

# ONE LAKEWOOD LINK

1900 Lauderdale Drive, Henrico, VA 23238 [www.lakewoodwestend.org](http://www.lakewoodwestend.org) Phone: (804) 740-2900

November 2024

Issue 11 Volume 49

## Welcome November

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## 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.

*Nov. 4 - Rose Bldg. 2nd floor*

*Nov. 11 - Rose Bldg. 3rd floor*

*Nov. 18 - Rose Bldg. 1st floor*

*Nov. 25 - Thanksgiving Service-SC*



### **Craft Class with Jenny Holiday Door Hangers**

*Thursday, November 21,  
1 - 3 p.m.*

*Rose Bldg. 3rd Floor*

Decorate a wooden decoration to hang on your door for Christmas.

This will be an easy level craft with a big impression. Space is limited so please RSVP by signing up in the events notebook or contact Tonya or Dora in person or call 804-521-9288.



### **"Thanks, Thanks, Thanks"**

**Music with Linda Jones**

*Tuesday, November 26, 2 p.m.*

*Rose Bldg. 2nd Floor*

Join Linda as she plays the piano & encourages everyone to sing along.

### **Bible Study with Chaplain Julie**

*Monday, November 4, 3 p.m.*

*Rose 3rd floor*

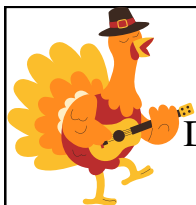
Join Chaplain Julie for a meaningful time of Bible study and reflection. Everyone is invited to participate.



### **Good Neighbor Band**

*Monday, November 4,  
2 p.m. Rose 1st floor*

This trio is guaranteed to get your toes tapping and hands clapping. Everyone is invited to attend.

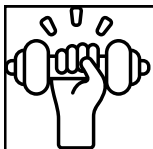
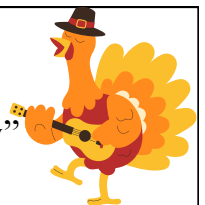


### **Diane Hart Sing-along**

*Tuesday, November 12, 3 p.m.*

*Rose Bldg. 2nd floor*

Diane will play "Songs of Thanksgiving" with some "Turkey in the Straw" for fun. Come and sing or just sit back and relax and enjoy the music. Everyone is welcome.



### **AL Seated Exercise Classes for Seniors:**

**Monday:** Chair Exercises with Weights, 10 a.m. - Rose 2nd floor

**Tuesday:** Sit & Get Fit, 10 a.m. - Rose 3rd floor (11 a.m. 11/12)

**Wednesday:** Gentle Aerobics, 10 a.m. - Rose 1st floor

**Thursday:** Exercise & Smoothies, 10 a.m. - Rose 2nd floor

**Friday:** Exercises with Therabands, 9:30 a.m. - Rose 3rd floor



## ASSISTED LIVING PROGRAMS



### **Resident Council Corner**

*Tuesday, November 19, 3 p.m.*

*Rose Bldg. 3rd floor.*

Resident Council met on October 22, 2024. Minutes were distributed to residents and are available upon request. Managers will be present. All AL residents are encouraged to attend.

### **AL Community Trips - Sign up!**

#### ***Shopping Trip to Walmart***

*Tuesday, November 19*

*Bus departs 9:30 a.m. Main St. Door*

#### ***Scenic Bus Ride: The Fan District***

*Tuesday, November 12*

*Bus departs 1:30 p.m. Main St. Door*



### **Cooking Demonstration with Chef Dre**

*Monday, November 18, 2 p.m.*

*Rose Bldg. 2nd floor*

Lakewood Chef Dre will prepare some tasty foods in front of an audience. Participants will have an opportunity to taste the food and ask questions. Menu TBD.



### **It's Bread Month! In the Kitchen: Italian Pizza Muffins**

*Thursday, November 14, 2 p.m.*

*Rose Bldg. 2nd floor*

We are combining two favorite snacks and making one delicious treat! Residents will be able to choose from a variety of toppings. All AL residents are welcome.

### **Stories of Thanksgiving**

*Thursday, 11/28*

*1:30 pm-Rose Bldg. 2nd floor*

Gather around for uplifting and inspirational stories that reflect the day. Enjoy a hot beverage and share your own memories.

### **Nail Spa!**

*Wednesdays, 1:30 p.m.*

*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 too!

**Note the earlier  
start time!**



### **"Gobble" BINGO!**

*Monday, Nov. 25, 1:30 p.m.*

*Rose Bldg. 1st floor*

Gobble up prizes with a turkey themed game. Find the extra turkey feather and win extra candy. Winners get to pick from the prize cart. All assisted living residents are welcome.



### **Therapy Dogs Associates**

*Thursday, November 21,*

*2:30 p.m.*

*Rose Bldg. 2nd floor*

This is a highlight of the month! Come help us welcome our cutest visitors with their faithful volunteers. Everyone is welcome to attend.



## HEALTHCARE PROGRAMS



### October Active Aging Week

Thank you to everyone who joined us for our Active Aging Week! It was a blast from Ready, Aim, Fire, a 10 station target practice, to Twirl & Twine Weaving with Hula Hoops and so much more!



# hello NOVEMBER

### November Tuesday Trips

**Dinner Club:** November 12, 4 p.m.

**Scenic Drive:** November 19, 1:30 p.m.

**All Fired Up:** November 26, 1:30 p.m.

### Fridays in the Simms Center

November 1: *Dia de los Muertos Celebration*

November 8: *Native American Program*

November 15: *Music w/ Jim Bennett*

November 22: *Music w/ Joe Lashaino*

November 29: *Music w/ Kevin Salyer*

# HAPPY BIRTHDAY

Ella Johnson - November 03  
Virginia Taylor - November 05  
Sara Fisher - November 11  
Dottie Williams - November 13  
Alice Green - November 16  
France Twiss - November 26  
Gaetanna Hull - November 28



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

### November 8 - Aid and Abet Punsters Day

It's a day to turn our groans and guffaws into laughter: it's Aid and Abet Punsters Day. Why would we want to encourage punsters to make their dreadful jokes? Because a good pun is a masterful, intelligent, and playful use of language, unlike these examples:

Becoming a vegetarian is a huge, missed steak.  
I couldn't figure out how to use my seat belt, but then it clicked.

The person who invented the door knocker won the "No Bell" Prize.

Did you hear the one about the broken pencil?

Forget it. It's pointless.

Or perhaps take this quip from the King of Puns:  
"It looks like another reigny day."

Get Ready to make Gingerbread Houses, Christmas Ornaments, and plenty of Holiday Decorations all month.

## THE TUCKAHOE PROGRAMS

### Active Aging Week



In October residents participated in Active Aging Week. Residents enjoyed our Ready Aim Fire event the most where they tested their aim with 10 different Aiming stations. We have some good shots on our hands!

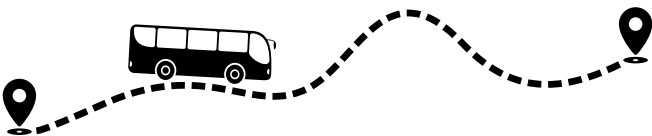


### Scenic Drives

Thursday, November 7 - The River

Thursday, November 21 - The Countryside

Shuttle departs at 10 a.m. at the Main Street Entrance.



