

1900 Lauderdale Drive, Henrico, VA 23238 www.lakewoodwestend.org Phone: (804) 740-2900 January 2025 Issue 1 Volume 49



ASSISTED LIVING PROGRAMS



Hymns and Harmony with Chaplain Pam *Mondays*, 11:15 a.m.

Enjoy a good old-fashioned sing-along and reminisce with your favorite hymns.

1/6-Rose Bldg. 3rd floor 1/13-Rose Bldg. 1st floor 1/20-Rose Bldg. 2nd floor 1/27-Rose Bldg. 3rd floor

Pool Ja

Poetry with Stacey

January 7 & 21, 10 a.m. Rose Bldg. 3rd floor Stacey Wilson,

Performing Arts Coordinator brings a fun perspective to poetry.



Mike's Sing-alongs

Monday, January 27, 3 p.m. -Rose 3rd floor

Mike Tessieri plays acoustic guitar and leads everyone in good old-fashioned songs.

Music Therapy with Mary Stella

Wednesday, January 29

10:45 a.m.

Rose Bldg. 2nd floor

Mary leads the group in

playing instruments and singing
along. Her enthusiasm is contagious.

Come prepared to move, laugh,

and have a good time!

New Year's Day Social
Wednesday, January 1,
1:30 p.m.
Rose 3rd floor
A program of inspirational
stories, New Year's
resolutions

and refreshments.



Winter Crafts:

Scented Sachets

Thursday, January 30 2 p.m. - Rose Bldg. 1st floor





S'mores Trail Mix

Thursday, Jan. 2, 2 p.m. Rose Bldg. 2nd floor



Good Neighbor Band

Monday, January 13, 3 p.m. Rose Bldg., 1st floor Familiar folk songs played on string instruments and sung in a blue grass style.

Cardio Drumming with Melissa

Thursday, January 2 & 30, 10 a.m. Rose Bldg. 2nd floor

Melissa Valyo-Smith leads drumming style seated exercises for residents.

Come to experience this fun and therapeutic exercise.

Enjoy smoothies after the class!

Diane Hart Sing-along Songs of Freedom & Service"

Wednesday, January 15, 3 p.m. Rose Bldg. 3rd floor

Diane will play songs to commemorate the recognition of Dr. Martin Luther King Jr. this month.

Linda Jones Sing-along
"A Winter Wonderland"
Thursday, January 23
3 p.m. Rose 2nd floor

Linda brings joy to all her participants.

ASSISTED LIVING PROGRAMS

Resident Council Corner

Tuesday, January 28, 3 p.m. Rose Bldg. 3rd floor.

Resident Council met on December 17, 2024. Minutes were distributed to residents and are available upon request. Next meeting is scheduled and managers will be present. All AL residents are encouraged to attend.



o AL Community Trips - Sign up! o





Shopping Trip to Walmart Friday, January 17 Bus departs 9:30 a.m. Main St. Door





Scenic Bus Ride: Ginter Park Neighborhood Thursday, January 9, Bus departs 2 p.m. Main St. Door

"SNOWY" BINGO!



Friday, January 24, 10:45 a.m. Rose 3rd floor

Find the falling snowflake and win extra candy. Bingo winners get to pick from the prize cart stocked with candy bars and personal items! All assisted living residents are welcome.



In the Kitchen: Vanilla Coconut Cookies & Gourmet Coffee

Thursday, January 23, 2 p.m. Rose Bldg. 2nd floor

Make cookies that look snow covered and celebrate gourmet coffee month at the same time!



Chinese Food Lunch-in

Friday, January 31, 12 p.m. Rose 3rd floor

RSVP by 1/29

Celebrate the Chinese New Year by enjoying classic Chinese food dishes with your friends. Residents will select an entrée from the menu. Food will be delivered to Rose Bldg. Cost will average \$15.00 per person. Drinks & Dessert provided.

Contact Tonya in Activities in person or call 804-521-9288 to make a reservation. Residents can also sign up in the events notebook located at the entrance of each floor. Menu will be posted in the notebook.



Nail Spa!

1:30 p.m. Wednesdays Rose Bldg. 2nd floor

All AL residents are welcome to attend.
Residents will get their nails filed and polished.
1st come 1st served.
Men are welcome.
There will be no nail spa on 1/1.



Therapy Dogs Associates

Thursday, Jan. 16, 2:30 p.m.
Rose Bldg. 2nd floor
Welcome our furry friends
and their humans in the new
year! The dogs perform
small tricks and let you pet
them. Everyone is welcome
to participate.

HEALTHCARE PROGRAMS

We will celebrate Martin Luther King's

Birthday on January 15



Birthday on January 15 with a remembrance of his adoption of nonviolent resistance to achieve equal rights for Black Americans.

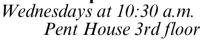


Joanna Hanna 1/03 Ann Harless 1/18 Charlene Miller 1/19 Donald Rymer 1/19 Jackie Flora 1/22 Nell Courtney 1/31

Resident Council

January 15, 1:30 p.m. 3rd floor activity room





Join Carmen as she teaches us conversational Spanish. All residents & team members are welcome to join.



Join us every Friday at 10:30 a.m. in the Penthouse for BINGO.

January Events and Outings

117 - Scenic Drive to Dunkin Doughnuts

1/10 - Bittersweet Chocolate Day

1/13 - Hot Tea Day

1/14 - CMX CinéBistro Stony Point

1/21 - Scenic Drive Maymont

1/28 - Blueberry Pancake Day

2 p.m. Fridays in the Simms Center

1/3 - Kevin Slayer
1/10 - Billy Mitchell
1/17 - Brad Spivey
1/24 - Debra & Patrick
1/31 - Sweet Adelines

SATURDAY SPECIAL

Jazz Brunch January 18, 10:30 a.m. Simms Center

Train Exhibit!

Saturday January 4, 10 - 2 p.m. Simms Center The Silver Rail Club will have a Train exhibit!

New Programs

"Date with the Classics" with Carmen, 3rd Floor Activity Room 2 p.m.

"Mystery Series Reading Visits"
Mondays 1 p.m.

We provide a volunteer program, of 1/1 visits through the generosity of our resident volunteers.

If interested please contact
Program Manager HLOCClydie Einstein-Walsh
804-521-9265 office



We made Gingerbread houses in December!

Future art projects include, mosaics, faux stained glass, ceramics sculpture, and jewelry classes!!

THE TUCKAHOE PROGRAMS

The Tuckahoe Welcomes

Music with Mary Stella Monday, January 13 & 27, 11 a.m.

Music with Richard, Elsie, Jim, Archie, and Carol

Thursday, January 9 & 23, 3:30 p.m.

Music Therapy with Audrey *Monday, January 13 & 27, 2 p.m.*

Poetry with Stacey Wilson *Tuesday, January 7 & 21, 1:30 p.m.*

Pet Therapy *Thursday, January 16, 2 p.m.*

Sing Along with Mike Friday, January 17, 3 p.m.



Happy Birthday Mary Jane Vaught - 1/20

More to Come!

Look for more information in the Breaking News about our upcoming Tuckahoe fitness program and the January community happy hour on Tuckahoe!

If you have any questions concerning the Activities in The Tuckahoe, please reach out to The Tuckahoe Leader.

Kathy Reich 804-521-9291



Margaret "Dee" Graves Enjoyed her time making a Christmas Globe to spread the Christmas cheer!

Special Events Happening in the Tuckahoe:

Art with Jennifer: Tuesday, January 14 & 21, 10:30 a.m.

Drumming Circle with Melissa: Tuesday, January 14 & 28, 3:30 p.m.

Virginia Museum of Fine Arts Tuesday January 14, 10 a.m.

Edgar Allen Poe Museum Thursday, January 30, 10 a.m.

Winter Carnival

Tuesday, January 28, 1:30 - 4 p.m. Join us for food, games, and tons of fun!

The Hook & Yarn Society
Our new crochet club,
Every Monday, 10:45 a.m.

