

Kendal at Lexington

The Residents' Newsletter

160 Kendal Drive
Lexington, Va. 24450

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www.kalex.kendal.org

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MAY 2015



Springtime Is Swing Time: Big Band Gala in Late May

Music is a large part of life at Kendal, and the music we loved when we were young is extra special. Luckily for us, big band swing has kept so much appeal through the years that talented musicians still love to play it. On Friday, May 22, some of these will visit us for what has become a Kendal tradition, complete with sparkling wine and a wooden dance floor to be set up in Kendal Hall.

The event is free and open to the public. Non-Kendalites are asked to make reservations at (800) 976-8303, or e-mail info@kalex.kendal.org. Starting time is 7 pm, and dancing continues until 9:30.

The band, "Just Jazzin'," is a Harrisonburg-based group of sixteen-plus players, including former military musicians and members of high school and college faculties. "Just Jazzin'" was formed by director Tom McKenzie and has been well received at Kendal in the past. The band performs the music of most of the great big bands, including Glenn Miller, Benny Goodman, Buddy Rich, Stan Kenton, and Count Basie.

The party is planned for all Kendal residents from our three levels of care --

Independent Living, the Webster Center (assisted living), and the Borden Center (skilled nursing care). Wheelchair dancers are welcome on the floor. Laura Hotinger, Resident Life Coordinator, is in charge of plans for the party.

This event is planned in celebration of May as Older Americans Month, with special reference this year to the fiftieth anniversary of the Older Americans Act, the first federal level initiative aimed at providing comprehensive services for older adults. This act created the National Aging Network which provides funding for a wide variety of programs at federal, state and local levels.



A Warm Kendal Welcome
to
Margaret and Robert Sayre
Apartment 13, 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.]

* **May 2, Sat., 2 pm.** Students of Lexington pianist Jonathan Cook will give a recital in Kendal Hall. **Free and open to the public.**

May 3, Sun., 3 pm. The Ardo Consort of W&L presents "Developing Styles," compositions by faculty member Byron W. Petty from the early 1990s to the present. No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

May 4, Mon., 8 am. Monthly men's breakfast in the Dining Room. No reservations required.

May 6, Wed., 8:30 am. Join the Fitness staff for a walk to the Lexington Farmer's Market on Jefferson Street. Shop for locally grown produce, baked goods, unpredictable surprises (garden seedlings?), and return via Kendal bus. Meet in the Fitness Center.

* **May 6, Wed., 7 pm.** The Historic Lexington Foundation presents a talk on "The Historic Resorts, Inns, and Hotels of Rockbridge County." The lecturer, local architectural historian Dan Pezzoni, is the author of the Historic Lexington Foundation's newest publication, *The Architecture of Historic Rockbridge County*, companion volume to *The Architecture of Historic Lexington*, by Royster Lyle, Pamela Simpson, and Sally Mann, first published in 1977. The program is presented in

celebration of National Preservation Month. Kendal Hall. **Free and open to the public.**

May 9, Sat., 7:30 pm. Spring concert of the Rockbridge Community Symphony Orchestra, with music by Verdi, Mozart, Brahms, and others. This orchestra of forty-plus adult and youth musicians is directed by violinist/conductor Mark Taylor, of the Southern Virginia University music faculty, and is sponsored by Fine Arts in Rockbridge (FAIR). Kendal resident Rae Hickman was a founding member. Adult ticket \$10, available at the door. Trinity United Methodist Church. [bus, 6:50 pm]

May 10, Sun., Times TBA. Two seatings for Kendal's traditional and always delicious Mothers' Day buffet. Watch for postings and reservation slips. Dining Room.

May 11, Mon., 7:15 pm. Film showing and first meeting of the Kendal College course on Stephen Sondheim. (See story, p. 6, for dates and times of subsequent meetings.) Kendal Hall.

(cont. on p. 3)

* 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)

May 12, Tue., 11 am. The Fitness Staff conducts a "Spring Fling" two kilometer walk (approximately a mile and a quarter). Route TBA. Meet at the Fitness Center.

May 13, Wed., 10:30 am. Monthly meeting of Kendal's Photography Group. All are welcome. Contact resident Wil Stratton (463-3863) with questions. Staff Development Room.