### Friday Programs in Simms Center Every Friday at 2 p.m.

*Friday, November 1: Dia De Los Muertos*

*Friday, November 8: Native Program*

*Friday, November 15: Jim Bennett*

*Friday, November 22: Joe Loschiavo*

*Friday, November 29: Kevin Salyer*



Victoria Malick - 11/30

### The Tuckahoe Welcomes

#### Singalong with Mike

*Thursday, November 7, 3:30 p.m.*

#### Music Therapy with Audrey

*Monday, November 11 & 25, 2 p.m.*

#### Music with Mary Stella

*Tuesday, November 12 & 26, 11 a.m.*

#### Poetry with Stacey Wilson

*Tuesday, November 12 & 26, 1:30 p.m.*

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

*Thursday, November 14, 3:30 p.m.*

#### Pet Therapy

*Thursday, November 21, 2 p.m.*

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

**Kathy Reich 804-521-9291**



## HOLIDAY PROGRAM OUTLINE

### Upcoming Holiday Programs

#### In-House Events

- *Monday, November 25, 2 - 4 p.m.* - 'Tis the Season' Art Gallery Opening Reception & Refreshments
- *Monday, December 2, 11 a.m.* - Foundation Honor Tree
- *Monday, December 2, 6 p.m.* - Grand Illumination & Christmas Party: Music by The Liberty Dolls, Pictures with Santa & refreshments. Families are welcome.
- *Tuesday, December 3, 11 a.m.* - St. Michael's Episcopal School Choir, SC
- *Tuesday, December 3, 6:30 p.m.* - Hanover Harmony, Simms Center
- *Saturday, December 7, 6 p.m.* - Eunice Kim Piano School Recital
- *Monday, December 9, 7 p.m.* - Henrico Concert Band Holiday Concert
- *Tuesday, December 10, 7 p.m.* - City Singers Youth Concert
- *Thursday, December 12, 2 p.m.* - Past-Ports to History, St. Nicholas
- *Monday, December 16, 7 p.m.* - Short Pump Symphonette Christmas Program, AUD
- *Wednesday, December 18, 2 p.m.* - Christmas Program Goose and Gander
- *Saturday, December 21, 7 p.m.* - Jean Keil's Piano School Recital
- *Tuesday, December 31, 6 - 9 p.m.* - New Years Eve Party, AUD

#### Trips

- *Tuesday, December 3, 9:30 a.m.* - Christmas at the Inn Shopping trip
- *Tuesday, December 3, 2 p.m.* - Ovarions Choir at Huguenot Road Baptist Church
- *Saturday, December 7, 3 p.m.* - A Jazzy Christmas
- *Sunday, December 8, 7 p.m.* - 50th Anniversary University of Richmond Lessons and Carols
- *Wednesday, December 11, 6:15 p.m.* - It's a Wonderful Life at Mt. Vernon
- *Thursday, December 12, 6:15 p.m.* - Mamma Mia, Altria
- *Friday, December 13, 6 p.m.* - Carols and Keyboards at River Road Presbyterian Church
- *Tuesday, December 17, 6 p.m.* - Pops Holiday Concert, Altria Theater
- *Wednesday, December 18, 2:15 p.m.* - Jefferson Hotel Holiday Tea

## EVENING ENTERTAINMENT

### **Monday, November 4, 7 p.m. Simms Center Doctors of Jazz**

The Doctors of Jazz was formed in 1983 by University of Richmond professors. Since then the band has taken six trips abroad, and played countless gigs in Richmond and the surrounding area. Our present members include Ben Anderson, trombone; Stan Goldman, trumpet; Gary Halliday, piano; Akira Suzuki, drums; Jone Troncale, vocal/washboard; Charles Arthur, banjo; Carter Blough, bass; and Gene Anderson, clarinet.



**No Monday Night Performance - Monday, November 11**

**Monday, November 18, 7 p.m. Auditorium  
Photos from Virginia National Parks: Day & Night**  
Bill will show his collection of photos from some of the national parks in Virginia including wildlife, flora and nighttime solar displays such as the recent Arora Borealis and meteor showers.



### **Monday, November 25, 7 p.m. Simms Center Lakewood Singers**

The Lakewood Singers will present their winter concert, "Light Up the Season", on TWO separate days. Our evening concert will be on *Monday, November 25 at 7 p.m. in the Simms Center*. Our matinee performance will take place on *Tuesday, November 26 at 11:15 a.m. in the Simms Center*. Enjoy a full concert of choral music to set the tone for the warmth of the holidays!





*What do you do if you find you're struggling to feel grateful?*

This time of year is when we see reminders to be thankful everywhere, from home décor items that read "Thankful, Grateful, Blessed" to the Christmas songs that will begin gracing radio waves before the month is over.

As a chaplain, I hear many folks share struggles they wouldn't voice to anyone else. One of the ones I hear often is that people "feel like they should feel" certain ways, but don't, and that can be a really difficult and even isolating place to find ourselves.

I learned for the first time this year that November is Caregivers Month and November 6th is National Stress Awareness Day, two holidays that often aren't mentioned as the spotlight turns to Thanksgiving and Christmas. When we're stressed, it's harder to experience gratitude, naturally. I want to take a moment and acknowledge our caregivers, personal and professional, that are among us in our Lakewood community. Thank you to those who care for others, and for the work you do that so often only you and the one you're caring for witness. We see you and we want you to know we support you.

Whether you're a caregiver or not, stress, anxiety, worry, fear, complacency, can all crowd our minds and make it difficult to focus on having that "attitude of gratitude" we hear about. I want to offer you a few simple suggestions for things you can do that might help you find a little more space for gratitude this holiday season:

- 3-1-1: What's the 3-1-1, you might ask? Each day at least once, name 3 things you're grateful for, 1 thing that caused you to feel awe or wonder, and do 1 act of kindness or service for someone.
- Gratitude Journal: Write down each morning or evening at least 1 thing you're grateful for. See if you can increase how many things you notice as you go through the month. Studies have shown that this works to increase our feelings of thankfulness and gratitude as we practice!
- Back to Basics: The news has been filled with people devastated by storms in October who struggled with basic necessities. If you're really struggling to find something to be grateful for, start with the very basics of having clean, safe water, shelter, and food, everything you need to sustain life in this moment.
- Read and Receive: Receive encouragement by reading Scripture, attending worship services, praying, and reaching out to others and ask what they've read recently that's encouraged them these days.

*In this and every season, Pam and I are grateful to be on the journey with you.  
Sending our wishes and prayers for a blessed and Happy Thanksgiving! Julie*

### Holy Days with the Chaplains

*Songs of Gratitude Vespers: Sunday, 11/24, 4 p.m., Simms Center*

*Thanksgiving Interfaith Service: Monday 11/25, 10:30 a.m., Simms Center*

*Resident-Led Advent Series: Vespers Sundays, 12/1 - 12/22, 4 p.m. Simms Center*

*Hanover Harmony Men's Chorus: Tuesday, 12/3, 6:30 p.m. Simms Center*

*Christmas Hymn Sing: Wednesday, 12/11, 3 p.m. Simms Center*

*Christmas Eve Service: Tuesday, 12/24, 10:30 a.m., Simms Center*

*Hanukkah Menorahs in Community: Starting evening of December 25th - January 1st, 2025*

## CHAPLAINS' PAGE

### Songs of Gratitude Vespers

*Sunday, November 17, 4 p.m.  
Simms Center & Channel 971*

Residents and Chaplain Julie Gaines Walton will share songs and Scriptures of gratitude as we prepare for Thanksgiving week.

### Veterans Day Prayer

*Monday, November 11, 9:30 a.m.,  
Channel 971 & Simms Center*

Join Chaplains Pam and Julie for 15 minutes of prayer for Veterans Day during our Community Prayer time as we give thanks for their service and pray for their wellbeing upon returning home.

### Thanksgiving Interfaith Service

*Monday, November 25, 10:30 a.m.  
Simms Center & Channel 971*

We gather together to ask God's blessing in our lives during this annual worship service where all are welcome. Readers are needed. Contact Chaplain Julie to volunteer.

