

Kendal at Lexington

The Residents' Newsletter

160 Kendal Drive
Lexington, Va. 24450

(540) 463-1910
www.kalex.kendal.org

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Kendal's New Bus Now on the Road

Kendal's new fourteen-passenger bus arrived in late February and has been purring around Rockbridge County ever since. Our older fourteen-passenger bus is still with us, while the ten-passenger bus (the one with a row of sideways seats) has been sold. So we still have two buses, and we still get around quite a lot.

According to Bill Houff, Director of Operations, the new bus was built especially for Kendal by Goshen Coach Company of Elkhart, Indiana, at a cost of \$65,000. It has a Ford F-350 chassis and runs on regular gas, while the older bus is a Ford Super Duty Power Stroke Diesel. Each bus is equipped with retractable three-point seat belts; each has a hydraulic lift and will accommodate two wheelchairs, firmly fastened down.

When parked side by side, the two buses look pretty much alike. Each is painted white, with Kendal's name in green letters; each has large tinted windows. The new one, however, has an additional front window high enough for the passengers (who are seated on a level above the driver's) to get a better view of the road ahead -- an attractive plus when we ride through so much beautiful scenery.

Our regular drivers are Jerry Massie, who has been with Kendal since 2001, and Doug Burroughs, with us since 2012. Each can whisk us to any destination, find a safe place to unload, return at the agreed-upon time, and bring us home again.

A Kendal bus makes a daily (Monday through Friday) shopping trip that allows non-drivers (or residents who don't feel like driving that day) to run errands all over town. And a Kendal bus is often seen making some special excursion arranged by the Activities staff, by the residents' Culture and Entertainment Committee, and by various other groups. Sign-up sheets for trips are located on the second floor of Anderson Hall.

The shopping bus is free to residents. Some other trips require a fare (usually two dollars, round trip), as posted on the sign-up sheet.

A Warm Kendal Welcome
to
Kathy and Don Holmes
Apartment 205, South

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.]

Apr. 1, Wed., 4:30 pm. Third meeting of the Kendal College course, "The Cultural Legacy of the Manhattan Project," taught by Dr. Frank Settle, retired W&L chemistry professor. (See the March, 2015 issue of this newsletter.) Kendal Hall.

Apr. 5, Sunday, 12:30 pm and 2:00 pm. Two seatings for Kendal's traditional and delicious Easter buffet. Reservation slips have been distributed to mailboxes. Dining Room.

Apr. 6, Mon., 8 am. Men's monthly breakfast; no reservations needed. Dining Room.

Apr. 6, Mon., 2 pm. Easter egg hunt for "Kendal Kids" -- all children, grandchildren, or "greats" of staff and residents. Please bring your own basket. Arranged by the Activities staff. Borden Sunroom.

Apr. 8, 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.

Apr. 8, Wed., 4:30 pm. Fourth and final meeting of "The Cultural Legacy of the Manhattan Project." Kendal Hall.

Apr. 9, 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.

Apr. 9, 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.

Apr. 9, Thu., 8 pm. W&L's University Jazz Ensemble performs hot, cool, and swinging jazz, featuring student soloists. Dancing optional. (This group visited Kendal in March for a program of big band jazz.) No ticket required. Wilson Concert Hall. [bus, 7:20 pm]

Apr. 10, Fri., 8 pm. W&L's Electronic Music Ensemble presents a high-energy concert featuring combinations of acoustic and electronic instruments complemented by video and lighting displays. No ticket required. Johnson Theatre. [bus, 7:20 pm]

Apr. 11, Sat., 10 am. "Nancy Epley -- Quilt Artist." Resident Nancy Epley will present a program on new directions in her artistic work with fabrics. This is the monthly meeting of the Rockbridge Piecemakers Guild. The RPQG welcomes new members; information can be found at the guild's web site, www.rpqq.com. **Free and open to the public.** Kendal Hall

Apr. 15, Wed., 3 pm. Presentation by the Resident Care Committee, the interdisciplinary management team involved with residents' care, on "Transitions of Care." Kendal Hall.