* **May 13, Wed., 7:15 pm.** The Marlbrook Ensemble of W&L will present a program of chamber music. (This group is giving a concert at W&L on May 19; see below.) Kendal Hall. **Free and open to the public.**

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

May 14, Thu., 6:30 pm. Monthly meeting of the Sunnyside Weavers. Open to Rockbridge area residents as well as to Kendalites. Contact resident Ruth Tafel (484-883- 043) for more information. Sunnyside House.

* **May 16, Sat., 9 am.** Recital by piano and string students of Julia Goudimova, of the W&L music faculty. Kendal Hall. **Free and open to the public.**

May 17, Sun., noon to 7 pm. "Rock the Bridge," festivities on the downtown Nelson Street Bridge. Live music, children's activities, vendor booths. A project of Main Street Lexington, a volunteer-based organization devoted to promoting our beautiful downtown. Kendal at Lexington is a major sponsor of this event. Ticket \$10. Contact resident Dianne Herrick with questions or to inquire about volunteering

to help with kiddie events. [Transportation TBA; watch for postings.]

May 19, Tue., 7:30 pm. The Marlbrook Chamber Ensemble of W&L, with Julia Goudimova, cello; Timothy Gaylard, piano; Jaime Letourneau, violin. No ticket required. Wilson Concert Hall, W&L. [bus, 6:50 pm]

May 20, Wed., 6 pm. "Ollin," a Los Angeles-based folk-punk-fusion band, performs in conjunction with "The Strangest Fruit," exhibition of work by Vincent Valdez. Ticket information not available as we go to press. Keller Theatre, Lenfest Hall, W&L. [bus, 5:20 pm]

* **May 21, Thu., 7:15 pm.** Recital by several W&L-based instructors and their students. Program features Bach's Brandenburg Concerto, No. 3. **Free and open to the public.** Kendal Hall.

** **May 22, Fri., 7 pm.** Big band gala dance party. See story, p. 1. **Free and open to the public; reservation requested.** Kendal Hall.

May 26, Tue., 8 pm. W&L's Commencement Concert, featuring the University Singers under the direction of Shane Lynch. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

* **May 27, Wed., 4 pm.** Concert by the Maury River Middle School jazz band. Arranged by Laura Hotinger, Resident Life Coordinator. Kendal Hall. **Free and open to the public.**

May 28, Thu., time and location TBA. Hike with the Fitness Center staff. [Note: this and other announcements of outdoor Fitness events are subject to change; watch for postings.]

* **May 29, Fri., 10:30 am.** In observance of Memorial Day, Kendal honors those who gave their lives for their country with a program of music by the Kendal Singers. (This year's

Calendar Notes (from p. 3)

calendar assigns Memorial Day to Monday, May 25. Kendal's program is closer to the traditional date of May 30, observed before the "Uniform Monday Holiday Act" of 1968, which concerned itself with creating three-day weekends.) **Free and open to the public.** Kendal Hall.

May 30, Sat., 3 pm. Tour of the Devil's Backbone Brewery, north of Lexington on U.S. 11. Tour lasts about forty minutes, to be followed by a visit to the brewery's Tap Room and/or the Beer Garden. Here one can order pints of individual beers, or a "Flight of Four" -- four ounces each of four different beers. Chips and pretzels are also for sale, but patrons may bring their own food if they wish. The Devil's Backbone Brewery always has eight different beers under production; four of these are brewed continuously, including an award-winning "Vienna Lager." High heels and open toed shoes are not permitted on the plant tour. Return about 5 pm. [bus, 2:45 pm]

* **May 31, Sun., 1:30 pm.** Recital by piano students of Lexington musician Kelly Harris. Kendal Hall. **Free and open to the public.**

Out and About in May

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

May 2, Sat., 10 am to 4 pm. "Art on the Green" at Hopkins Green on Nelson Street. Regional artists display and sell their work. Sponsored by the Rockbridge Art Guild.

May 3, Sun., 2 to 5 pm. "Sunday on the Deck" at Rockbridge Vineyard in Raphine. Sample award-winning wines (also available for purchase by the bottle) and enjoy a sing-along of

Irish pub music with Staunton-based Scruffy Murphy. Bring lawn chairs and a picnic, or buy a lunch on site. Free admission. Telephone 540-377-6204.