Bake It 'til You Make It Every Monday and Thursday, 2 p.m.

Book Club Every Tuesday & Friday, 4 p.m.

Thyme to Grow Gardening Club Every Tuesday & Thursday, 11 a.m.

Handmade with Heart

A new program that allows our residents to contribute to the community - we will be making toys/crafts to give to children at VCU's children's hospital in January.

Every Wednesday, 2 p.m.

Fox Moon Farms Equine Therapy comes to Lakewood in January! Every Friday at 11 a.m. for registered participants, see Kathy Reiche to learn more!

Scenic Drives

Carytown: Thursday, January 9
Pony Pasture: Thursday, January 23
Shuttle departs at 10 a.m. at the Main Street Entrance.



HAPPY NEW YEAR!

A New Year, A New Beginning

As we stand on the threshold of a new year, we are filled with excitement and gratitude. The past year has been a journey of growth, challenges, and triumphs, and we couldn't have done it without the incredible support of our community and residents.

We are deeply thankful for each and every one of you. Your unwavering support, kindness, and participation have made our community a vibrant and welcoming place. Together, we have created a space where everyone feels valued and connected.

Reflecting on the past year, we are reminded of the many moments that brought us together. From community events and celebrations to everyday interactions, each experience has strengthened our bonds and enriched our lives. We have faced challenges with resilience and celebrated successes with joy, always finding strength in our unity.

As we look forward to the new year, we are filled with hope and enthusiasm. We have many exciting plans and initiatives in store, and we can't wait to share them with you. Our commitment to fostering a strong, supportive, and inclusive community remains steadfast. We are dedicated to creating opportunities for connection, growth, and enrichment for all our residents.

In the coming year, we will continue to build on the foundation we have laid. We will introduce new programs and activities designed to bring us closer together and enhance our community spirit. We will also focus on improving our facilities and services to better meet your needs and expectations.

Thank you for being a part of our journey. Your presence and participation make all the difference. Here's to a new year filled with joy, growth, and endless possibilities. Together, we will continue to build a brighter future.

Happy New Year!

EVENING ENTERTAINMENT

Monday, January 6, 7 p.m. Auditorium Dick Cheatham: John Rolfe Reenactor

Dick Cheatham is a leadership consultant and educator, a professional speaker, historian and journalist. With a passion for making important lessons from history interesting and relevant for us today, he speaks to all sorts of audiences. He has always been fascinated by "why people do what they do" and sees history as the perfect laboratory for investigating this intriguing and important question. Join us for his interesting reenactment of John Rolfe.



Monday, January 13, 7 p.m. Auditorium Chinese Dancers

Richmond Chinese Folk Dance Group was founded to share Chinese culture through dance, to create a friendly and exciting social environment where anyone can get together to share common interests.



Monday, January 20, MLK Day: No Monday Night Performance

Monday, January 27, 7 p.m. Auditorium: Josh Wortham Cabaret Night

Seats: 80; RSVP: Opens 12/24, Closes 1/25

Joshua Wortham (singer/pianist) and Jack Price (trumpet) will thrill your hearts with some of your favorite love songs, jazz standards, and a touch of classical music! Joshua has become a regular here at Lakewood, often performing with Shannon Brown and Georgia Rogers Farmer. Jack Price began his career in the Jimmy Dorsey Orchestra and is sure to delight!



CHAPLAINS' PAGE



This Advent and Christmas season, I've been struck by the paths that different people took to embrace the Christchild. Wondering shepherds, wandering wise kings...lots of wondering, lots of wandering, lots of living in the uncertainties of life. In these moments of wondering and wandering, which aren't just confined to the holidays, it can help to have some routine, some guideposts along the journey. These would fall under the umbrella of "spiritual disciplines," or ways to practice your faith and spirituality, much like exercise



for your physical body. We often think of faith as a feeling we can have if we just focus a certain way, but sometimes, I believe, faith comes through practicing and growth comes through doing. In the new year, I encourage you to focus on your faith and consider ways you can engage, grow, learn, and deepen your relationship with God, both in your personal practices and in community. Not sure where to start? Here's a short list of our chaplains' regularly scheduled programming designed to help you practice your faith with purpose:

Centering Prayer Group: *Mondays, 9 a.m. Chapel*

Resident-led group that meets weekly to pray silently for 20 minutes. Drop-ins welcome.

Catholic Programming:

Catholic Communion: Weekly Service Sundays at 2:30 p.m. Chapel

St. Mary's Catholic Church brings communion weekly on Sundays to our Chapel or to individual residences by a request sent to Chaplain Julie.

St. Mary's Mass Broadcast: Weekly Sundays at 10 a.m. Simms Center/971 We rebroadcast the 9 a.m. Mass from St. Mary's every Sunday morning.

Community Prayer: Weekdays at 9:30 a.m. Channel 971

Start your day off right by joining our chaplains and resident leaders for a brief devotional and time of prayer each morning from the comfort of your residence.

Vespers: Sundays at 4 p.m. Simms Center/971

A 30 - 45 minute multi-denominational worship service led by local community faith leaders, our chaplains, and our residents.

Additionally, we offer a variety of rotating educational, practice-based, and experiential programming and services for residents of all faith backgrounds. You'll find this information shared here in the Link, on Uniquest, on Channel 970, and on our community's calendars. Still have questions? Have a suggestion for a new program? Want to lead in worship, teach Bible study, or offer a program in an area of expertise?

Chaplains Julie and Pam would be glad to talk with you more. Happy New Year!

CHAPLAINS' PAGE

Epiphany Vespers: Wondering and Wandering

Sunday, January 5, 4 p.m. Simms Center Finish your Christmas season hearing the stories of those who wondered and wandered their way to Jesus in word and in song.

World's Greatest Churches Resumes

Mondays in January
1:30 p.m., Simms Center
Continue your journey around the world with the Great Courses series touring these amazing churches:

1/6: The Rock-Hewn Churches of Ethiopia1/13: The Mosque-Cathedral of Cordoba1/27: The Stave Churches of Norway

Experience Taizé

Tuesday, January 14, 3 p.m.

Simms Center

Ever wondered, "What exactly is Taizé prayer and what's the point of it?"

Join Deb Loftis as she shares part-travelogue about her trip to Taizé, France and part-experiential instruction on the basics of Taizé prayer.

Ouestions welcome!

Sunday, January 19, 4 p.m. Simms Center With community instrumentalists, spend time in quiet reflection and prayer and join in singing scriptural-based choruses during our time of Taizé Prayer at Vespers. Interested in joining the Vespers singers to help lead? Contact Chaplain Julie by January 2nd.

& In Memoriam

Frances Twiss - November 14 Robert Rogers - November 21 Louise Dunbar - December 2 Shirley Spangler - December 3

Vespers Leaders

Sundays at 4 p.m. Simms Center **January 5:** Epiphany Vespers

January 12: Jerry Parker, Associate Pastor for Pastoral Care, Mount Vernon Baptist Church

January 19: Taizé at Vespers

January 26: TBA

VBHS Tour

Wednesday, January 22 at 10 a.m. Seats: 11; Level 3, Cost: Free RSVP: Opens 12/24; Closes 1/20

January 16 is Religious Freedom Day, and we'll celebrate the next week with a tour of The Virginia Baptist Historical Gallery, which exists to convey the story of Baptists in Virginia, with a strong emphasis on their role in securing religious freedom amidst the formation of the new nation.



MLK Day Program

Monday, January 20, 2 p.m., Simms Center Residents and team members will gather to hear Dr. King's words read, to sing, and to honor his life and his message together.

Ringers Welcome!

The Lakewood Ringers Chimes Choir welcomes new members this month as they restart rehearsals for the year on January 9th in the Auditorium.

Rehearsals are Thursdays at 11:15 a.m. usually in the Simms Center. Contact Chaplain Julie for more information or to join.

IL Trips Ratings: Please contact the Resident Services Team at 804-521-9137 with any questions on levels.