(cont. on p. 3)

Calendar Notes

(from p. 2)

Apr. 17, Fri., 4:35 pm. VMI Full Dress Cadet Parade. Free. [bus, 4:00 pm]

Apr. 19, Sun., 7 pm. The Rockbridge Choral Society presents Handel's *Judas Maccabaeus*, with orchestra and soloists. (See story, this page.) Ticket \$15, available at the door or from resident Ruth Woodcock. Wilson Hall, W&L. [bus, 6:20 pm]

Apr. 25, Sat., 10 am to 5 pm. Lexington House and Garden Tour, part of the Garden Club of Virginia's 82nd Historic Garden Week. Presented by the Blue Ridge Garden Club. Four properties are open this year, all within a half mile of each other in historic downtown. Ticket \$20 in advance or \$25 on tour day, at any of the properties. Bus and/or carpool transportation was under discussion as this newsletter went to press, but had not been finalized. Watch for postings.

Apr. 29, Wed., 4 to 7 pm. Volunteer appreciation event, arranged by Laura Hotinger, Resident Life Coordinator, and the Activities staff. All volunteers at the Borden Center and/or the Webster Center are invited. Presentation of awards, entertainment, and a buffet supper. Kendal Hall.

Apr. 30, Thu., 7 pm. The Alonzo King LINES Ballet, based in San Francisco, displays classically based but innovative choreography. (Your editor has consulted Google but found no clue to the meaning of "LINES" in this context.) Senior ticket \$25. (Box office, 458-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 6:20 pm]

Watch for Postings:

Springtime Hikes -- The Wellness staff, with the residents' Wellness Committee, is making plans for hikes both on and off the Kendal campus. Dates and times TBA.

Possible Puccini -- Taerra Pence of the SVU music faculty, who presented a recital with her students at Kendal in March, may be able to bring a group to sing music by Puccini for us in early April. (See also "Out and About," p. 9 below.)

The Rockbridge Choral Society will present a concert performance of Handel's *Judas Maccabaeus* on Sunday, April 19. This is less well known than Handel's *Messiah* but is a challenging and rewarding experience. The performance will include a full orchestra and the same four professional soloists who appeared last year in the Bach "Christmas Oratorio": Christine Fairfield, soprano; Barbara Hollinshead, mezzo-soprano; Robert Petillo, tenor; Keith Spencer, baritone. The eighty-voice Rockbridge Choral Society includes seven Kendal Residents (Renate Chapman, Caroline Hemmings, Matt Paxton, Wil Stratton, Barbara and John Winfrey, and Ruth Woodcock) plus four offspring of Kendal residents (Philip Coulling, Larry Evans, Anne Sauder, and Anne Hansen, daughter of Caroline Hemmings).

-- Wil Stratton

Sunnyside House Update

Sunnyside House, our cherished eighteenth-century treasure, was built to last, and it has. But it needs help from time to time. Gifts are needed and appreciated, and there has been a small rise in fees -- the first rise since 2006, when the newly-renovated Sunnyside House began its role as Kendal's guest house.

According to Becky Edmondson, Executive Assistant, a Rockbridge couple has donated a \$30,000 challenge gift to preserve and enhance Sunnyside House. "It's a jewel for the Lexington community," say the donors, who wish to remain anonymous. "We hope our donation will be matched, or even exceeded, by other area residents." The donation has helped repair a chimney and will allow us to repaint Sunnyside's tin roof. But much more needs to be done to preserve its architecture, including maintenance of external woodwork and sidewalks, and painting upgrades inside. Please help match this generous gift by writing a check to Kendal at Lexington, with the notation "Sunnyside House." Give your check to the person at the front desk or to any of the front office staff. Or mail it to the Accounting Office.

Felicia Bush, Finance Manager, discussed Sunnyside House fees at the Residents Association meeting on March 18. Copies of the fee schedule have also been placed in residents' in-house mailboxes. The five guest rooms now rent for \$105 a night for up to two people, with a \$20 charge for each additional person in the room. Children twelve and under are free. Breakfast in the Dining Room is included.

The first floor, terrace, and patio at Sunnyside House may be booked for events at prices which depend on such variables as the space requirements, the catering arrangements (if any), and whether the booking is made by a Kendal resident or by an outside group or individual.

Guest rooms may be booked through Ashley Brunty at the receptionist's desk. Jessica Vassar, Kendal's Events Coordinator, makes arrangements for meetings, parties, and/or anything that involves catering.