May 9 and 10, Sat. and Sun, 10 am to 5 pm both days. The fourth annual Lexington Rockbridge Studio tour includes eleven studios of local artists and artisans, some in Lexington, some scattered about the nearby scenic hills. Typically, a studio will display the work not only of the host artist but of one or more guests. Work includes painting, sculpture, jewelry, pottery, one-of-a-kind furniture, weaving, photography, and much else. Brochures with maps are available in the Alcove, or look online at www.lexingtonrockbridgestudiotour.com. The tour is free, and all work will be for sale. Kendal at Lexington is a major sponsor of this event.

May 9, Sat., 2 and 7 pm, and May 10, Sun., 3 pm. The Shenandoah Ballet, directed by Missy Belcher Floyd, presents "The Wizard of Oz." Adult ticket \$10 in advance, \$12 at the door; student/child, \$5 in advance, \$6 at the door. Tickets may be purchased at www.shenandoahballet.com. Lenfest Center, W&L.

It's the season for soft summer nights, so why not take in a movie at Hull's Drive In, 2367 N. Lee Highway (U.S. 11). Family-friendly double features are shown on Fridays, Saturdays, and Sundays. (Great for visiting grandchildren.) To find out what's playing, consult Lexington's weekly *News-Gazette*, check the website at www.hullsdrivein.com, or telephone 463-2621. Gates open at 7 pm, and the movie starts at approximately twenty minutes after sundown. Adults \$7, children five to eleven years old \$3, children four years old and under free. Bring lawn chairs and sit next to your car if you prefer. Refreshments and rest rooms available. This theatre was originally built in 1950 and is now operated as a non-profit enterprise by a volunteer group, Hull's Angels (what else?).

Beware the Bandits

[Victoria and Gene Shelar, lifelong naturalists, keep an eye on Kendal's wildlife from their cottage on Sycamore Lane. Victoria's observations appear frequently in this newsletter.]

Raccoons were abundant on Cape Hatteras, where my husband and I used to live. They appeared often in back yards, in front yards, and along the roads, where they often got run over. Unwisely, our neighbor across the road fed them on his back deck. To get there, the animals would swim our narrow canal and cross our property, where they would climb onto our deck to raid our bird feeder. When it was empty, they would beg at our sliding glass door. As cute and charming as they were, when they became a crowd, we decided to shut down the feeder.

Our neighbor was putting himself at risk by taking food out onto the deck and watching the raccoons through his *open* glass door. He could have been bitten. A bite is one thing, rabies is another. For example, in early March of 2015, a 75-year-old Tai Chi instructor was taking her usual Sunday walk on a path in a Richmond botanical garden. Suddenly a raccoon came out of the woods and attacked her leg, scratching and biting her. When she couldn't shake him off, she grabbed him around the throat with both hands, wrestled him to the ground, and pressed down hard on his neck with her knee until he expired. Tests proved the raccoon did have rabies, and she's now receiving a series of rabies shots.

Any mammal can contract rabies (even cows), but the Center for Disease Control reports that in the US, raccoons are the most frequently reported rabid species of wild animal, with skunks, bats, foxes, and rodents following in that order. Rabies outbreaks generally coincide with peaks in animal population numbers. Once many of the infected members of a

species have died off, the disease subsides for a time but is never eliminated and can reappear during another population peak, sometimes only locally and not necessarily statewide.

Raccoon rabies has been known in this state since the 1750's, but a significant increase in the incidence of the disease occurred in the 1970's, soon after several hunt clubs in Virginia, wanting to increase the raccoon population, captured raccoons in Florida and released them here. The animals were infected but showed no outward signs of disease. Subsequently, raccoon rabies spread throughout the east coast region of the continent, which region is now the primary source for this form of the disease.

Unlike our neighbor, we were wise enough not to feed our masked bandits and also happy enough to photograph their antics with our glass door *shut*. Raccoons love bird feeders, so should you be maintaining one, you might want to keep an eye out for raccoons, and if you notice one nearby, stay strictly away from it, even if it looks perfectly healthy.

-- Victoria Shelar

[Photographs in the Alcove.]

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 June issue is Wednesday, May 20.



Kendal College Plans May and June Courses

Two Kendal College courses are coming up, in May and in June.