Level 1: Full Accessibility - flat surfaces, some walking, accessible bathrooms and/or dining rooms.

Level 2: Moderate Accessibility - possible stairs, moderate walking/standing, confined dining/public areas.

Level 3: Limited Accessibility - may have flights of stairs, moderate walking/standing, may not have accessible bathrooms, limited maneuvering of assistive devices, vehicles may not have ramp or lift.

Level 4: Restricted Accessibility - uneven/rough terrain, multiple flights of stairs, not suitable for assistive devices or wheelchairs, extended periods of walking or standing.

Trip Sign-Ups

Sign-ups are available through Uniquest.

If you don't have a smart phone, tablet or computer and would like to sign up for a trip or program, you can call 804-212-8836 and we will help sign you up.

Trip Updates:

Unless otherwise stated, if registration for an outing or event does not reach 6 or more, the outing will be canceled or postponed. Trips that are not sponsored by resident services (those with transportation costs) will go no matter the number of residents signed up.

Ladies Lunch: Palermo

Thursday, January 9, Leave 11 a.m.

Reservation 11:30 a.m.,

Level 1, Cost: On your own; Seats: 18 RSVP: Opens 12/24; Closes 1/07

Palermo's kitchen offers your family a taste of old Sicily. Explore their fine menu of soups, salads, pasta, and seafood, or simply enjoy one of our traditional pizza pies.

Dinner Out: Park Lane Tavern

Tuesday, January 14, Leave 4:30 p.m. Cost: Can be paid by personal credit card or charged to your statement Seats: 18; Level: 1

RSVP: Opens 12/24; Closes 1/12

Park Lane Tavern strives to offer a unique dining experience set in a vibrant European tavern atmosphere. The fare can be described as chef-driven Classic American comfort cuisine as well as traditional European dishes.



Desserted: Les Crepes

Thursday, January 23,

Leave 1:15 p.m.

Reservation 1:30 p.m., Level 1,

Cost: On your own; Seats: 11

RSVP: Opens 12/24; Closes 1/21

Inspired by French cuisine, Les Crepes specialize in fresh, gourmet crepes.

Les Crepes also has a variety of non-crepe options on our menu that feature the chef's amazing creativity. There is something for everyone when you choose to dine with Les Crepes.

All Resident Lunch: The Greek Taverna

Monday, January 13, Leave 11 a.m. Reservation 11:30 a.m.

Cost: On your own; Seats: 18; Level 1

RSVP: Opens 12/24; Closes 1/11

Casual restaurant serving traditional Greek recipes, including pizzas, in a welcoming space.



Reservations will open Tuesday, December 24, 9 a.m. on Uniquest or call 804-212-8836

What the Shepherds Said: A Christmas Sojourn

Cathedral of the Sacred Heart Tuesday, January 7, Leave 6:15 p.m. Show 7:30 p.m. Cost: Free; Seats: 18; Level: 1 RSVP: Opens 12/24; Closes 1/05

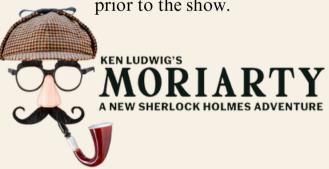
Featuring the Cathedral Schola Cantorum with Relic Ensemble; Daniel Sáñez, Conductor

Hanover Tavern Moriarty

Wednesday, January 8, Leave 11:15 a.m. Lunch 12 noon, Show 2 p.m. RSVP: Opens 12/24; Closes 1/06

Cost: \$46.00, Lunch on your own Seats: 11: Level: 2

Sherlock Holmes and Dr. Watson are back! An investigation into the Bohemian king's stolen letters cascades into a mystery filled with spies, blackmail, and intrigue. With world peace at stake, they join forces with American actress Irene Adler to take down criminal mastermind Professor Moriarty and his network of devious henchmen. Five actors play over 40 roles in this new adventure that has danger and laughter around every corner. Lunch at Hanover Tavern prior to the show.



SALT Police Meeting

Tuesday, January 7, Leave 9:30 a.m. Meeting 10 a.m. Cost: Free; Level: 1; Seats: 12 RSVP: Opens 12/24; Closes 1/05

Topic is Project Lifesaver with Deputy N. Jones. Other topics upcoming include Fall Prevention, Home Security, Elder Abuse, K-9, and Cane Fu.

Tuckahoe Women's Club

Leave 9:30 a.m. January 8, 15, 22, & 29 Seats: 12; Level: 1; \$8 fee applies RSVP: Opens 12/24; Closes 48 hours prior

Deadline for RSVP on all trips below is 48 hours in advance.



Kroger/Walmart

Tuesdays, Jan. 7 & 21 -9:30 a.m.





Publix/Food Lion

Tuesdays, Jan. 14 & 28 -9:30 a.m.





Dollar Treel Walgreens | CVS Wednesday, Jan. 15, 3 p.m.



Season Ticket Holder Policy

Season ticket holders have first priority for bus seating. To secure a spot, ensure your name is on the season ticket holder master list. You must personally register for each of the trips below you plan to attend.

Richmond Symphony

January 25, Leave 7 p.m. Show 8 p.m. Seats: 34; Level: 1; \$8 fee applies RSVP: Opens 12/24; Closes 48 hours prior

VCU Chamber Music

January 19, Leave 2 p.m. Show 3 p.m. Seats: 12; Level: 1; \$8 fee applies RSVP: Opens 12/24; Closes 48 hours prior



UR Men's Basketball Games

1/11, Leave 5 p.m. 1/18, Leave 1:30 p.m. 1/25, Leave 5 p.m.



Seats: 34; Level 1; Season ticket holder policy. Cost: Tickets must be pre-purchased, \$8 fee applies

RSVP: Closes 48 hours in advance



UR Women's Basketball Games

1/08, Leave 5 p.m. 1/15, Leave 5 p.m. 1/19, Leave 1 p.m.



Seats: 14; Level 1; Season ticket holder policy. Cost: Tickets must be pre-purchased,

\$8 fee applies

RSVP: Closes 48 hours in advance

Reservations will open Tuesday, December 24, 9 a.m. on Uniquest or call 804-212-8836

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Steven F. **Udvar-Hazy Center**

Annex of Smithsonian Air and Space Museum Wednesday, January 29, Leave 8:30 a.m. Tour: 11 a.m. Cost: Free; Lunch on your own at Shake Shack within the museum: Seats: 18: Level: 2

RSVP: Opens; 12/24; Closes 1/27

The Steven F. Udvar-Hazy Center displays thousands of aviation and space artifacts, including the Space Shuttle Discovery, a Blackbird SR-71, and a Concorde, in two large hangars. You will be able to tour the museum at your own pace with a self-guided tour. Lunch will be on your own at Shake Shack at your leisure.

January Jingle Shopping Trip

Thursday, January 16, 9:30 a.m. Cost: On your own; Seats: 8; Level: 4 RSVP: Opens 12/24; Closes 1/14

Get your bells on and shop 'til you drop in the New Year

Sleigh (The Lakewood Bus) will leave Lakewood at 9:30 a.m.

Papeterie

Uniquely curated gifts for any occasion & beautiful stationery The Shops at 5807

Jewelry, décor, clothing, linens, and home goods Lunch at Joe's Inn

Pub-style atmosphere with lots of menu food choices **Buford Road Pharmacy**

Walk through eclectic gift shop

Sassy Bee

Adorable gift shop with seasonal gifts and products Montague

Consignment clothing boutique shop in Bellgrade

Please note that this is a **level 4 trip** that will be visiting venues that are inaccessible to those with assistive devices such as rollators, walkers, canes, or wheelchairs. You must be fully ambulatory to attend this trip.