Rain Barrels Come Rolling In

Thanks to a \$5000 grant from Kendal Charitable Funds, twenty rain barrels have been ordered by Becky Edmondson, Executive Assistant, to be installed in the gardens of Kendal residents who have ordered the barrels through the Sustainability Committee. The project includes collaboration with woodworking students at Parry McCluer Middle School in Buena Vista, who have undertaken to build stands for the barrels.

Kendal Charitable Funds is administered through Kendal Corporation and supports innovations that enhance the experience of aging. Our current grant also makes possible two \$250 scholarships to be awarded to the Parry McCluer High School or Rockbridge County High School students writing the best essays on sustainability. (A discussion of the term "sustainability," too lengthy for inclusion here, can be found on the Environmental Protection Agency's website, www.epa.gov.) The essays will be read and judged by a task group at Kendal.

Memorial Book in Library

In memory of Captain Robert Peniston, the Library Committee has purchased the *Historical Atlas of the United States Navy*, by Craig L. Symonds (Naval Institute Press, Annapolis, 1995).

The book combines the charts (maps) of an atlas with clear descriptions of the history of the U.S. Navy. There are 89 charts and 141 pages of text. It is written for the general public.

I, Ken Brow, read with interest the part about the Cold War (1946-1980). The section entitled "Underway on Nuclear Power" recounted the birth of nuclear power in U.S. submarines (1955) and its impact on the balance of power during the Cold War. Admiral Hyman Rickover spearheaded the entire effort, which provided the U.S. with an undersea offense capability long before the USSR developed nuclear submarines. As a young Naval officer, I saw Admiral Rickover on several occasions. I agree with the author that his "personal drive and determination, fueled by an acerbic and uncompromising personality," was a key reason that the U.S. Navy's nuclear-powered submarines (carrying nuclear weapons) kept the nation safe during the very hazardous Cold War. In 1958, the first nuclear submarine, *Nautilus*, passed under the North Pole. In 1960, the first missile-firing "boat" (submarine), *Triton*, circumnavigated the globe and traveled 26,700 miles in two months -- all without surfacing. In 1960, our nuclear deterrence was a combination of land-based missiles, bombers, and nuclear-powered ballistic-missile firing submarines.

The book proves that the U.S. Navy will adjust, survive, and continue to serve as the guardian of the nation.

This book was a fitting memorial to Captain Robert Peniston. He entered the Navy in 1943 and served as an officer for 33 years. He rose from a plebe at Annapolis to the rank of Captain. Once he was the Commanding Officer of a battleship, *USS New Jersey*. Later, Captain Peniston was director of the Lee Chapel at W&L for 22 years.

-- Kenneth Brow



Library Tidbits



with Sarah Giddings

In our continuing efforts to make your library ever more useful, we have moved a few sections. The most visible change is to the Memorial Books, which have been moved to the opposite side of the entrance to the Book Nook. Essays, Folklore, Mythology, American Indian, and oversized volumes are now where the Memorials were. Betsy's Parlor, off the corridor on the second floor of the south apartment building, becomes an even pleasanter place to relax for a few minutes with the addition of the Humor books. In addition, the Religion section has been revamped and labeled for greater ease of use.

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 deadline for the May issue is Friday, April 17.

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.]

In my last column, I stated my assumption that most, if not all, of my readers have executed a power of attorney. It occurs to me, however, that there may be some confusion or uncertainty about just what such a power involves or how it operates.

A power of attorney is simply a document by which someone (the principal) designates another person (the agent, often called an "attorney in fact") to act for the principal with regard to the principal's property or affairs.

A common and important type of power of attorney is one that designates an agent to make health care decisions for the principal, but that is not the type with which this column is concerned. This month I am discussing only a power to deal with property.

A power may be given to an agent for very limited, specific purposes. For example, I may have rental property that I no longer want to manage and so will designate an agent to act for me in that capacity. I may, however, want to give someone more complete power to act for me, to stand in my shoes and do whatever I could do.

Why would I want to do that? Probably because I suspect that now or at some time in the future my ability to make financial or personal decisions concerning my property

may be impaired, and I do not want to put myself or my family through the ordeal of having a guardian appointed for me.