Rob Mish, director of the Lenfest Center for the Arts at W&L, and Josh Harvey, of the W&L music faculty, will present "Simply Sondheim: A Retrospective of the Life and Work of Stephen Sondheim" as a film and lecture series in May. Sondheim, an American composer and lyricist who celebrated his eighty-fifth birthday this past March, is known for his fifty years of influential contributions to musical theatre.

The three films to be shown are "Gypsy," on the evening of Monday, May 11; "Sweeney Todd," on the evening of Tuesday, May 12; and "Sunday in the Park with George," on the evening of Thursday, May 14. Films begin at 7:15 pm in Kendal Hall. These showings are open to all Kendal residents, whether or not they have registered for the course.

Lectures are scheduled for the afternoons of Thursday, May 14, and Friday, May 15, from 3:30 to 5:30 pm in Kendal Hall. The fee for "Simply Sondheim" is \$10.

"Separation of Church and State: the First Amendment's Religion Clauses" is the title of a course to be given by Ann MacLean Massie, Professor of Law Emerita at W&L. Meeting times will be June 3, 10, and 17, all Wednesdays, at 4:30 pm in Kendal Hall. More details will be made available later.

See resident Sally Emory with questions about either course.

Vespers Officiants for May

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.

May 3. Officiant, the Rev. Deb Klein (Lexington Presbyterian Church). Pianist, Karen Fredenburg.

May 19. Officiant, the Rev. Tom Crittenden (R.E. Lee Episcopal Church). Pianist, Genie Vaughan.

May 17. Officiant, the Rev. Nathan Scholl (Grace Presbyterian Church). Pianist, Mary Harvey.

May 24. Officiant, the Rev. Steve Cathcart (retired Presbyterian minister). Pianist, Sharon Massie.

May 31. Officiant, the Rev. Bill Klein (Lexington Presbyterian Church). Pianist, Betty Bond Nichols.

In Memoriam

Charles Bunnell Terhune

died April 3, 2015

entered Kendal September 5, 2008

Library Tidbits

with Sarah Giddings



Memorial Book in Library

[In memory of Roy Steinheimer, the Library Committee has chosen *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson.]

On May 7, 1915, the date of the sinking of the *Lusitania*, a Berlin newspaper exulted that it is "the day which marked the end of the epoch of English supremacy of the seas." Well, no, that was not true, but it was a terrible disaster; of the 1959 passengers and crew, only 764 survived.

This is a gripping story in which the author traces the slow progress of the ship toward doom as he traces, at the same time, the progress of Uboat 20 from Germany to the Irish coast near Kinsale.

Through a series of miscommunications, the *Lusitania* captain was not kept informed of what the British Admiralty knew of the submarine's location, nor was the ship afforded the promised convoy of destroyers to take it to port, nor of a safer passage. Was this negligence or something darker? Was the Admiralty hoping that loss of American life would bring the United States into the war?

Larson is a master of suspense; two of his other historical thrillers are in the Kendal Library: *In the Garden of Beasts* and *The Devil in the White City*.

-- Anne Preuss

The first books of the Kendal Library's exciting new section have arrived. Matt Gildner of the W&L history faculty, who presented a fascinating Kendal College lecture series on Latin America this past January, is spearheading a new collection of books on Latin America. With matching grants from several residents already promised, this looks to become a vital part of our library. These books will be on the top shelves across from the Memorial Books.



Moving Van Alert

According to Jessica Buhler, Marketing Director, Kendal will have the pleasure of welcoming eighteen new Independent Living residents between now and October.

As we go to press, Kendal has four apartments that have not been spoken for. Two are studios of 550 square feet, and two are apartments of 750 and 1000 square feet, respectively. These cosy nests can be ideal for people who decide to auction off the heirlooms, save some money on entry and monthly fees, pack a suitcase, and do some traveling. No need to worry about who'll mow the grass. And all the activities and security of Kendal will be here when you get back.

Our Continuum of Care: Who's Directing Traffic?

As we know, Kendal offers its contract residents three levels of care: Independent Living, with 65 cottages and 55 apartments; the Webster Center (assisted living), with twenty studio apartments; and the Borden Center (skilled nursing care), a 60-bed facility which serves the surrounding area as well as Kendal residents. Independent Living is where most of us start out. (A few residents have been admitted directly to the Webster Center.)