### Vespers

*Sundays at 4 p.m. Simms Center*

**November 3:** River Road Church, Baptist Clergy

**November 10:** TBA

**November 17:** Songs of Gratitude Vespers, led by residents and Chaplain Julie

**November 24:** Rev. Dr. Noel Schoonmaker,  
Senior Pastor, Second Baptist Church

### Gratitude Post Office

*Monday, November 18th all day,  
Simms Center Triangle*

Take time to express your gratitude to a resident or team member and let our team do the delivering for you! Cards and supplies will be provided, but feel free to use your own, too.

### In Memoriam

Jay Robinson - September 28

Reed Henderson - October 7

Katheryn "Kathy" Tyler - October 11

### Lights of Hope

*Thursday, November 7, 4 - 7 p.m., Auditorium & Simms Center*

We will shine the light of hope together for a world without Alzheimer's as we honor and remember those who have been affected by it and raise funds for the Alzheimer's Association through Team Lakewood.

**Happy Hour:** Auditorium 4 p.m.

**Program:** (Simms Center) 5:10 p.m.

**Triple Crossing Jazz and Dessert Hour:** 5:30 p.m.

Keep an eye out for our donation box in the Clubhouse and remaining pop ups where you can donate and lend your light in honor or memory of someone, or contact Julie Gaines Walton to donate:

*Wednesday, October 30, 11:30 – 12:30 p.m. Simms Center Triangle*

*Tuesday, November 5, 11:30-1:30 p.m. Simms Center Triangle*

## OUTINGS & EXCURSIONS

**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 Uniguest.

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.

### All Resident Lunch: Mellow Mushroom

*Monday, November 4, Leave 11:45 a.m.*

*Reservation 12 noon*

*Cost: On your own; Seats: 18*

**RSVP: Opens 10/29; Closes 11/02**

Welcome to Mellow Mushroom Pizza Bakers. Since 1974, we've been your deliciously unique neighborhood pizza place. A special joint where all 5 senses are stimulated. Originally established in Atlanta, Georgia near Georgia Tech's campus on Spring Street, three college friends banded together to open their first Mellow restaurant with one common passion: the art of pizza baking.



### Dinner Out: P.F. Chang's

*Monday, November 11, Leave 5 p.m.*

*Reservation 5:30 p.m.*

*Cost: Can be paid by personal credit card or charged to your statement; Seats: 18*

**RSVP: Opens 10/29; Closes 11/02**

We take pride in bringing life to every dish through the ancient art of wok cooking. Grounded in the rich flavors of Asian cuisine and presented with a modern twist, our purposeful ingredients elevate each of our expertly crafted recipes.



### Ladies Lunch: Mosaic

*Tuesday, November 26,*

*Leave 11:30 a.m.*

*Reservations 12 p.m.*

*Cost: On your own; Seats: 18*

**RSVP: Opens 10/29; Closes 11/13**

Our menu features regional and seasonal ingredients whenever possible, and our specials are ever-changing. We have an extensive bar with craft beer and wines on tap, outdoor dining on our patio, as well as Saturday & Sunday Brunch.

## OUTINGS & EXCURSIONS

**Reservations will open Tuesday, October 29, 9 a.m. on Uniguest or call 804-212-8836**

### **Marine Corps Museum**

*Tuesday, November 19, Leave 8:30 a.m.*

*Tour 10:30 a.m.*

*Cost: Free, Lunch on your own*

*Seats: 33; Level: 2*

**RSVP: Opens 10/29; Closes 11/17**

The National Museum of the Marine Corps is a lasting tribute to the commitment, accomplishments, and sacrifices of U.S. Marines. Situated on a 135-acre site adjacent to Marine Corps Base Quantico, Virginia, and under the command of Marine Corps University, the Museum's soaring design evokes the images of the flag raisers of Iwo Jima and beckons visitors to this 240,000 square-foot structure. World-class interpretive exhibits with innovative technology and unique artifacts surround visitors and immerse them in the sights and sounds of Marines in action

### **SALT Meeting: Henrico Training Center**

*Tuesday, November 12, Leave 9:30 a.m.*

*Meeting 10 a.m.*

*Cost: Free; Seats: 11; Level: 1*

**RSVP: Opens 10/29; Closes 11/01**

#### **November Topic - Gangs**

SALT is an acronym for the partnership, **Seniors And Law Enforcement Together.**

The Triad-SALT is a crime-fighting partnership between law enforcement and seniors. The organizations that form the Triad are the AARP, IACP (International Association of Chiefs of Police) and NSA (National Sheriffs' Association.)

This is a **monthly** meeting on the second Tuesday of the month September through June. Meeting topics examples: Update on Henrico County Elder Abuse, The Ever-Evolving Threat in Fraud: Artificial Intelligence, Crisis Negotiation, Crisis Intervention Unit, Henrico County Fire Marshalls, Emergency Management.

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



#### **Kroger/Walmart**

*Tuesdays, Nov. 5 & 19*

*-9:30 a.m.*



#### **Publix/Food Lion**

*Tuesdays, Nov. 12 & 26*

*-9:30 a.m.*



#### **Dollar Tree/Walgreens/CVS**

*Wednesday, Nov. 27, 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**

*November 2, Leave 7 p.m.; Show 8 p.m.*

*Seats: 34; Level: 1; Season ticket holder policy.*

*Cost: Tickets on your own, \$8 fee applies*

**RSVP: Opens 10/29; Closes 11/01**



#### **VCU Chamber Music Concert Series**

*Sunday, November 3, 2 p.m.*

*Seats: 12; Level 2; Season ticket holder policy.*

*Cost: Tickets on your own, \$8 fee applies*

**RSVP: Opens 10/29; Closes 11/01**

*Season ticket holders policy.*

#### **UR Football**

*November 2, Leave 1 p.m.*

*November 23, Leave 11 a.m.*

*Seats: 12; Level 2; Season ticket holder policy.*

*Cost: Tickets on your own, \$8 fee applies*

**RSVP: Closes 48 hours in advance**



#### **UR Men's & Women's Basketball Games**

*Men's: November 6, Leave 6 p.m.*

*Men's: November 9, Leave 5 p.m.*

*Women's: November 9, Leave 12 p.m.*

*Women's: November 15, Leave 10 a.m.*

*Men's: November 20, Leave 6 p.m.*

*Women's: November 21, Leave 5 p.m.*

*Seats: 12; Level 2; Season ticket holder policy.*

*Cost: Tickets on your own, \$8 fee applies*

**RSVP: Closes 48 hours in advance**



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### ***Pops Concert***

*Tuesday, November 12, Leave 6 p.m.*

*Show 7:30 p.m.*

*Altria Theater*

*Cost: Free; Level: 1; Seats: 45;*

***RSVP: Opens 10/29; Closes 11/10***

The Richmond Pops Band, under the baton of conductor Earl E Shaffer, Jr, returns to the Altria Theater stage to present a patriotic evening of concert band music in Salute to America's Veterans. The Pops will be joined by outstanding guest vocalist Sara Sheffield of the US Marine Band in Washington DC and the Pops' own Sarah Edwards as guest conductor.



### ***We Call It Ballet: Sleeping Beauty Light Show***

*Saturday, November 16, Leave 4:45 p.m.*

*Show 6 p.m.*

*Cost: \$48.15; Level: 2; Seats: 11;*

***RSVP: Opens 10/29; Closes 11/14***

Settle in for a spectacular show with We Call It Ballet at Libby S. Gottwald Playhouse in Richmond! The timeless tale of Sleeping Beauty is brought to life like never before, with expressive storytelling, immaculate dancing, and costumes glittering with glow-in-the-dark lights. Get your tickets for We Call It Ballet: Sleeping Beauty in a Dazzling Light Show in Richmond!