VIRGINIA MUSEUM OF FINE ARTS

A Long Arc: Photography and the **American South since 1845**

Virginia Museum of Fine Arts Tuesday, January 21, Leave 9:15 a.m. Tour 10 a.m. - 2 p.m. Seats: 24; Cost: \$10; Level: 1

RSVP: Opens 12/24; Closes 1/19

Take an epic journey through the American South from 1845 to today. In A Long Arc: Photography and the American South since 1845, presented at the Virginia Museum of Fine Arts, encounter the everyday lives and ordinary places captured in evocative photos that contemplate the region's central role in shaping American history and identity and its critical impact on the development of photography. This is the first major exhibition in more than 25 years to explore the full history of photography in and about the South.

Reservations will open Tuesday, December 24, 9 a.m. on Uniquest or call 804-212-8836



"Great Decisions"

Covenant Woods Tuesday, January 28, Leave 9:30 a.m. Class 10 - noon; Seats: 14; Level: 1

Class 10 - noon; Seats: 14; Level: 1 Cost: \$70 for individual, \$80 for couple • ESTABLISHED 1883

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More information will be provided regarding payment once registered.

RSVP: Opens 12/24; Closes 1/26; RSVP registers you for the entire series.

Covenant Woods has several openings in the program "Great Decisions" and is offering us seats!

Great Decisions is based on the Foreign Policy Association's largest discussion program on world affairs (//www.fpa.org/great_decisions). The group meets on the fourth Tuesday of the month starting on January 28, cost is \$70 for individuals and \$80 for couples for 8 monthly sessions with a briefing book, class materials, and refreshments. This is the eleventh year Covenant Woods has conducted the Great Decisions series.

Tuesday, January 28, 2025: **#1: U.S. Changing Leadership of the World Economy** Speaker: Chris Saladino, Associate Professor, VCU Department of Political Science



MJ The Musical

Altria Theater Thursday, January 30, Leave 6 p.m. Show 7:30 p.m. Cost: \$79; Seats: 8; Level: 2 RSVP: Opens 12/24; Closes 1/28

Michael Jackson, a legendary entertainer, is featured in the Tony Award®-winning musical MJ, which focuses on the creation of the 1992 Dangerous World Tour. Directed by Christopher Wheeldon and written by Lynn Nottage, the musical showcases Jackson's artistry and creative process. After thrilling sold-out audiences on Broadway and in London, MJ is now premiering at the Altria Theater in Richmond, with a runtime of 2.5 hours.

CREATIVE PROGRAMS

Updated Hours for 2025!

Open Studio hours are changing so we can schedule more **Art** classes!

Join us on Tuesdays and Thursdays, but now from 9 - 11 a.m.

Come and work on your projects during this open time and enjoy the creative space!

Just Craftin' Around with Jo Saturday, January 4, 2 p.m. Creative Arts Room; Seats: 8 RSVP: Opens 12/24; Closes 1/02

Looking for a fun lantern to create to bring in winter cheer? Join Jo in creating these beautiful paper mâché lanterns, to illuminate your home, bringing light into the new year!

Open Jewelry Making

Wednesday, January 8, 9 - 11 a.m.

Creative Arts Room

Join us for an open jewelry-making session where you can work on your current projects or start something new! Use our tools and supplies to bring your creative ideas to life, with guidance available if needed. Whether you're a beginner or experienced, this class offers a relaxed, supportive environment to craft your unique jewelry pieces!

Beginner Wet Felting – 4 weeks

Wednesdays, 1/8 - 1/29, 12:30 - 3:30 p.m.

Creative Arts Room; Seats: 8

RSVP: Opens 12/24; Closes 1/06

Discover the art of wet felting in this hands-on 4-week class! Learn the basics of this unique technique as you create beautiful, textured wool pieces. Over the course of the class, you'll explore how to turn raw wool into colorful, durable felt using water, soap, and gentle agitation. Perfect for beginners, this class will guide you step-by-step through the process while unleashing your creativity! Please wear old clothes – this is messy!





Hand-Building Clay Making Class

Thurs. Jan. 9, 16, 23 & 30, 1 - 3 p.m. CAR, Seats: 7: **RSVP**: Opens 12/24; Closes 48 hours before Explore the art of handbuilding with air dry clay in this creative, hands-on class! Learn various techniques such as pinch pots, coil building, and slab construction to craft your own unique pieces. Whether you're making functional pottery or decorative sculptures, this class is perfect for every level; just bring your imagination and get ready to shape something special!

Beginning Watercolor

Mondays, January 6 through Feb. 24, 9 - 11 a.m., Creative Arts Room; Seats 8; RSVP: Opens 12/24; Closes 48 hours in advance

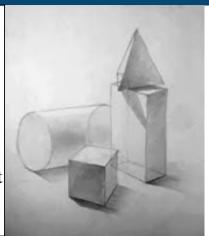
Welcome to our comprehensive 8-week watercolor course designed specifically for beginners! If you've ever wanted to dive into watercolor painting but didn't know where to start, this class is for you. In this step-by-step instructional class, I'll walk you through everything you need to know to create beautiful watercolor paintings with ease. Over the next 8 weeks, you'll not only learn the basics of watercolor but also build a solid foundation in essential techniques, color theory, and composition. By the end of the course, you'll complete a stunning floral wreath composition that ties together all of the skills you've learned. Sign up for one or all the classes you don't have to commit to all the sessions.

CREATIVE PROGRAMS

Beginner Drawing

Mondays, January 6 - February 24, 1 - 2 p.m. Creative Arts Room; Seats: 8 RSVP: Opens 12/24; Closes 1/04

This class is perfect for those new to drawing or looking to refresh their skills! Over the course of 8 weeks, you'll learn fundamental techniques such as line work, shading, perspective, and proportion. Through guided lessons and practice, you'll build confidence and develop your artistic abilities. No prior experience is necessary—just bring your enthusiasm and curiosity! Sign up for one or all the classes, you don't have to commit to all the sessions.



INTELLECTUAL PROGRAMS

Film Discussion



Thursdays, January 2, 9, 16, & 23, 2 p.m. Auditorium This month's theme is movies directed by Preston Sturgess and John Fond.



1/02: Preston Sturgess' Sullivan's Travels, 1941: Tired of producing lightweight comedies, Sullivan decides to make a socially responsible film about human suffering and hits the road dressed as a hobo, with Jo McCrea and Veronica Lake.

1109: Preston Sturgess' The Lady Eve, 1941: A card shark falls in love with her mark. So begins the game of "hearts", with Barbara Stanwyck and Henry Fonda.

1116: John Fond's, Stagecoach, 1939: The first Western film for adults was produced casting a harlot and outlaw as the heroic characters, with Claire Trevor & John Wayne.

1123: John Fond's, The Quiet Man, 1952: John Wayne, cast as Sean Thornton returns to the Ireland of his childhood and falls in love with a colleen, played by Maureen O'Hara.

History of Music: Tracy Chapman & Alice Randall

Tuesday, January 28, 2 p.m.
Front Half of Auditorium; Seats: 60
RSVP: Opens 12/24; Closes 1/26
Songwriters are poets. The generation that grew up listening to these lyrics often felt strongly bonded with the poets and each other because we shared the experiences. These songwriters were able to put words to our observations and feelings.



Historically Speaking

Fridays, 1:30 p.m. Auditorium

Jan. 3: Learning from the Greeks

Jan. 17: Roman History

Mah Jong Class

Thursday, January 23, 30, Feb. 6, & 13, 10 a.m. Card Room Seats: 24; **RSVP: Opens 12/24** This class will teach you the basics, starting with an introduction to the tiles and their significance. Participants learn the rules of Mahjong, including how to draw and discard tiles, form winning combinations, and understand the scoring system. The instructor will demonstrate each step, offering tips and strategies along the way. You will come away with an appreciation for Mahiong and the confidence to continue playing and exploring this captivating game on your own.

FEATURE PROGRAMS

Lakewood Singers

The Lakewood Singers is warming up for our next performance! Consider joining us as we prepare for a spring concert of nostalgic musical favorites spanning the 1920's-1950's. Rehearsals begin Tuesday, January 7 from 11:15 - 12:15 p.m. in the Simms Center.