Who decides, and on what basis, if our needs have changed to the point that we should leave our Independent Living cottage/apartment and transition to Webster or Borden, as the case may be?

These and related questions were discussed at a presentation given this past April 15 by the Resident Care Committee, an interdisciplinary management team led by Clinic RN Cathy Lewis, which promotes safety and independence and coordinates transitions through the continuum of care. (See below for a list of other current members.) The committee meets every month to review the needs and concerns of Independent Living and Webster residents. Input from a resident's physician, family members, and friends, as well as Kendal's program of functional screening, are among the sources of information considered.

As a basic principle, Kendal's management makes every effort to enable residents to stay in their Independent Living homes as long as they wish to do so, and as long as

they can safely do so. A number of options are available. If therapy is needed, a resident may schedule sessions as an out-patient here at Kendal, while continuing to live at home. If remembering to take medications is a problem, Cathy Lewis can help. Kendal can also help with bill paying, insurance questions, and similar perplexities. Some residents hire their own companions to do errands or to help with dressing, bathing, and other activities of daily living. Karen Jackson, Resident Services Director, has a list of pre-screened and approved companions. Home Health agencies are also an option, especially following an illness or surgical procedure, as is Hospice.

For some cottage occupants, moving to an apartment in the main building makes sense. Physical need is one of the three justifications Kendal recognizes for an internal move within Independent Living. (The other two are financial need -- monthly fees are based on the size of the unit -- and the death of a co-occupant.) Having the dining room, library, auditorium, and so much else easily accessible under the same roof can make a big difference in maintaining one's independence.

All this being said, some residents in need of a higher level of care prefer moving to Webster or Borden, as the case might be, even though they are qualified to remain in place with the help of additional services. This preference can certainly save money. The helping strategies mentioned above are paid for out of one's own pocket, including any services from Kendal (more frequent housekeeping, for example) in excess of

(cont. on p. 9)

Continuum of Care (from p. 8)

those stipulated in one's contract. A resident's monthly fee at Webster or Borden, by contrast, goes up only a smidgen from whatever it was before: one is charged ten dollars a day for the additional two meals. Both Webster and Borden offer the security of professional caregivers just outside one's door. There is also a social angle. Webster and Borden have a dedicated Activities staff, creating opportunities for fun, companionship, and the sense of belonging to a close-at-hand and supportive group.

Besides Cathy Lewis and Karen Jackson, current members of the Resident Care Committee are Debbie Curry-Lee, Director of Nursing; Brittany Camden, Marketing Associate; Jessica Buhler, Director of Marketing; Helen Goodbar, Housekeeper; Laura Hotinger, Resident Life Coordinator; Beverly Nedrow, Webster Center Nurse Manager; Charlotte Sibold, Health Services Administrator; Rebecca Wilder and Jason Bunn of the Fitness program; and Dennis Fowler, Director of Dining.

The presentation of April 15 covered many more questions than are represented here and went into them in much more detail. Contact Ashley Brunty at the receptionist's desk if you would like a copy of the power point presentation.

-- Jo McMurtry



Bits and Pieces . . .

☞ Feel like helping with a flower-arranging project in the Borden Center? A generous donor, an Independent Living resident whose late spouse lived in Borden, has set up a fund to buy fresh flowers for use on the tables in the Borden dining room. A group of Borden residents gathers on Thursdays, 3 to 4 pm, in the Borden dining room to make the little bouquets and put them into vases. Independent Living resident Patti Hammond helps the residents choose and arrange the flowers. Many were gardeners and flower arrangers in their earlier lives, Patti says, and even if they now have dementia they enjoy handling the flowers and creating a simple arrangement. Contact Patti (463-4098) if you would like to help direct Borden residents as they brighten their corner.

☞ The Marketing Department is holding a road show in Charlottesville on Tuesday, May 12, 11:30 am at the Boars Head. Future residents and possible future residents have been invited to enjoy a buffet lunch and learn more about Kendal. If you're in the neighborhood, stop in and chat with these nice people. It's always fun to answer questions about our home.

☞ The Beginner Yoga Seminar will continue through May 22, meeting each Friday at 11 am in the Fitness Center. You may come to the class even if you have missed the previous sessions. No experience is needed, and those with physical limitations will be accommodated. Wendy Orrison,

(cont. on p. 10)

Bits and Pieces

(from p. 9)

co-owner and instructor at Center of Gravity Yoga and Pilates in Lexington, teaches the classes. Please wear comfortable clothing and be prepared to remove your shoes. Contact Jason Bunn or Rebecca Wilder of the Fitness staff if you have questions (458-0103).