## OUTINGS & EXCURSIONS

Reservations will open Tuesday, October 29, 9 a.m. on Uniguest or call 804-212-8836



**Shop 'til You Drop for the Holidays**  
**Lakewood Shopping Trip**  
*Thursday, November 14, Leave 9:45 a.m.*  
*Cost: On Your Own; Seats: 8; Level: 4\**  
**RSVP: Opens; 10/29; Closes 11/12**



***Itinerary:***

*Leave Lakewood at 9:45 a.m.*

**Tweeds:** Richmond's destination for stylish brands and unique gifts for every occasion

**Bee Charmed:** Hand-crafted gifts and home décor, jewelry, and more!

**Sedona 12:30 p.m.:** Starters, salads, artisan sandwiches, burgers, and flatbreads

**HomeSense:** Housewares, eclectic gifts, entertainment items, and accents

**Lazy Daisy:** Gifts and great vendors for your holiday shopping

***Return to Lakewood by 5 p.m.***

\*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.

### **Glass Ornaments**

*The Glass Spot*

*Wednesday, November 20, | Leave 12:15 p.m. | Class 1 - 3 p.m.*

*Cost: \$35; Seats: 6; Level: 2*

**RSVP: Opens 10/29; Closes 11/18**

Blow your own ornament with the help of an experienced glass worker; several styles and colors to select from. Detailed instructions given no experience necessary. All tools and materials provided; each participant gets a disposable mouthpiece. All ages, level of participation varies - demonstration at the start of the session.



Reservations are required for all trips

## CREATIVE PROGRAMS

### Calling All Artists!

“Tis the Season” to showcase your creativity! We’re excited to announce our Holiday Season Art Show, running from **November 25 through January 6, 2025**. To participate, reach out to our Art Coordinator, Jenny White, with the following details about your piece: title, type, and size.

Don’t miss this opportunity to spread some festive cheer through your artwork! For submissions or questions, email Jenny White directly, [jwhite@lakewoodwestend.org](mailto:jwhite@lakewoodwestend.org). We can’t wait to show your creations!



### What: Just Craftin’ Around with Jo

*Saturday, November 2, 2 p.m.  
Creative Arts Room; Seats: 8*

**RSVP: Opens 10/29; Closes 11/01**

Let’s make some fall gratitude jars to bring thanks to all the wonderful things that make up our daily lives!

### Open Card Making Class with Nancy Owens

*Wednesday, November 13, 2 p.m.  
Creative Arts Room*

All are welcome to join the monthly open card making class. Bring your own projects or use the card supplies in the art room to make a new creation. Creativity and conversation will be flowing! Join us!

### Clay Ornaments

*Tuesdays, November 12 & 19, 2 p.m.  
Creative Arts Room; Seats: 10*

**RSVP: Opens 10/29; Closes 48 hours in advance - Sign up for both sessions.**

Have you ever wondered how to make air dry clay Christmas decorations? Air dry clay is easy to use. Air dry clay ornaments can also be used as gift tags or gifts. By using cookie stamps to embellish your clay ornaments, you can create something special and unique. The second class will be used for painting and embellishing your ornaments, so sign up for both dates.



### Mosaic Tile Boxes

*Wednesday, November 6 & 13, 10 - 12 p.m.  
Creative Arts Room; Seats: 8*

**RSVP: Opens 10/29;**

**Closes 48 hours in advance**

Join Jenny to craft a stunning, unique mosaic in this engaging 2-day class. Start with an introduction to the art of mosaics and explore color inspiration before diving into a treasure trove of tiles, beads, and other materials. Jenny will demonstrate techniques for cutting, adhering, and arranging your mosaic pieces, guiding you through both technical skills emphasizing the importance of safety when working with tools and cut glass. You’ll gain hands-on experience with tools, adhesives, and grouting while creating your own beautiful mosaic masterpiece.

*Caution: You will be working with cut glass.*

### Sea Glass Christmas Tree Workshop

*Fridays, November 15 & 22, 12:30 - 2 p.m.  
Creative Arts Room; Seats 10*

**RSVP: Opens 10/29;**

**Closes 48 hours in advance**

The Sea Glass Christmas Tree is a beautifully crafted and unique holiday decoration that exudes the serene beauty of the sea. This enchanting tree is meticulously assembled using a collection of sea glass and shells, creating a one-of-a-kind centerpiece. When illuminated by string lights or natural sunlight, the tree comes alive, casting a gentle, iridescent glow that evokes the magical ambiance of the holidays. *Requires use of hot glue gun.*



## CREATIVE PROGRAMS

### Holiday Door Hanger Workshop

*Tuesday, November 5, 1:30 p.m.*

*Creative Arts Room; Seats: 10; RSVP: Opens 10/29; Closes 11/03*

DIY Merry Christmas Door Hanger Workshop - You will make a 12" stained wood round. Choose the color of paint for the middle panel. Lettering and image stencils will be provided. Also, included: greenery, ribbon for bow, plus step by step in-person directions provided by Jenny. No experience necessary!

### Holiday Note Card: Colored Pencil Holly

Linda Feeley returns with a holiday-colored pencil project which is suitable for beginners as well as experienced artists. This quick project will feature a holly design, done on a 5 x 7 note card which can be used as a greeting, or framed as art.

Those with Prismacolor Pencils can use their own, while newcomers can pull from the Lakewood collection of artist-grade pencils. Supplies and instructions will be provided, but participants should bring basic materials including a clipboard, eraser, ruler, and cup for pencils.

Feel free to bring a snack or lunch to eat during the class.

### Holiday Note Card with Holly and Berries in Colored Pencil

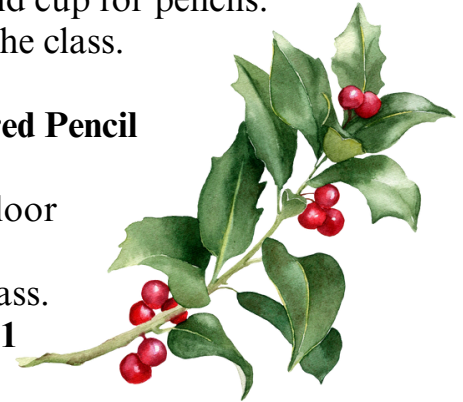
*Wednesday, December 4, 10 a.m. - 1 p.m.*

Hybrid 1970, Commons Room on Second Floor

COST: \$10.00 Payable to Lakewood

\$5.00 Supplies payable to Linda Feeley at class.

Seats: 10; RSVP: Opens 10/29; Closes 11/31



**NOTE: NO OPEN STUDIO ON THURSDAY, NOVEMBER 28TH.**

## INTELLECTUAL PROGRAMS



### The Richmond Forum

*Saturday, November 23, Doors open at 7 p.m.*

*Doors close at 8 p.m. for the program*

*Auditorium; Seats: 150*

**RSVP: Opens 10/29; Closes 11/21**

**Baratunde Thurston: Artificial Intelligence: What is Real?**

Uncover what it will mean to be human as we barrel toward a more digitally integrated future fueled by new technologies like AI. The future is coming fast. New technologies like artificial intelligence offer inspiration and the promise of removing burdensome tasks from our daily lives.

However, their rapid and seemingly unchecked development prompts concerns about consent, control, and compensation, and industrialized creativity threatens to flood the zone with nonsensical content. As we barrel toward a more digitally integrated future, what will it mean to be human? Writer, producer, and comedian Baratunde Thurston will explore whether our obsession with these technologies has us wandering too far from our essential human nature and challenge us to shape a future where we balance commercial and humanitarian interests.