Music Appreciation

Wednesdays 10 a.m. Auditorium
The Music Appreciation Class will
focus on the composers of the
Classical Period January 8 & 15.
We will then hold two special
sessions of class on
January 22 and 29.

1/22 is National Polka Dot Day, and we will be learning all about...
POLKA music!
On 1/29 in honor of the Lunar
New Year, we will focus on music which celebrates not only the
Chinese origins of the holiday, but also music which celebrates the moon.

Lakewood Players

Monday, January 6, 11 a.m. Simms Center
The Lakewood Players is continuing preparations for their spring show entitled "The Butler Did It." If you are interested in helping with some of the behind-thescenes aspects of this production, plan to attend an informational session to see what is involved.



Do you WHISTLE?

The Lakewood Players are recruiting good (loud!) whistlers for a particular scene in the upcoming show. A weekly commitment is **NOT** required.

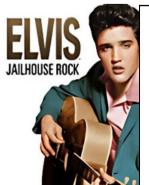
Please email Stacey at swilson@lakewoodwestend.org

Resident Services Bingo

Friday, January 3, 11 a.m.
Card Room, Seats: 16; RSVP: 12/24
Enjoy the timeless game of Bingo in a friendly atmosphere. Whether you're a seasoned player or a beginner, there's a place for you at our tables!



Second Half of the Year, Birthday Party
Monday, January 6, 2 p.m. Auditorium,
Seats 100 RSVP: Opens 11/26; Closes 1/03
Everyone has a birthday so why not celebrate
it all together?! If your birthday is in July December, you are invited to celebrate with
other residents whose birthdays are in the
second half of the year. There will be all the
birthday things you love, including party hats,
presents, and of course cake and ice cream!



Elvis Birthday Film Showing: Jailhouse Rock

Wednesday, January 8, 1 - 3 p.m. Auditorium
Join Rick Langholz for this film showing to celebrate Elvis Presley's birthday. A young man is convicted of manslaughter after being drawn into a bar fight while trying to defend a woman. In prison, Everett finds salvation when his cellmate, a country singer named Hunk Houghton (Mickey Shaughnessy), hears him sing and pegs him as a future star.

FEATURED PROGRAMS

Tell Your Story! Workshop

Thursday, January 9, 10 a.m. LLLC

RSVP: Opens 12124, Seats: 17; Cost: No charge Everyone has a unique story to share about their life experiences. Documenting your life story is a heartfelt gift for yourself and loved ones. With "Tell Your Story!" guided by Richmond writer Elizabeth Cogar, you can write a book, record your narrative, or use an online platform. Attend an information session to explore the value of this project, see examples, learn about different approaches, and participate in a Q&A to find the best method for you.

Bourbon Tasting from Reservoir Distillery



Friday, January 10, 1 p.m. The James Seats: 24

RSVP: Opens 12/24

A Reservoir Team Member will lead a guided tasting event, sampling the Founding Flight wheat, bourbon, rye).

Richmond Forum

Seats: 126; RSVP: Opens 12/24; Closes 1/09

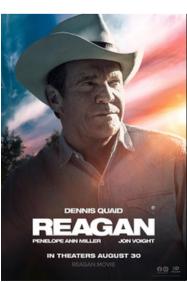
The launch of NASA's James Webb Space Telescope (JWST) in 2021 was one of the most remarkable engineering feats in human history. Three years in and a million miles away, the telescope is revolutionizing our understanding of the cosmos, which may leave humankind with more insight into our origins and our place in the universe. Astrophysicist Dr. Amber Straughn is no stranger to the expanse, having worked on the JWST project science team at Goddard Space Flight Center since long before its launch. Accompanied by stunning JWST-captured images, she will take us on a journey back into the cosmic dark ages, revealing the nature of exoplanets and galaxy formation of the early universe.



Vial of Life January 13, 11 a.m. Auditorium

Meredith Auchmoody will be going over the Vial of Life (it's purpose and what is good to put in it) and providing them to everyone.

We encourage all residents to have one.



Dinner and a Movie: Reagan

Thurs. Jan. 16, 5 p.m. Auditorium Seats: 88:

Cost: \$16 dining dollars

RSVP: Opens 12/24; Closes 1/14; From the glitter of Hollywood to the world stage, Ronald Reagan overcomes the odds to become the 40th president of the United States.

Menu: Pork Chops, Mac and Cheese, Honey Roasted Carrots, Buttered Rolls, Jellybeans, & Blondies

FEATURED PROGRAMS

Jaz

Jazz Brunch

Saturday, January 18 10:30 a.m. Simms Center, Seats 60;

RSVP: Opens 12/24

Al Wittig Jazz brings a mix of jazz, including swing and standards from the Great American Songbook, smooth jazz, funk, blues, ballads, and Latin grooves. The brunch menu includes three cheese quiche, side salad, rolls and breakfast pastries. Alcoholic and non-alcoholic mimosas will be served.

National Peanut Butter Day

Friday, January 24, 2 p.m. Auditorium; Seats: 40
RSVP: 12124; Closes 1/22
What do you put on your peanut butter sandwiches... pickles, lettuce, marshmallow fluff, bananas? Stop in and try some unique and different toppings for peanut butter!



Polka Dot Day Wednesday, January 22 – Proudly wear your Polka Dots
National Polka Dot Day celebrates polka dots, and since 2016 has also
been used to celebrate Minnie Mouse, who is known for often wearing the
dots. She usually is seen wearing a red dress with white polka dots and often
has a matching bow. Celebrants of the holiday don polka dots to celebrate
the dot and Minnie Mouse.

Happy Hour: Fire and Ice

Thursday, January 30, 4 - 6 p.m. Auditorium, Seats: 126 RSVP: Opens 12/24; Closes 1/28

Join us for an unforgettable evening at our Fire and Ice Happy Hour!
Experience the perfect blend of heat and chill with cocktails and appetizers that will tantalize your taste buds.





PROGRAM TEASERS / ANNOUNCEMENTS



Program Teasers

Moton Museum and Lunch

Farmville, VA

Wednesday, February 5, Leave 10 a.m. | Tour 1:30 p.m. Cost: No charge, Lunch on your own; Seats: 18

RSVP: Opens 12/24; Closes 1/30

Before Selma, before Montgomery, there was Farmville, where young people made history. The Civil Rights movement came to Farmville, Virginia, thanks to the courage of students protesting inequality. The Moton Museum's permanent exhibition, The Moton School Story: Children of Courage, tells the stories of the Prince Edward students who expanded the meaning of equality for all Americans.

Dirty Dancing - Dominion Energy Center Tuesday, Feb 4, Leave 6:45 p.m. Show 8 p.m. Seats 11; Cost:\$50; RSVP: Opens 12/24; Closes 1/30 Join us for Dirty Dancing in Concert! The classic film's first live film-to-concert experience. Enjoy the digitally



remastered hit film like never before on a full-size cinema screen, with a live band and singers performing the film's iconic songs. With a soundtrack that marked a generation. Dirty Dancing in Concert promises to bring a thrilling new and unique experience to the 80s classic. Directly following the film, that band and singers will throw an encore party that will surely take you back to the time of your life as you sing and dance along to your favorite Dirty Dancing songs. Immerse yourself in the timeless romance and experience one of the most memorable movies of the past 35 years - now live!

Thomas Pandolfi "Songs from the Heart" & Reception - February 13

March Madness is coming!

March Madness is the National Collegiate Athletic Association (NCAA) Division I Men's and Women's basketball championship tournaments, and we are getting pumped up at Lakewood! On *Tuesday, February 18th from 3 - 4 p.m.* we will host a pre–March Madness event in the Auditorium to get everyone excited with food, giveaways and fun. We will have another event on March 17th in the Card Room for those wanting to make their own brackets. Those who enter their electronic brackets into the Lakewood pool will be eligible for a prize. Don't worry, the Resident Services team will help you complete your electronic bracket if you need it. We hope you will join the fun!