We all know that I can give my property to someone, to be theirs to do with as they wish, or that I may make a will or trust agreement that designates who will take ownership of my property when I die. Designating someone to act for me under a power of attorney is quite different. Such a document does not effect any change in ownership. The property over which I have given someone power to act for me remains mine. There are no tax consequences, because there is no transfer of ownership. I can revoke the power at any time, assuming that I remain competent to do so, thus regaining control over it.

Anyone who is competent to act may execute a power. The person designated as agent must also be legally competent. So long as I remain competent, I may continue to make decisions even though I have appointed an agent to act for me, and I may revoke the power at any time, terminating the agent's authority to act for me. The power terminates upon the death of the principal, but, under Virginia law, not when the principal becomes incompetent unless the power expressly so provides.

The agent's power to act becomes effective when the power is executed. It may be that I do not want the power to be immediately effective, but only when I become incapable of acting. If so, I can create a "springing" power, one that becomes effective only when I really need it, when I am no longer able to act for myself.

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Legal Perspective (from p. 6)

In that case, the power should include some method for determining when that has occurred.

The agent must act in the best interests of the principal and keep records of what he or she does. The agent is entitled to reasonable compensation for his or her services. If the agent exceeds the authority granted by the principal or otherwise acts against the principal's interest, the principal may revoke the power and, if necessary, pursue an action in circuit court to recover any loss. Similar remedies are available to certain parties interested in the welfare of the principal.

Probably the most important decision to be made by someone contemplating granting a power of attorney is to whom the power should be given. Clearly the agent should be someone in whom the principal has complete trust, and, if possible, someone who is familiar with the principal's property and with his or her wishes, and is conveniently accessible to the principal. It probably is a good idea to name a successor to the agent if he or she should cease to act. It may also be advisable to name co-agents if there are more than one person appropriate to act.

Granting someone power to act on one's behalf is a significant step to take. As with any such important legal action, an attorney's advice and help with the drafting of the necessary documents is essential.

-- Ned Henneman



Vespers at Kendal



A Vespers service is arranged by the residents' Religious Activities/Vespers Committee (chaired by Shay Peters) every Sunday at 4 pm in Kendal Hall. All are welcome to these ecumenical services. The officiants and musicians are volunteers from the Rockbridge community, whose generosity is much appreciated. Services for April are:

Apr. 3. Good Friday service at 3 pm. A meditation on the Seven Last Words of Christ from the Cross. Conducted by resident Renate Chapman and other Kendal residents.

Apr. 5 (Easter). Officiant, Chaplain James Park (VMI). Pianist, Mary Harvey. Trumpeter, resident Don Taebel.

Apr. 12. Officiant, the Rev. Deb Klein (Lexington Presbyterian Church). Pianist, Karen Fredenburg.

Apr. 19. Officiant, the Rev. W. A. Mills (First Pentecostal Holiness Church, Buena Vista). Pianist, Kelly Harris.

Apr. 26. Officiant, the Rev. Christina Tutterow (Bethesda Presbyterian Church, Rockbridge Baths). Pianist, Jean Eisenhauer.



In Memoriam

Maurice Leach

died March 21, 2015

entered Kendal February 3, 2014

Activities Staff Looks to the Future

Appropriately for springtime, Kendal's Activities/Resident Life staff is growing and is developing an expanded program for residents of the Borden Center (skilled nursing care) and the Webster Center (assisted living). And, because we have many campus-wide connections and a great deal of volunteering, some of these activities are likely to include Independent Living residents as well.

Carolyn Fisher began in late March as an Activities/Resident Life Program Specialist in the Borden Center. Carolyn comes to Kendal from Lynchburg, where she has been involved with a project funded by the Virginia Department of Labor to help community college students develop job skills. She holds a bachelor's degree in education from East Tennessee State University, has taught science and math, and has worked as Activities Director at The Mayflower, an assisted living facility in Lexington.

Carolyn's fellow Activities/Resident Life Program Specialist is Teresa Markham, who has been at Kendal since 2002. Both hold full time positions, from thirty to forty hours a week.

The Activities staff is overseen by Laura Hotinger, Resident Life Coordinator, while the Activities Department itself can be found among the responsibilities of Karen Jackson, Director of Resident Services. (For those of us, including the present writer, who find all this a bit confusing, a staff organization chart is posted in the Information Alcove.)