☞ Laura Hotinger, Resident Life Coordinator, introduced two new members of the Activities staff at the Resident's Association meeting on April 15. Carolyn Fisher began in late March as Activities/Resident Life Program Specialist in the Borden Center. Heather Price, who originally came to Kendal in 2013 as a CNA, is now Activities/Resident Life Program Specialist in the Webster Center. Also on the team is Teresa Markham, who has been at Kendal since 2002 and is now leading group activities in both Borden (Wednesdays and Thursdays) and Webster (Tuesdays and Fridays). All three are full-time positions with benefits.

☞ Resident Leland Goddard is seeking technical help with the forthcoming issue of *The Kalex*, our beautiful literary/art magazine. If you are computer savvy and would like to share your talent, please contact Leland at 463-6123.

☞ Jessica Buhler, Marketing Director, introduced Linda Moreschi, our new part-time Marketing Sales Specialist, at the Residents Association meeting on April 15. Linda, who has lived in Lexington for thirteen years, worked in sales before her children (now growing up) came along. She will share office space with Alex Slaydon, Marketing Associate. Linda has had a lot of contact with Kendal residents throughout

the community and is looking forward to getting to know all of the residents better.

☞ Jason Bunn, Health and Fitness Program Manager, has some fitness/wellness statistics as of this past March. Sixty per cent of residents (Independent Living and Webster) participated in some way in a fitness/wellness program. Eleven percent used the pool, 21 percent used the weight room, and 42 percent took a class. "Strength and Stretch," the most popular class, averaged over eleven participants per session. These figures are based on the people who sign in for their sessions. As this newsletter goes to press, we have a resident population of 178, counting both contract residents and *per diem* residents in Webster.

☞ During May, Dianne Herrick and John South will host our weekly "Wine and Conversation" get-togethers, each Tuesday at 5 pm. Dianne and John plan to take advantage of Kendal's beautiful outdoors as often as weather permits. The patio behind Sunnyside House and the terrace outside the pool in the Fitness Center are among the possible venues. Watch for postings.

☞ Good news about Kendal Hall's complex, hard-to-use, and generally unsatisfactory audio/video equipment is brought to us by Mina Tepper, Executive Director. Vendors have been consulted about "fixes" for various components, and it is probable that improvements will be in next year's budget.



Exercise Classes for May

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.

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 workout. M, 4:30 - 5:30 pm; W, 4:30 - 5:30 and 5:30 - 6:30 pm. (Pool)

Brain Fitness. Exercise your brain. T, 3:30 - 4:30 pm (Webster); W, 3:30 - 4:30 pm. (Classroom).

Chair Exercise. Seated strengthening exercises. MWF, 11:15 - 11:45 am. (Webster)

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

Early Bird Ping-Pong. The ping-pong table will be set up for free play. M, 7:30 - 8:30 am.

Fitness Games. Improve coordination and overall fitness. M, 1:00 - 1:30 pm. (Webster)

* **Gentle Joints Aquacise.** TTh, 11:30 am - 12:15 pm. (Pool)

* **Intermediate Yoga.** Vinyasa Yoga class. All levels welcome. T, 8:30 - 9:30 am. (Classroom)

Kendal Campus Walk. 45-minute walk around the campus, utilizing the trails and sidewalks. Tuesdays, 11:00 am. Meet in the Fitness Center.

Pool Strength and Stretch. TF, 8:30 - 9:15 am. (Pool).