Chesapeake Bank

We hope everyone had Happy Holidays and a Happy New Year! It is the time to start preparing for your new year budgets along with reviewing your wealth portfolios. Steve and I would love to work with you on both. Please give us a call at 804-939-6444 to set up an appointment. We look forward to hearing from each of you, current customers and soon to be new customers!

Tammy Ferguson - Chesapeake Bank Branch Manager



RESIDENT SERVICES ANNOUNCEMENTS

Nativity Scenes

If you allowed us to display your nativity scene for the holiday season, thank you! Please pick up your nativity on January 2, from 10 a.m. - 12 p.m. from the clubhouse lobby shelves near the boardroom.

Do you (or did you) play an instrument?

We are looking into forming a small instrumental ensemble here at Lakewood if there is enough interest. Please email Stacey at swilson@lakewoodwestend.org



Wine Club Reminder

The Lakewood Uncorked Wine Club is still accepting new members for 2025. Don't miss the chance to learn more about wine and enjoy tastings in the company of fellow wine lovers. To join, please send your \$25 dues check payable to "Uncorked" to Betty Wenger in D-314.

Trip Leave Time Reminder

Reminder... The posted leave time in the Link and on Uniguest is the time we have to LEAVE. The time is determined by either the start time of the event we are attending or the time of our reservations. The load time is 15 minutes before the leave time, unless otherwise noted. It is important we leave Lakewood on time. Therefore, if you are not there at the leave time, we will leave without you. Please be at the leave location before the posted leave time, so you don't miss a trip you were looking forward to.

Trip Payments

If there is an outing that you have signed up for that has an associated cost, you can pay in one of two ways. You can either have the cost added to your Lakewood statement, or you can pay by check. Resident Services cannot take cash for any payments. We ask that if you wish to pay by check, bring it at the time of the trip/activity/event or deliver it to a resident services team member directly within 24 business hours. All checks should be made out to Lakewood unless otherwise stated.



Resident Services values your attendance at events and requires registration via Uniquest or by calling 804-212-8836 to help with food preparation and room setup. If you can't attend, please cancel your registration. Reminders are sent for registered events to encourage cancellations if needed. If no-shows continue to be an issue, a No Show/No Cancellation fee may be implemented in 2025.

RESIDENT SERVICES ANNOUNCEMENTS

Trip Levels Explanations

Please note the level of any trips you are signing up for this month to ensure they match your mobility level.

IL Trips ratings: Please contact the resident services team at 804-521-9137 with any questions on levels.

Level 1: Full Accessibility - flat surfaces, some walking, accessible bathrooms and/or dining rooms.

Level 2: Moderate Accessibility - possible stairs, moderate walking/standing, confined dining/public areas.

Level 3: Limited Accessibility - may have flights of stairs, moderate walking/standing, may not have accessible bathrooms, limited maneuvering of assistive devices, vehicles may not have ramp or lift.

Level 4: Restricted Accessibility - uneven/rough terrain, multiple flights of stairs, not suitable for assistive devices or wheelchairs, extended periods of walking or standing.

Season Ticket Holders

TICKE

If you have season tickets for events like the Richmond Symphony, University of Richmond Men's and Women's Basketball games, and VCU chamber music concerts, as a reminder you need to sign up for each event or game you wish to attend. Resident Services will not automatically sign you up for these.

Resident Requested Trips:

In the case of a resident-requested trip, you must have the request to Transportation by the 15th of the prior month. Items needed: address of the event, date, leave time, event time, time away for the driver or the pick-up time, and number count. Forms for requests are available at the Transportation desk window or at the front desk. All requests must be submitted using this form.

Uniguest & RSVPs

Registrations will open on **December 24** at **9 a.m.** for January events. If an event falls more than 30 days from the opening date, there is a system delay, and you may not see it available at 9 a.m. Please check back within the hour and it will probably be there.

Also, no one has the ability to register early except the administrators of the program. We want to assure you that we do not add residents early.

All residents have the same access to the system. In addition, a resident can register 2 other residents when they add themselves, but be assured, that is all the system allows.

We also have the ability to see who registers a guest.



COUNCIL CORNER / VBH FOUNDATION

Residents' Council Corner: From Your President

Resident Council has new leadership for 2025 and we are set to continue the efforts established previously. A big thank you to those members who rotated off the Council in December. Their tireless efforts on your behalf are commendable.

It's important for residents to understand the scope of the Council's responsibilities. The Council's mission, per the bylaws, is to enrich the lives of Lakewood residents through advocacy, information, and service. We do this through our committees and activities. Each committee, chaired or served by a Council member, is made up of residents from throughout the campus. These committees meet with the Lakewood department heads to address the needs and requests brought to them by their respective building residents. This highly organized and well-designed structure is both efficient and productive. Issues are addressed and problems are solved. The Council is not empowered to run the administrative functions of Lakewood or make its financial decisions—we serve in an advisory capacity only, meeting regularly with the Lakewood Executive Director and quarterly with the LifeSpire staff and the Board. These meetings allow us to share the residents' thoughts and wishes in a timely and effective manner.

The system works for all concerned, but it only works if residents keep their Council member informed about needs and observations. Additionally, it only works when individuals volunteer to serve on the various Council committees and add their voices to the discussion. Each of us has a responsibility to participate in the system. In this way, One Lakewood is the best possible place for all of us to enjoy the life we envision.

A new year is a great time to get organized!

The VBH Foundation's Personal Estate Planning Kit walks you step by step through the process of organizing your estate, protecting your loved-ones, and securing your legacy. It's helpful on its own, but you can also use it to prepare for a meeting with an estate planning attorney or other professional advisor. Visit https://vbh.planmylegacy.org/ to download your own kit today. When you decide to include the VBH Foundation in your estate plan, your kindness ensures we can continue to help seniors live purposefully in a loving environment.

When you tell us about your generous commitment, you go one step further. You ensure your wishes are honored while helping us plan more confidently for the future. You also join the J.T. Edwards Legacy Society; donors dedicated to making a difference for generations to come. Remember: Informing us of your gift doesn't mean your name or picture has to be public. Information you share can be kept confidential, and we respect any desire you have to remain anonymous.

In 2024 we received over \$700,000 from donors who remembered the Foundation and their communities in their estate planning. This income makes a great impact on our benevolent mission to serve those in need.

If you wish to share the news of your gift personally, feel free to contact me. I look forward to hearing about your giving story.

Happy New Year!

Jodi Leonard, Vice President, 804-521-9213

LAKEWOOD CINEMA

Watch a selection of films from the comfort of your home.

Channel 973 Thursdays at 7 p.m.

January 2, Channel 973: Oliver (1968, G, 2h, 33 min)

After being sold to the mortician Sowerberry, young orphan Oliver Twist runs away and meets a group of boys trained to be pickpockets by their elderly mentor Fagin in 1830s London in this musical based on Charles Dickens' Oliver Twist.

January 9, Channel 973: Death at a Funeral (2007, R, 1h, 30 min)

Chaos ensues when a man tries to expose a dark secret regarding a recently deceased patriarch of a dysfunctional British family.

January 16, Channel 973: Intolerable Cruelty (2003, PG-13, 1h, 40 min)

Miles, a high-profile divorce lawyer, wins a case for his rich but adulterous client Rex Rexroth. But Rex's ex-wife, Marylin, who is no saint and is a gold-digger, plots to take revenge on Miles.

January 23, Channel 973: Cop Land (1997, R, 1h, 45 min)

The Sheriff of a suburban New Jersey community, populated by New York City police officers, slowly discovers the town is a front for mob connections and corruption.

January 30, Channel 973: The Company (2003, PG-13, 1h, 52min)

A young ballet dancer is poised to become the principal performer in a group of ballet dancers.

Saturday Matinees, Auditorium or Channel 973, 2 p.m.

Watch a selection of films from the comfort of your home, or attend a movie hosted by Rick Langholz to learn more about the production/direction of the film.

