercise Classes** (from p. 11)

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

**NEW -- 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)

**NEW - 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.** A total body strengthening workout that uses the option of exercise equipment for additional resistance, followed by 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)

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

**Weekly Scheduled Activities**

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

## February Activities Calendar

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

|          |                               |                                                                                                   |                                              |
|----------|-------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------|
| 2, Mon.  | 8:00 am                       | Men's Breakfast                                                                                   | Dining Room                                  |
| 4, Wed.  | 4:00 pm                       | Talk, E. Sheffield, Boxerwood Gardens                                                             | Kendal Hall                                  |
| 7, Sat.  | 8:00 pm                       | Concert, Samite Mulondo, W&L                                                                      | [bus, 7:30 pm]                               |
| 10, Tue. | 10:00 am<br>1:00 pm           | Webster Knitting Group<br>Residents Council                                                       | Webster<br>North Parlor                      |
| 11, Wed. | 10:00 am<br>4:30 pm           | Photography Group<br>Talk, C. Whelan, British Monarchy                                            | Staff Development Room<br>Kendal Hall        |
| 12, Thu. | 2:00 pm<br>6:30 pm            | Dementia Caregivers Support Group<br>Sunnyside Weavers                                            | Sunnyside<br>Sunnyside                       |
| 13, Fri. | 8:00 pm                       | King's Singers, W&L                                                                               | [bus, 7:20 pm]                               |
| 14, Sat. | 2:00 pm                       | Pianists B. Petty, S. Watanabe                                                                    | Kendal Hall                                  |
| 18, Wed. | 9:30 am<br>4:30 pm<br>7:45 pm | Residents Association<br>Talk, R. Straw, M. Miley's Photographs<br>Garth Newel Piano Quartet, VMI | Kendal Hall<br>Kendal Hall<br>[bus, 7:15 pm] |
| 19, Thu. | 5:00 pm                       | Tour of "The Georges"; piano bar                                                                  | [bus or car pool, 5:00 pm]                   |
| 21, Sat. | 7:00 pm                       | Rockbridge Ballet, "Swan Lake"                                                                    | [bus, 6:20 pm]                               |
| 24, Tue. | 10:00 am<br>7:15 pm           | Webster Knitting Group<br>Voice students of Christine Schadeberg                                  | Webster<br>Kendal Hall                       |
| 26, Thu. | 8:00 pm                       | Play, "Brother Rat," VMI                                                                          | [bus, 7:15 pm]                               |
| 28, Sat. | 7:30 pm                       | Rockbridge Symphony                                                                               | [bus, 6:50 pm]                               |

And in early March:

|         |         |                                 |                |
|---------|---------|---------------------------------|----------------|
| 3, Tue. | 8:00 pm | University Singers Concert, W&L | [bus, 7:20 pm] |
|---------|---------|---------------------------------|----------------|