## INTELLECTUAL PROGRAMS

### Historically Speaking

*Fridays 1:30 p.m. Auditorium*  
**Nov. 15** - Can Fascism Return?

**Nov. 22** - History of Women's Liberation: Political Liberation & Equality

**Nov. 29** - History of Women's Liberation: Economic Liberation & Equal pay for equal work



### The Rise and Fall of the Berlin Wall: Echoes of Freedom - Zoom through LLI

*(Lifelong Learning Institute of Chesterfield)*

*Monday, November 4, 9 -10:30 a.m.*

*Simms Center; Cost: \$10*

**RSVP: Opens 10/29; Closes 11/01**

Instructor(s): Anette Isaacs

It is hard to believe but this November Germany is celebrating the 35th anniversary of the fall of the Berlin Wall! With its rise on August 13, 1961, the course of Germany's and especially of Berlin's history took a tragic turn. It would take 28 years to tear down this cruel and inhuman symbol of Germany's division, thus giving birth to yet another period in this European nation's evolution. German historian Anette Isaacs will present a historical and political overview of this very painful but also almost miraculous period in Berlin's captivating history.



**World War II Leaders  
—EVOLUTION—**

### The Crucible: WWI and the Making of WWII Leaders - Zoom through LLI

*Wednesday, November 13, 10:30 a.m.*

*Lifelong Learning Center*

*Seats: 17; Cost: \$10*

**RSVP: Opens 10/29; Closes 11/11**

Instructor(s): Amanda Williams

World War I was a crucible for the future political and military leaders of World War II. For men like Douglas MacArthur, Harry S. Truman, Dwight D. Eisenhower, Winston Churchill, Charles de Gaulle, Benito Mussolini, Adolf Hitler, Erwin Rommel – and many more – their personal experience of World War I shaped their leadership styles and strategic vision during World War II. Love them or hate them, it is impossible to truly understand them without understanding their pasts.



### The Battle of the Bulge's Leadership Lessons - Zoom through LLI

*Tuesday, November 19, 1:30 p.m. Auditorium; Cost \$10*

**RSVP: Opens 10/29; Closes 11/17**

Instructor(s): Christopher L. Kolakowski

The Ardennes Offensive (Battle of the Bulge) in December 1944 and January 1945 is the largest battle in the history of the U.S. Army. It offers lessons for leaders of all levels.

This course will explore five leadership lessons from the battle.

## INTELLECTUAL PROGRAMS



### **Osher Online Class - Battleships: From the Merrimack to the Missouri**

*Wednesdays, November 20,  
December 4, 11, & 18,  
Synchronous Online, 1 - 3 p.m.  
Lifelong Learning Center  
Cost: \$40; Seats: 17*

**RSVP: Opens 10/29; Closes 48 hours in advance**

The age of Battleships spanned less than 80 years and for much of that period they were either not ready for prime time or well past their prime. This course follows the battleship from the first ironclads to the giants of World War II, including the development of steam engines, the shift from pistons and coal to turbines and oil, the early triumphs and disasters of fleets, and the far-flung engagements of the great Dreadnoughts.

### **Osher Online Class - Victorian Christmas Traditions**

*Synchronous Online  
Wednesday, Dec 4, 3:30 p.m.  
Life Long Learning Center  
Seats: 17; Cost: \$10  
RVSP: Opens 10/29; Closes 12/01*

Christmas today is far removed from what it was in the mid-19th Century, yet it was during that period that many of our present-day traditions developed. Discover the origin of some of the most beloved elements of Christmas and hear accounts of Civil War Christmases.

### **History of Music: Dolly Parton & Trio**

*Tuesday, November 26, 2 p.m. Front Half of Auditorium,  
Seats: 50; RSVP: Opens 10/29; Closes 11/24*

Songwriters are poets. Many songwriters of the 60s expressed the anxiety about the turmoil of the world we were facing as we became adults and the concern about the way the world was evolving. This month will feature Dolly Parton and Trio.



## FEATURED PROGRAMS

### **FootNotes Studio Student Piano Recital**

*Friday, November 1, 6 p.m. Simms Center*

FootNotes Studio, located in the North Chesterfield area, is a piano and vocal school for ages 6 through adults and all levels. Students will provide a program of singing songs and playing the piano. These will be pieces they have been learning this fall, including some holiday favorites.

### **Book Talk and Signing by Corey Mead "The Hidden History of the White House"**

*Wednesday, November 6, 2 p.m. Auditorium*

The Hidden History of the White House reveals the behind-the-scenes stories of some of the most dramatic events in American history—set right inside the house where it happened.

For more than two centuries, the White House in Washington, DC, has been the stage for some of the most climactic moments in American history. Its walls and portraits have witnessed fierce power struggles, history-altering decisions, shocking scandals, and intimate moments among the First Family, their guests, and the staff.

### **Happy Hour: Lights of Hope**

*Thursday, November 7, 4 p.m. Auditorium*

**RSVP: Opens 10/29; Closes 11/05**

*Reference Lights of Hope article on pg. 9*

Our November Happy Hour will be very special. It will start out in the Auditorium, like every other Happy Hour, but at 5pm, you will be invited to the Simms Center for the "Lights of Hope" program. A representative from the Alzheimer's Association will be there to speak briefly. Please then stay for music by Triple Crossing Jazz Project and desserts.

## FEATURED PROGRAMS



### Film Showings

**Dave:** Tuesday, November 5  
1 p.m. Simms Center

**Saving Mr. Banks:** Monday, November 18,  
2 p.m. Auditorium  
*Celebrating Mickey Mouse's birthday!*

### Resident Services Bingo

Friday, November 8, 11 a.m.  
Card Room

Don't miss out on the  
chance to shout "Bingo!"  
and win some prizes!



### Remembering WWI: Letters from My Father

Friday, November 8, 11 a.m. Auditorium

Emily Tuck will be sharing memorabilia from her father's tour of duty in France during WWI, with photos, letters and documents. In commemoration of Armistice Day of November 11, 1918. Join Emily and the Lakewood family for this presentation.

### Connect Corner - Wednesdays

November 6, 2 - 3 p.m. Amelia Building

November 20, 3 - 4 p.m. Chesdin Building

November 13, 2 - 3 p.m. Brook Building

November 27, 2 - 3 p.m. Dover Building

Drop-in to your first-floor lounge if you are looking for something to do in the comfort of your building. Featuring small crafts, book recommendations, or even for just a quick chat!

### Improv Workshop

Friday, November 8, 1:30 p.m. Auditorium

Laughter and play are some of the most rewarding and connecting elements of a happy life. While we figure this out as children, we should be experts at it by the time we're seniors! Join us, as we spend time together learning some of the basics of improv comedy. We'll play some games and learn some techniques that are designed to help break down barriers and connect us with those around us. It's not just for performers - this is for anyone who likes to laugh and learn more about working with others, listening and communicating, self-confidence and so much more. Step a little out of your comfort zone and try something new that is guaranteed to put a smile on your face and bring you closer to those around you. Let's play!



### Tell Your Story! Workshop Introduction

Monday, November 11, 2 p.m. Auditorium

Every one of us has a story to tell...

Documenting your life story is a meaningful gift to yourself and those who love you. Working with Tell Your Story! you'll be guided by Richmond writer Elizabeth Cogar through the process of writing your life story with steps that make it a fun experience. You may choose to write a book yourself, record your story, or use an online platform. If you are interested in learning more, you are welcome to attend an information session. You can choose to continue on your own or join a workshop and/or class. There will be a short talk and you'll see some examples and learn about 3 different ways to approach the task — which is right for you? — and how the process works. Q&A. Free

Tell Your Story!