Relaxation & Meditation. TTh, 10 - 10:30 am. (Classroom)

Seated Strength & Stretch. 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 & Stretch. Total body strengthening workout. 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. Low to moderate impact, taught by DVD. MWF, 9:00 - 9:45 am. (Classroom)

Weekly Scheduled Activities

Sundays (3, 10, 17, 24, 31)	4:00 pm	Vespers	Kendal Hall
Mondays (4, 11, 18, 25)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (5, 12, 19, 26)	10:30 am 3:30 pm 5:00 pm	Poetry Group "Brain Twisters" Wine & Conversation	North Parlor Webster Kendal Hall
Thursdays (7, 14, 21, 28)	10:00 am 4:00 pm	Bible Study with the Rev. Tom Crittenden Recorder Group	Staff Devel. Rm. Kendal Hall
Fridays (1, 8, 15, 22, 29)	10:30 am 7:00 pm	Kendal Singers Movie (not May15)	Kendal Hall Kendal Hall
Saturdays (2, 9, 16, 23, 30)	3:00 pm	Movie	Webster

Thanks to Generous Donors, Ten Years of Fine Music

May of 2005 saw the successful completion of a fund drive to raise twelve thousand dollars for the complete reconstruction of the piano now in Kendal Hall.

The piano, a 1914 Mason and Hamlin Model A grand, was the gift of the late Helen and Bill Watt. Helen and Bill entered Kendal in August of 2000, not long after the opening day in mid-July. The piano had belonged to Helen's mother.

Residents Norm Jones and Ruth Woodcock were involved both in exploring possibilities for reconstruction and later in arranging for the work. Tim Gaylard of the W&L music faculty was consulted and stated that this piano is "a very good

instrument and well worth preserving." A frequent and welcome guest at Kendal, Prof. Gaylard has performed on the piano many times since he made this recommendation and will return on May 19 as part of the Marlbrook Ensemble..

The fund drive began in April of 2005 and reached its goal with dispatch, thanks to generous residents and other well-wishers. Kendal's resident population at the time (well before the Phase II building program) was just over 120.

The work was done by Gary's Pianos of Harrisonburg, and the piano was returned in January of 2006. Later in 2006, Mary Ellen Page donated a needlepoint bench cushion that she had made. And in 2014, Audrey Salb donated the brocade piano shawl that adds a further embellishment.

-- Jo McMurtry

May Activities Calendar

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

* 2, Sat.	2:00 pm	Piano students of Jonathan Cook	Kendal Hall
3, Sun.	3:00 pm	Ardo Consort at W&L	[bus, 2:20 pm]
4, Mon.	8:00 am	Men's Breakfast	Dining Room
* 6, Wed.	7:00 pm	Historic Lexington Foundation	Kendal Hall
9, Sat.	7:30 pm	RCSO Spring Concert	[bus, 6:50 pm]
10, Sun.	TBA	Mothers' Day Buffet	Dining Room
11, Mon.	7:15 pm	Kendal College film, "Gypsy"	Kendal Hall
12, Tue.	11:00 am	"Spring Fling" with the Fitness staff	Fitness Center
	1:00 pm	Residents Council	North Parlor
	7:15 pm	Kendal College film, "Sweeney Todd"	Kendal Hall
13, Wed.	10:30 am	Photography Group	Staff Development Room
	* 7:15 pm	Marlbrook Chamber Ensemble	Kendal Hall
14, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
	3:30 pm	Kendal College lecture	Kendal Hall
	6:30 pm	Sunnyside Weavers	Sunnyside
	7:15 pm	Kendal College film, "Sunday . . ."	Kendal Hall
15, Fri.	3:30 pm	Kendal College lecture	Kendal Hall
17, Sun.	12 noon to 7 pm	"Rock the Bridge"	Transportation TBA
19, Tue.	7:30 pm	Marlbrook Chamber Ensemble	[bus, 6:20 pm]
20, Wed.	9:30 am	Residents Association	Kendal Hall
	6:00 pm	"Ollin," rock-fusion band at W&L	[bus, 5:20 pm]
* 21, Thu.	7:15 pm	Recital by string students	Kendal Hall
** 22, Fri.	7:00 pm	Big Band Dance Party	Kendal Hall
26, Tue.	8:00 pm	Concert, W&L University Singers	[bus, 7:20 pm]
* 27, Wed.	4:00 pm	Maury River Middle School jazz band	Kendal Hall
* 29, Fri.	10:30 am	Memorial Day Program, Kendal Singers	Kendal Hall
30, Sat.	3:00 pm	Trip to Devil's Backbone Brewery	[bus, 3:00 pm]
* 31, Sun.	1:30 pm	Piano students of Kelly Harris	Kendal Hall

* = Kendal event, free and open to the public; no reservation needed.

** = Kendal event, free and open to the public, reservation requested.

Kendal at Lexington

The Residents' Newsletter