January 4, 973: Coogan's Bluff (1968) Arizona sheriff's deputy (Clint Eastwood) is sent to New York City to effect extradition of a convict. The first of five Eastwood films directed by Don Siegel.

January 11, AUD/973: The Anderson Tapes (1971)

Safecracker (Sean Connery) assembles a team to rob the affluent residents of a Manhattan apartment building. Film debut of Christopher Walken.

January 18, 973: Forty Guns (1957) Ruthless Arizona rancher (Barbara Stanwyck) sees her dominance threatened by a growing attraction to a U.S. Marshal, and difficulty dealing with her murderous brother.

January 25, AUD/973: The 400 Blows (1959) Landmark directorial debut of Francois Truffaut depicts the troubled life of an adolescent Parisian boy.



HEALTH & WELLNESS

Great ways to maintain your wellness & feel great as colder temperatures impact us:

- *Continue To Hydrate:* Make sure that you continue to drink at least eight cups of water daily. Staying hydrated is just as vital during fall and winter months.
- **Don't Forget D:** Make sure you're getting your vitamin D. Monitor the weather and dress appropriately for outdoor walks and other activities. If you're spending less time outdoors at this time of year, consider a supplement.
- *Light Your Mental Health:* Try to get outside during daylight hours, and if you're indoors, make it a priority to sit near windows. Mental health is deeply impacted by exposure to natural light.
- Seek Community: The cold can often isolate us and keep us in our homes. Make time to intentionally connect with friends and family.
- Wash Your Hands: Take special care to wash your hands during cold and flu season.
- *Keep Moving:* Try a new activity. Spend time in the Wellness Center. Learn a new craft. Winter doesn't have to grey our days!



Updates and Changes:

We're excited to announce that all classes except ABC's will return to a 45-minute length beginning in January!!!

Class Updates:

Smart Bells 1 will now start at 10:45 a.m. Mondays, Wednesdays & Fridays
 Smart Bells 2 will now start at 10:45 a.m. Tuesdays & Thursdays
 Cornhole will now start at 11:30 a.m. Tuesdays & Fridays
 Bold Moves will now start at 11:30 a.m. Thursdays
 ABC's will now start at 2 p.m. and continue to be 30 minutes Mondays & Wednesdays

New classes coming in January!

Gentle Yoga will be offered at 12 p.m. on Wednesdays in the Aerobics Room.
Hatha Yoga will begin being offered EVERY Tuesday at 1 p.m. in the Aerobics Room.
Small Group Strength will be offered on Tuesdays & Thursdays at 2:30 p.m. in the Aerobics Room.
RSVP is required – group limit is 10 residents.

No Classes: Wednesday, January 1

HEALTH & WELLNESS



Featured Class of the Month Bold Moves

Bold Moves is a wellness program that supports the physical, social and emotional needs of residents with Parkinson's. Our NIFS staff has specialized fitness certifications to support our residents in this class. The exercises are designed to slow disease progression, improve symptoms, and improve quality of life.

January Sign-In Sweepstakes!

In January, we're featuring a challenge to get you moving in our Wellness Center. Each time you come in for a workout or to attend a class, you'll be entered to win a great wellness gift to be awarded to the three residents with the most sign-ins in January. While the prizes are a big surprise, the rewards of staying active are obvious! Come join us. With longer class length, new offerings, and staff ready to help get you energized, there's no better time to move forward.



New Staff — Callie Forest

We're excited to announce that we have a new Director of Fitness and Wellness that joined us in December. Callie is a tenured Fitness Director with years of experience with the YMCA of Greater Richmond and American Family Fitness, a NASM certified personal trainer, and a long-time yoga instructor with a passion for working with active adults of all ages. She's excited to work alongside the team at Lakewood to keep residents moving forward with overall wellness in mind.

T MEET (S) H TEAM

Meet and Greet with Callie!

Monday, January 6, 1 - 2 p.m.

Wellness Center

Come meet Callie, our new Director of

Fitness and Wellness This is a great

Fitness and Wellness. This is a great time to learn more about the new class offerings in January as well as our Sign-In Sweepstakes, and get answers to all your fitness and wellness questions.

DID YOU KNOW?

Did you know...

Uniquest auto-generates a message in your app 24 hours before an event you are registered for and sends it to your device!

The message appears quickly and then disappears. This message is not saved anywhere in your application, so you will be unable to retrieve this message. If you are ever concerned about what the message might have said, first look to see if you are registered for something that is the next day. If it still isn't clear, call the Registration Line and we will get back to you.



Did you know...

the Reservation Line is not a manned line? Please leave us a message and we will return your call. Questions have been raised about not receiving communication back from Resident Services after calling in to make a reservation.

If you are added to a trip or event, for which you have called in and there is room to add you to the list, you will not receive a return call. If you are placed on the waiting list, you will be called back and told that you have been added to the wait list. Please ensure you let us know if you are registering another resident (such as a spouse) and what that person's name is.

Please do not use the notes section on Uniquest to communicate that you need to register another person. If you need to add another resident and cannot add them using the Uniquest website or app, please call the registration line to add them.

Registration Line 804-212-8836

Show Up and Shine!

Lakewood has a program that recognizes staff who go above and beyond or they "Show Up and Shine!" Residents are able to vote for who they think meets the following criteria!



They show up! & They Shine!

They exhibit the tenets of our hospitality program, "Leave them Smiling:" Kindness, Compassion, Teamwork, Graciousness, Integrity, Joy

Fill out the forms located in the Clubhouse lobby with the team member who shows these qualities! The team member who wins will get a day off with pay, have the ED or selected director do their job for the day, and get to pick their own parking spot for a month!

VOLUNTEER / COMMUNITY OUTREACH



FEED MORS

Ronald McDonald House

Thursday, January 16, 8 a.m. 2 - 3 people are needed to help prepare lunch for guests of the Ronald McDonald House! We will leave Lakewood at 8 a.m. from the Clubhouse Lobby and return by noon. Please contact Sally San Soucie (804) 521-9152 or sign up using the Causer app.

Feed More:

Tuesday, January 7, 12:30 - 4 p.m.
7 volunteers are needed to help assemble backpacks for food-insecure students in the Richmond area. Long periods of standing required. Use the Causer app on your smartphone or contact Sally San Soucie to sign up.



Red Cross Blood Drive

Tuesday, January 14, Noon - 5 pm. Auditorium
Please sign up for the January 14 blood drive at Lakewood using the link below. If you would like to be a donor and/or have questions or need assistance registering, please contact Sally San Soucie. 804-521-9152
https://www.redcrossblood.org/give.html/drive-results?
zipSponsor=Lakewood

Social Accountability Survey

An interest survey about which charities Lakewood will support in 2025 will be coming your way soon! Stay tuned to the Breaking News for the survey and how to vote.

Note: There is no obligation for any resident to participate in our group fundraising. We understand many of you support charities as individuals, and we applaud your generosity!

We need Pen Pals!!!

25 more resident pen pals are needed to exchange letters with 3rd grade students at St. Michael's Episcopal School. You will be matched with a student for the remainder of the school year, and your commitment will be to write/type letters 6-8 times between January and May. You will receive instructions on what/how to write these short notes. Residents who have participated in the program in the past have found it to be a rewarding, heartwarming experience. The deadline for joining this program is January 8th. Please contact Sally San Soucie with questions or to sign up to be a pen pal!



MEET OUR TEAM

Tech Tip

Lakewood has a special contract with Comcast to provide high speed internet connection services. If you are purchasing internet services from Verizon, you can save money by switching to Comcast. Also, Comcast has lower rates for telephone land lines. Need help evaluating your service options:

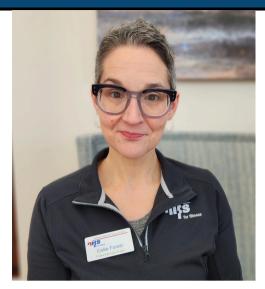
Call Mike Tessieri at 804-370-0607.



Have you been signed out of Uniguest? Don't remember your password??