## FEATURED PROGRAMS

### Veterans Day Programs

#### Veterans Day Brunch

*Monday, November 11, 10:30 a.m. Auditorium*

**RSVP: Opens 10/29; Closes 11/07**

Lakewood wants to honor our Veterans with a brunch. If you are a Veteran, please join us for a brunch in your honor.

**RSVP by Thursday Nov. 7.**

#### Veterans Day Program

*Monday, November 11, 12:15 p.m. Simms Center*

All Lakewood residents and Team Members are invited to participate in our annual Veteran's Day Program. Carver Elementary School Choir will be taking part in our program.

#### Dinner and a Movie: The Holdovers

*Wednesday, November 13, 5 p.m.*

**RSVP: Auditorium**

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

**\*This film is rated R** for language, some drug use and brief sexual material.

**Menu: Roasted Turkey Breast, Mashed Sweet Potatoes, Stuffing, Green Beans, Apple Pie**

#### Sleep Health: Tips for Improving Sleep Quality & Addressing Common Issues

*Thursday, November 14, 2 p.m.*

*Auditorium*

This presentation aims to help you understand the vital role of sleep in maintaining overall health and well-being. It will delve into the natural changes in sleep patterns associated with aging, identify common sleep issues, and provide practical strategies to improve sleep quality.

#### In House Desserted: Candy Apple Making

*Tuesday, November 19, 3 p.m.*

*Card Room; Seats: 24*

**RSVP: Opens 10/29; Closes 11/17**

Get ready for a fun-filled afternoon of creativity and deliciousness at our candy apple making extravaganza! Whether you're a seasoned candy apple maker or a first timer, this event is perfect for everyone.



#### Pumpkin Pie Social

*Wednesday, November 20,*

*2 p.m. Simms Center; Seats: 100*

**RSVP: Opens 10/29;**

**Closes 11/18**

Celebrate the Thanksgiving Season with friends and neighbors at our Pumpkin Pie Social!



## ANNOUNCEMENTS

### Lakewood First Clinic Holiday Hours

Thanksgiving Day - Closed  
Christmas Eve – Closing at 12:30 p.m.  
Christmas Day – Closed  
New Year’s Eve – Closing at 12:30 p.m.  
New Year’s Day – Closed



### 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.

### Planning Meeting for an Overnight Trip to Charleston, SC

We are organizing a trip to Charleston, SC from April 1-3, 2025. If you're interested in participating and want details about the itinerary and prices, please join us on *November 12, 2 p.m. Card Room*

### 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 ANNOUNCEMENTS

### Lakewood Happenings Highlight

There was such a positive response to the “At a Glance” page in the September Link, that we will be making this a permanent part of our monthly publications. This is a one-page listing of IL programs for the month. Think of it as an index for the Link. It will list the date, event/outing and the page number of the Link where you can find the article. Lakewood Happenings Highlights will come as an attachment to the Breaking News that comes out on the same Friday as the Link. Hard copies will be available at the Clubhouse Front Desk.



Resident Services values your attendance at events and requires registration via Uniguest or by calling 804-212-8836 to help with food preparation and room setup. If you can't attend, please cancel your registration. Starting in October, reminders will be 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

The new trip level descriptions are in effect. 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.

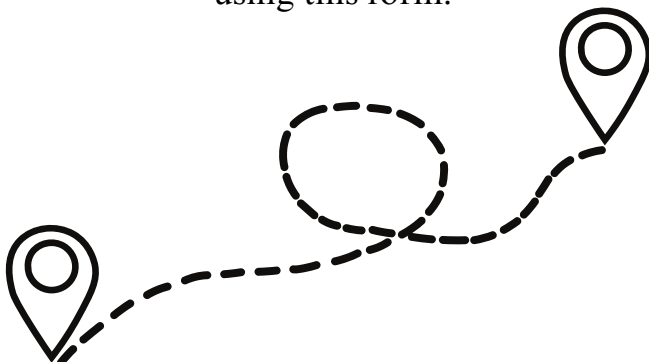
**Level 3: Limited Accessibility** - may have flights of stairs, moderate walking/standing, may not have accessible bathrooms, limited maneuvering of assistive devices, vehicles may not have ramp or lift.

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

### 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 October 29 at 9 a.m. for November 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.



### Residents' Council Corner:

As a resident of Lakewood, you have a unique opportunity to make a meaningful impact on our community by showing appreciation for our dedicated employees. Your involvement can inspire greater employee engagement and help reduce turnover among new staff members.

While November is Employee Celebration Month, we believe in recognizing and appreciating our employees year-round. Retaining new employees is vital to Lakewood's success, as it directly influences the quality of care and services we provide. High turnover can lead to instability, affect our community negatively, and place additional burdens on existing staff. Conversely, lower turnover helps reduce the costs associated with recruiting, hiring, and training new employees.

We are looking for resident volunteers to help new employees feel at home during their first few weeks with us. Currently, our amazing community has contributed an impressive 11,352 volunteer hours. Let's build on this success and increase our volunteer participation from 29% to an even higher percentage!

Volunteering is easy and incredibly rewarding – even just an hour of your time can make a huge difference. If you're interested in making a new employee, feel welcome and supported, please reach out to Sally San Soucie or Walter Smith.

Together, we can create a warm and welcoming environment for everyone!



# CALL for VOLUNTEERS



### Honor Trees

This holiday season, the Virginia Baptist Homes Foundation will once again sponsor an Honor Tree in each of our resident communities.

All loved ones honored or remembered by a gift made through the VBH Foundation in 2024 will have their names placed on the Honor Tree in their community. We also create an ornament for all residents who have passed away this year.

Interested in honoring a special friend or team member? Seeing a name on a tree can bring a smile or jog a fond memory. If you are interested in having an ornament on the tree in honor or in memory of your loved one, you can learn more online at [www.lifespireliving.org/give/honor-tree/](http://www.lifespireliving.org/give/honor-tree/), or you can call Jodi Leonard at 804-521-9213.

This year's Honor Tree will be decorated on December 2, at 11 a.m. near the Clubhouse elevator closest to Cascades. Please join us to help decorate!



## LAKEWOOD CINEMA

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

**Channel 973 Thursdays at 7 p.m.**

**November 7, Channel 973: National Velvet (1944, Approved, 2hr, 3min)**

A jaded former jockey helps a young girl prepare a wild but gifted horse for England's Grand National Sweepstakes.

**November 14, Channel 973: The Blind Side (2009, PG-13, 2hr, 9min)** The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

**November 21, Channel 973: Breakfast at Tiffany's (1961, Approved, 1hr, 55min)**

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

**November 28, Channel 973: Beyond the Sea (2004, PG-13, 1hr, 58min)**

A swooning study of "Mack the Knife" singer Bobby Darin and specifically his relationship with wife Sandra Dee.

**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.

**November 2, 973: Cat on A Hot Tin Roof (1958)** Family tensions come to a head when affluent Mississippi plantation owner (Burl Ives) becomes terminally ill.

**NOVEMBER 9, DOUBLE FEATURE - 10 A.M. - 4 P.M., AUD & 973**

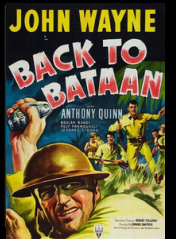
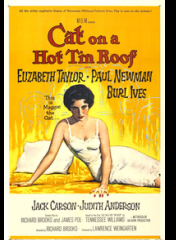
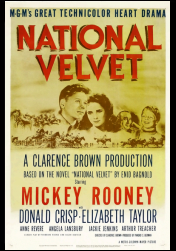
**Sergeant York (1941)** Gary Cooper won the Academy Award for his portrayal of WW I U.S. Army hero, Alvin C. York.