The activities programs require a great deal of record-keeping. The Borden Center, our 60-bed skilled nursing facility that serves the Rockbridge area as well as Kendal residents, is regulated by the Virginia Department of Health. The Webster Center, with its twenty studio apartments providing an assisted living environment primarily for Kendal residents, is regulated by the Virginia Department of Social Services. Representatives of each department make periodic (and unannounced) visits to survey many aspects of the facility and to find out if documentation is complete and up to date. Karen, an expert at compliance, keeps track of it all. She points out that Kendal far exceeds the minimum requirements set down by either the Department of Health or the Department of Social Services for activities.

"We provide a holistic experience to meet the residents' needs -- physical, intellectual, spiritual, emotional," Karen explains. "And as we move forward, you'll see more in the way of smaller group activities that are focused on the residents' special interests. We're moving away from the idea of collecting everybody in the same room to do the same thing, to a person-centered approach."

Both Borden and Webster publish monthly activities calendars, crowded with events among which residents may choose -- fitness classes (chair exercise, for example), musical events, wine and cheese parties, gardening, art projects, karaoke dances (wheelchair participants encouraged), card games, visits from school children, and much more. Dementia care is

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Activities Staff

(from p. 8)

a high-priority concern at both Borden and Webster, and activities are planned for the needs of residents with varying degrees of cognitive decline.

Independent Living residents are not specifically served by the activities staff, a policy that is general throughout the Kendal system and that is explained in the 2012 edition of Kendal's *Values and Practices*: "Independence and self-sufficiency are supported, in part, by *not* providing some services that community members, individually or collectively, are able to provide for themselves. For instance, we typically do not employ activities directors except in health care settings . . . Rather, associations made up of community members organize virtually all aspects of social, cultural, intellectual, and spiritual life" (p. 7).

Kendal at Lexington fits this pattern. A glance through this newsletter will demonstrate the extent to which residents plan the events and create the environment that makes Kendal truly our home. And, while Independent Living residents are busily using the skills we have developed over our lifetimes, our paths often take us to Borden and Webster. Volunteers serve in many capacities and are much appreciated. (See the volunteer event scheduled for April 29, p. 3 above.) If you would like to help, contact Laura Hotinger (464-2627) to find out what needs are present.

-- Jo McMurtry

**Out and About in April**

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

Apr. 2, Thu., and Apr. 3, Fri., 7:30 pm. "Puccini Opera Gems" at Southern Virginia University, Buena Vista. Music from *La Boheme*, Act I, and from *Suor Angelica*. With soprano Taerra Pence of the SVU music faculty. General admission \$4. Chandler Auditorium.

Apr. 12, Sun., 3 pm. The Roanoke Symphony Orchestra presents Schumann's *Symphony #1*, "Spring," and Fauré's *Requiem*. Ticket \$32 to \$42, depending on seat location. Telephone (540) 343-9127. Berglund Performing Arts Center, Roanoke.

The Blackfriars Playhouse, 10 S. Market St. in Staunton, is the home of the American Shakespeare Center and is modeled after the indoor theatre Shakespeare's company used in London. April's offerings include Shakespeare's *Hamlet* and *As You Like It* as well as Christopher Marlowe's *Dr. Faustus*. See the ASC website, www.americanshakespearecenter.com, for the performance schedule. Ticket prices vary according to seat location, starting at \$22 for seniors. Telephone 540-841-1733.

Resident Address Changes:

Gisela Telnaes, to Apartment 204, South.

Betty Jean and Phil Young, to Apartment T-13, South.

Bits and Pieces . . .

¶ **Mail Boxes at Borden.** Want to distribute notes or brochures to your friends now living in the Borden Center? Resident mail boxes can be found in the Borden recreation room, on the left as you go in. Borden resident Adelaide Simpson made the suggestion for this convenient amenity.

¶ **Thanks to Joe Vita of Vita & Associates, Real Estate,** four of Kendal's artists have work on display in the windows of 111 W. Nelson St., a currently unoccupied building across the street from Hopkins Green. Paintings by Joe Wilson, Dabney Stuart, Lucy Moïse, and Jo McMurtry will be on view for at least a month. Some of the paintings are for sale; telephone 458-0117 to inquire. (Or, to lease the building, call Vita & Associates at 463-9551.) The "Empty Storefront Initiative" is a project of Main Street Lexington, a volunteer-based organization established in 2013 to enhance and promote downtown Lexington. The current display was arranged by Alex Slaydon, Marketing Associate at Kendal, with help from her parents, Greer and Larry Stene.