Don't worry, if you have an email associated with your account, simply press "Forgot Password" and follow the prompts from Uniguest.

If you don't have an email associated with your account, contact our Communications Coordinator at 804-521-9220 and she can help you into your Uniguest Account!



Meet Our Team Callie Forest Director of Fitness & Wellness

Callie Forest joined us at the beginning of December as the Director of Fitness and Wellness at Lakewood's Wellness Center. Hailing from Nashville, Callie came to Virginia in 2008, and after a series of career twists and turns, settled into her passion of fitness and wellness through work as a yoga instructor with the YMCA of Central Virginia. Fast forward to the present, Callie has served in a directorial role in three fitness facilities, both with the YMCA of Greater Richmond and American Family Fitness, is a certified personal trainer and nutrition coach, and has a long history of leading fitness staff in work to inspire and challenge others. Callie is incredibly passionate about working with active older adults one-on-one and leading fun and challenging group exercise with a high level of expertise and enthusiasm surrounding yoga and stretching, as well as strength training and aquatic

Callie came to Lakewood with a goal of working to make a lasting difference in the living experience of our residents and having a strong impact on the community in all avenues of wellness. In her spare time, she loves photography, running and hiking, spending time with loved ones, and chasing her cats, Solis and Luna, around the house.

DINING UPDATES



Everyday 7 a.m. - 7 p.m.

Holiday hours: 7 a.m. - 2 p.m.



Monday - Friday: 4 - 7 p.m.



Monday - Friday:

Lunch: 12 - 2 p.m. Last seating time: 1:30 p.m.

Dinner: 4 - 7 p.m. Last seating time: 6:30 p.m.

Saturday: Lunch 12 - 2 p.m. & Buffet Dinner: 4 - 7 p.m.

Sundays Brunch: 11 a.m. - 3 p.m. Dining Takeout - 804-521-9146

To-Go Pickup Times: 4:30 & 6:45 p.m.



Monday - Saturday: 4 - 7 p.m.

Thursday: Happy Hour 4 - 5:30 p.m.



Tuesday - Saturday: 4 - 7 p.m.

Call 804-521-9146 for pickup or delivery



Email us at catering@lakewoodwestend.org

Please allow 72 business hours notice.

RESIDENT SPOTLIGHT

Resident Spotlight: Toni Schmiegelow

Toni defines her life by 5 main points: faith, upbringing and position in family, friends, service and participation in our democracy.

Her faith: Her love for God is important and she tries to live her life by asking what would Jesus do. She was raised as a Roman Catholic and attended parochial school through the 8th grade; however, she stepped away from the Church for almost 30 years. After some emotional turmoil, she returned to the Catholic Church 20 years ago. She is very grateful for her faith.

Her upbringing and position in family: Having been raised in poverty on Long Island, NY, Toni awakens each morning with endless gratitude. She has been the matriarch of the family for over 20 years. She is very involved in the lives of the youngest members of the family. She often travels to visit these family members. Her primary goal in retirement is to help them make it into the middle class which as you probably know, is not easy.

Recently, she drove 1,900 miles over 5 days to visit the 2 youngest members of the family — one in Jackson, MS and the other in Warner Robins, GA.

She received a BA, Sociology from University of Pennsylvania and a MA, Educational Counseling from Columbia University.

She is a widow and at the age of 60 married (A Marine) for the first and only time.

She enjoys playing tennis and golf.

Friends: One of Toni's favorite sayings is "Friends are the family we get to pick." She treasures long-time friends from as far back as the 7th grade. This summer she drove to Ithaca, NY to visit a girlfriend and her husband. She considers visiting with long time friends to be soultending.



Service and Lifelong Learning: Toni firmly believes that we are on this earth to serve others, especially those who need help. Her volunteer work includes serving on the Board of Directors for the Richmond Catholic Diocese Catholic Foundation. She is a member of the Lakewood Spiritual Enrichment Committee and the Lakewood Resident Advisory Committee.

Toni is a voracious reader and a student in the U of Richmond Osher Lifelong Learning Institute. Her additional learning includes taking an online Algebra 2 Class, learning to draw at Lakewood and taking 5 hours of Salsa and Bachata Dance lessons weekly in downtown Richmond.

Participation in democracy: Toni loves her country and believes that our democracy does not work well unless we participate in it. With this in mind, not only does she vote in local, state and Federal elections, but she is also attentive to and communicates with elected officials about local, state and federal issues.

JANUARY RESIDENT BIRTHDAYS



Sally Redfern B-310 1/01 Glen Scott A-215 1/02 HSB-304 1/03 JoAnn Hanna 1/07 Gail White CH-214 1/08 John Peck COT-2000 1/09 Walter Avers 1980-G-102 Jean Gilbert 1970-O-201 1/09 **Monty Harris** 1/09 COT-2028 Randy Scott 1970-O-G02 1/09 Willie Belle Taylor 1950-302 1/09 Donald Rymer HSB-214 1/11 1/12 Rhonda Baker COT-2012 **Bob Dawson** 1/12 E-118 Jane Harris C-301 1/12 E-215 1/13 Edie Ellis Em Key CH-402 1/13 Alice Campbell A-304 1/14 Diane Halley CH-314 1/14 Erma Jones C-205 1/15 Charlene Miller HSB-248 1/15 Ellen Burhans 1960-102 1/18 Randolph Hallman B-213 1/18 Ann Harless **HSB-333** 1/18 Carolyn Hulett CH-312 1/19 Jeffry Staples E-116 1/19 E-216 1/20 Hal Horan Jane Vaught T-112 1/20 Robert Bouck 1/21 B-320 ROSE-210 1/22 Alice Chase 1/22 James Whelan B-109 Claire Gross D-109 1/23 1/23 **Doris Thrift** COT-2018 Sally Hank 1/24 A-301 Tricia Jones COT-2030 1/24 **Peggy Stevens** 1/24 A-119 1/25 Joseph Mack A-314 Sally Wheat 1950-101 1/25 **Bob Palmer** B-114 1/26 Betty Edwards D-202 1/27 Kathleen Parkhill 1/28 C-309 Jeanette Jeffer CH-204 1/30 Jim Ladd COT-1924 1/30 **Nell Courtney** HSB-244 1/31 1/31 Charlotte Ladd Rose-205 Patricia Padgett C-204 1/31

Phyllis Wilson

If you do not want your birthday or move-in date published in the future, please contact the Communication Coordinator at 521-9220.

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For assistance 24 hours a day, seven days a week, call the Concierge: 804-521-9230

In-House Consultants OnSite Dermatology (877) 345-5300

Offsite Definatology (677) 343-3300

Dr. Andrew Heck, Geropsychologist GeroPartners (804) 993-4304 Leah Ball, Au.D., Richmond Hearing Doctors (804) 282-0022 Beatrice Muncy, DDS, Muncy Dental Care (804) 290-0490 Katherine Neiderer, DPM, Podiatrist (804) 521-9607

Lakewood First Clinic (804) 823-4114



Heather Crumbaugh - Executive Director, 804-521-9248
Emily Graban - Associate Executive Director, 804-521-9171
Jessica Clarke - Administrator of Health Services - 804-521-9151
Jennifer Koeniger - Administrator of Assisted Living - 804-521-9187
Dori Marietta - Culinary Services Director, 804-521-9258
Frank Simal - Facilities Director, 804-521-9241
Sally San Soucie - Community Outreach Liaison, 804-521-9152
Hillary Winkelmann - Director of Sales and Marketing, 804-521-9228
Lori Welty - Director of Resident Services, 804-521-9285
Marty Weeks - Director of Environmental Services, 804-521-9681
Brad Muranko - Security and Safety Manager, 804-521-9179
Meredith Auchmoody - Director of Care Coordination, 804-521-9607
Callie Forest - Vibrance/Fitness Director - 804-521-9266
IL Trips/Programs Reservation Line - 804-212-8836
Transportation Line - 804-521-9272