**Back to Bataan (1945)** Colonel Joseph Madden (John Wayne) organizes Filipino guerrilla forces to combat Japanese in The Philippines.

**November 16, 973: His Kind of Woman (1951)** Gambler (Robert Mitchum) is offered \$50,000 without knowing what is involved. When he arrives at a Mexican resort, he finds himself involved with gangsters. An interesting film noir, with comedic moments provided by Vincent Price.

**November 23, AUD & 973: Marty (1955)** A lonely Bronx butcher's quest for love is impeded by his family and friends. Academy Awards for Best Picture and Best Actor (Ernest Borgnine).

**November 30, 973: The Duel at Silver Creek (1952)** "The Silver Kid" (Audie Murphy) becomes a Deputy Marshal after claim jumpers murder his father. He faces numerous challenges in trying to prove who is leading the gang. Directed by Don Siegel.



**Vibrance Tip : Stay Active and Enjoy Mindfully**

During the holiday season, prioritize staying active by incorporating movement into your celebrations. Whether it's a family walk after dinner, a fun dance party, or a holiday-themed workout, keep the spirit of fitness alive! At the same time, savor your favorite holiday treats mindfully—take the time to enjoy each bite and appreciate the flavors. This balance allows you to eat without guilt while keeping your energy vibrant and your body feeling good throughout the festivities.

**1. Incorporate Movement into Your Celebrations:**

- **Family Walks:** After holiday meals, suggest a family walk to enjoy the outdoors and digest your food. It's a great way to bond, share stories, and appreciate the festive atmosphere.
- **Holiday Activities:** Organize fun activities that get everyone moving, such as apple picking, hiking, or a friendly game of football with the grandkids. These moments create lasting memories while keeping everyone active.

**2. Set Realistic Goals:**

- **Balance Indulgence with Activity:** Instead of aiming for strict dieting during the holidays, focus on balancing indulgent meals with physical activity. Setting realistic fitness goals, like aiming for a specific number of active days per week, can help maintain your vibrancy.
- **Prioritize Self-Care:** Make time for self-care amidst the holiday hustle. Whether it's a quiet moment with a book, a quick workout, or relaxation techniques, taking care of yourself is crucial for maintaining energy and joy.

**3. Create a Supportive Environment**

- **Share Healthy Recipes:** If you're hosting, consider including healthier versions of traditional dishes. Sharing recipes and ideas for nutritious alternatives can inspire everyone to enjoy holiday favorites in a vibrant way.

**Small Group Strength Sessions**

*Every Tuesday in November, 2:30 - 3:30 p.m. Aerobics Room  
Seats: 10; **RSVP: Open 10/29; Closes 11/03** (Note: RSVP is for the entire month/every class)*

In this supportive and engaging environment, you'll work alongside like-minded individuals while receiving one on one assistance from an instructor. Each 60-minute session focuses on building strength, enhancing stability, mobility, and mastering proper form. You'll utilize a variety of equipment, including dumbbells, resistance bands, medicine balls, machines, and benches, to target all major muscle groups. It will include a wide variety of movements including being on the floor. Mats will be provided if needed! You must be able to attend at least 3 out of the 4 classes. If you are unsure if this is a good fit for you, ask Emily Kowall in the fitness center.

***Drop Ins:*** If you would like to potentially drop in for a session with an open spot register for the waitlist and Emily will contact you if one becomes available.



### Riverside Strides

*Wednesday, November 6, 1 p.m. Seats: 12*

**RSVP: Opens 10/29; Closes 11/04**

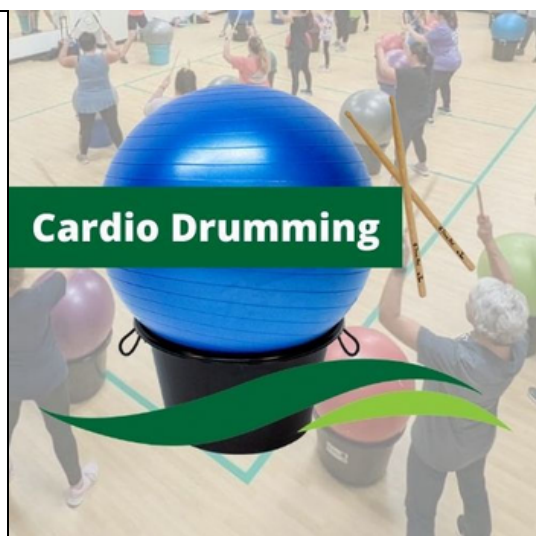
Join us for a rejuvenating riverside nature walk where the beauty of nature meets the vibrant city skyline! This outdoor experience invites you to immerse yourself in the serene sights and sounds of the river while enjoying a refreshing workout. We will be starting at the Tyler Potterfield Bridge and continuing down to the Riverfront Canal Walk. The walk is expected to be around 3 miles with breaks along the way. Meet in the clubhouse lobby.

### Cardio Drumming

*Friday, November 22, 2 - 2:30 p.m.*

*Seats: 15; RSVP: Opens 10/29; Closes 11/20*

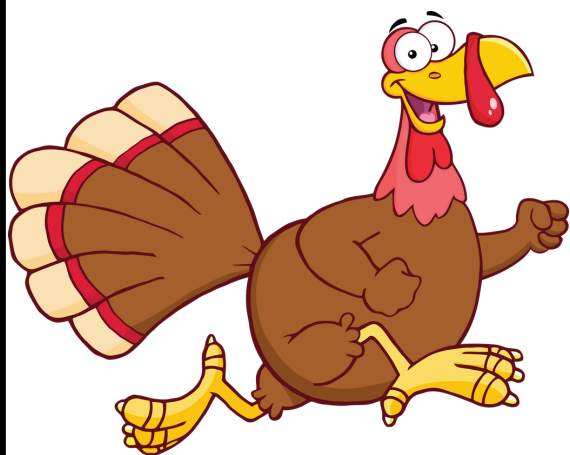
This class uses drumsticks to beat along to energizing music, engaging your entire body while improving coordination and rhythm. It incorporates dynamic movements and powerful drumming patterns that help build strength, endurance, and flexibility—all while having a blast! No musical experience is required—just bring your enthusiasm and a willingness to have fun!



### Gobble and Go Cardio

*Monday, November 25, 2 - 2:45 p.m.*

Join us for a high-energy cardio workout that's perfect for burning off those pre-Thanksgiving calories! You'll enjoy a mix of fun and challenging exercises designed to get your heart pumping and your body moving. We'll incorporate a variety of cardio techniques—think high knees, jumping jacks, and turkey trots—to maximize your calorie burn while having a blast. Come sweat it out, build your endurance, and feel great as you prepare for the big feast!



## DID YOU KNOW?

### Did you know...

Uniguest 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 Uniguest to communicate that you need to register another person. If you need to add another resident and cannot add them using the Uniguest 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!



### Ambassadors Needed

Would you like to help new residents acclimate to their new life at Lakewood? Would you like to help new team members feel like “family” sooner? Contact Sally San Soucie to learn more!

### Hurricane Relief

We are in touch with the Red Cross, the SPCA, the Humane Society and the BVAG learning how our residents can most effectively help with hurricane relief efforts in our country, and particularly in Virginia. Please keep an eye on the Breaking News and Uniguest for details about a meeting to discuss our options.