¶ **Mina Tepper, our Executive Director,** keeps residents posted on the progress of our Master Plan and its carefully evolving vision of Kendal's future. At the Residents Association meeting of March 18, Mina explained that the planning process is still in its early stages, with many ideas being suggested and specific decisions still to come. Mina estimates the time from now until ground breaking at perhaps a year and a half to two years. The Building Committee, which reports periodically to the Kalex Board of Directors, includes residents, Board members, staff members, and representatives from Kendal Corporation, from the architectural firm (Spectrum Design) and from the construction company (Neilsen Builders). See the February, 2015 issue of this newsletter for background.

¶ **Kendal's Fellowship Fund** was set up to help residents who have been admitted to Kendal but who at some later time in their lives need financial assistance. An especially meaningful way to contribute to this fund is to donate in honor of, or in memory of, a friend or relative. (Why not get up a group to make donations to celebrate a friend's birthday or other special occasion? Your friend will be told the names of those who donated in his or her honor, though not the amounts.) According to Becky Edmondson, Executive Assistant, gifts since January 1 have been made in memory of Pat Geikler, Betty Glore, Charlotte Gunn, Roy Steinheimer, and Anne Strickland, and in honor of Nancy Epley.

¶ **If you haven't cleaned out your bluebird boxes,** it's probably too late, says Maury Hanson, one of our resident bluebird fans. However, if birds have moved in and built a nest but there are yet no eggs, go ahead and clean out the box. The birds will rebuild. Tree swallows, beautiful birds which also nest in cavities, often grab the boxes before the bluebirds do, and at Kendal they are becoming the majority. Maury gives credit to the tree swallows' work ethic. "Bluebirds like to sit around and chat for awhile, but tree swallows get right to it." Is there a moral here?

¶ **Update on "Music and Memories."** Kendal at Lexington started this program with a Kendal Charitable Funds grant in 2012, and it continues to thrive. Over sixty iPods have now been programmed with music especially chosen for individual residents, most of whom have dementia. iPods can be made available to Independent Living residents and to members of our Dementia Caregivers Support Group. Contact Becky Edmondson, Executive Assistant, for more information.



Exercise Classes for April

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)

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

April Activities Calendar

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

| | | | |
|----------|-------------------------------|--|--|
| 1, Wed. | 4:30 pm | Kendal College, Manhattan Project | Kendal Hall |
| 5, Sun. | 12:30 pm, 2:00 pm | Easter Buffet | Dining Room |
| 6, Mon. | 8:00 am 2:00 pm | Men's Breakfast Easter Egg Hunt for Kendal Kids | Dining Room Borden Sunroom |
| 7, Tue. | 1:00 pm | Residents Council | North Parlor |
| 8, Wed. | 10:30 am 4:30 pm | Photography Group Kendal College, Manhattan Project | Staff Development Room Kendal Hall |
| 9, Thu. | 2:00 pm 6:30 pm 8:00 pm | Dementia Caregivers Support Group Sunnyside Weavers University Jazz Ensemble | Sunnyside Sunnyside [bus, 7:20 pm] |
| 10, Fri. | 8:00 pm | Electronic Music Ensemble | [bus, 7:20 pm] |
| 11, Sat. | 10:00 am | Quilt Guild, with Nancy Epley | Kendal Hall |
| 15, Wed. | 9:30 am 3:00 pm | Residents Association Presentation, Resident Care Committee | Kendal Hall Kendal Hall |
| 17, Fri. | 4:35 pm | VMI Full Dress Cadet Parade | [bus, 4:00 pm] |
| 19, Sun. | 7:00 pm | Rockbridge Choral Society Concert | [bus, 6:20 pm] |
| 25, Sat. | 10 am to 5 pm | House and Garden Tour | [transportation TBA] |
| 29, Wed. | 5:00 pm | Volunteer Appreciation Event | Kendal Hall |
| 30, Thu. | 7:00 pm | Alonzo King LINES ballet | [bus, 6:20 pm] |

Kendal at Lexington

The Residents' Newsletter