## FEED MORE

**Feed More** – Tuesday, November 5, 1 - 4 p.m.

5 more volunteers are needed to help assemble backpacks for food-insecure students in the Richmond area. Come work with us and see the beautiful new facility! Long periods of standing required.

Use the Causer app on your smartphone or contact Sally San Soucie to sign up.

### Maintenance Pig Roast

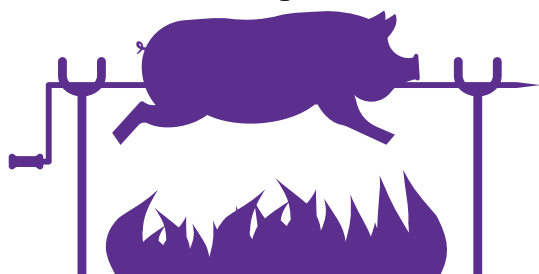
It's the time of year we've all been waiting for! Our wonderful Maintenance department will stay up all night smoking pork to sell on **Thursday, November 14** to raise funds for Team Lakewood!

Preorders can be placed with Caleb Wooldridge at 804-521-9683.

#### Cost:

- \$20.00 meal (1/3lb of Pork BBQ, Coleslaw, Baked Beans)
- \$15.00 one half-pound container of Pork BBQ

Checks should be made payable to Alzheimer's Association. Cash is accepted.



### Walk to End ALZ - Saturday, November 9, at City Stadium

This is the event we've been working toward all year! Team Lakewood has raised **\$57,074.18** toward our goal of \$65,000. We would love to have more people join our team and help us reach our goal by November 9th.

If you choose not to walk, the Alzheimer's Association needs help both the night before and the morning of the Walk:

- **Friday:** Help with moving items to the site.
- **Saturday:** Opportunities include staffing the registration table, distributing Champion bags, providing entertainment, or cheering along the Walk. They also need lots of people at the finish line to clap and cheer. Many of these duties can be performed from a seated position.

Sign up using the Causer app or contact Sally San Soucie to join/support Team Lakewood or to volunteer at the event.

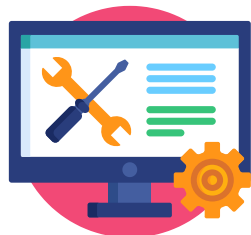


## MEET OUR TEAM

### Tech Tip

Our desktop and laptop computers get regular program updates from the software providers, like Microsoft or Apple. These updates are important. They provide security improvements, sometimes provide new features and fix software problems (bugs). To be sure your computer has time to digest these updates, it is not a bad idea to leave your computer on occasionally when you are not using it. Some of the bigger updates wait until you are not actively using your computer to begin installation. Be sure to give your computer a chance to get its updates by leaving it on once in a while!

Mike Tessieri  
804-370-0607



Remember Uniguest is helpful **ALL** the time.

Check out the **FEED**! It will tell you the daily events and the daily menus.

Important messages or updates will also be shown at the top of the **FEED**.

**Check it out!**



### Meet Our Team

#### Jennifer Koeniger

#### Assisted Living Administrator

Jennifer started working in the senior living industry in 2005. Throughout her nearly 20-year career, she has worked as a Regional Director of Operations for multiple independent and long-term care communities and has served as the onsite Executive Director of stand-alone assisted living and memory care communities.

Most recently, she was working on an emergency preparedness project with the Virginia Healthcare Association-Virginia Center for Assisted Living. While she enjoyed her time with the Association, she found that she was missing the joy that comes from working in a senior living community, and especially working with residents who have Alzheimer's and Dementia, which is what brought her to Lakewood!

In her spare time, Jennifer can primarily be found in one of two places – on the golf course or near a body of water. When the weather isn't conducive, she loves to be home with her cats, one of whom loves to walk on a leash through the neighborhood and even has his own Instagram page!

### New Dining Billing Quarters Coming 2025

We have an exciting announcement that many have been requesting for some time. Starting on January 1st we will reintroduce staggering meal plan periods.

This is to avoid month-end congestion in the dining rooms/ meal deliveries/ depletion of Cafe 1900 groceries caused by residents trying to deplete their Dining Dollars allowance. A staggered system for charging monthly dining allowances is used and it works as follows: Each resident's Dining Points quarter will be determined by the first letter of the resident's last name. The table below describes the associated quarters (i.e. 3 calendar month periods) assigned to each last name.

Last Name	Billing Quarters			
A-F	Jan.-Mar	Apr.-June	July-Sept.	Oct.-Dec.
G-Q	Feb.-Apr	May-July	Aug.-Oct.	Nov.-Jan.
R-Z	Mar.-May	June-Aug.	Sept.-Nov.	Dec.-Feb.

Learn more about it at our Dining Billing Quarters Meeting on  
Monday, November 18, 11 a.m. - noon, Auditorium



#### Meal Plan

2025 Meal Plan decisions need to be made by December 15, 2024. If you do not wish to change your plan no action is needed. If you want to add or change your plan, please pick up a meal plan form at the Clubhouse Lobby or print one from Uniguest. Fill the form out and return them to the black boxes located around campus. Again, if you are happy with your current plan, you do not need to do anything; it will roll over into 2025.



#### Holiday Meals

*Thanksgiving brunch  
reservations Open on  
November 1st*

*Christmas brunch reservations  
Open December 1st*

Make your reservations at the  
host stand or on Uniguest.  
Large parties will be served in  
the Auditorium.

## RESIDENT SPOTLIGHT

### **Resident Spotlight: Joan Kerby**

Joan Kerby grew up in Niskayuna, New York. She loved the colorful fall leaves and winter for building snow forts and throwing snowballs with her brother. She attended Mount Holyoke College in Massachusetts (one of the Seven Sisters Colleges) and then Pennsylvania State University for her Master's in Public Administration. Her family took frequent trips to New York City and neighboring states, and traveled to Colorado, New Mexico, the Canadian Rockies, England, and Scotland.

Joan's first job (1973-1976) was at the University of Virginia at the Institute of Government, now the Center for Public Service.

She worked closely with the Virginia Municipal League and the Virginia Association of Counties as well as doing research studies.

Deciding not to pursue an academic career, Joan moved to Richmond in 1976 and began her career with the Virginia Department of Social Services undertaking a variety of jobs at the Department - research and reporting, user requirements for a mainframe system, monitoring and evaluation, planning, training, curriculum writing, and information systems business analyst (her longest, most fulfilling and last position).

Joan met her husband Gordon in 1985 at a Halloween Party and married in 1988. She enjoyed counted cross stitch, scrapbooking, gardening, and volunteering in many roles at Three Chopt Presbyterian Church. She and Gordon loved to travel, take pictures, read, and watch movies. Special places to her were the Outer Banks, Montana, South Dakota, Colorado, and New Mexico. She enjoyed spending holidays in Waynesboro with Gordon's family and visiting relatives in Illinois, Massachusetts, and Florida. Joan did a special scrapbook for the Central Virginia Post Polio Support Group, compiling years of pictures and articles. This scrapbook was given to the Virginia Museum of History and Culture.

With the move to Lakewood in October 2018, she enjoyed meeting staff and fellow residents and trying lots of activities. Vowing not to volunteer for anything for the first year, an opportunity came up sooner and in Jan 2019, Gordon and she served on the Resident Panel for New Employee Orientation. Before COVID, both were A/V volunteers and sang in the choir. In May 2019, she stepped in as the coordinator of the Community Table hostesses until Covid and served on the Dining Committee through 2023. She serves on the Communications Committee and substituted for Sally Wheat as the Villa/Communications representative for Resident Council when needed in 2023. She started the Zoom Book Club during COVID and continues its coordination. Signing up for a Colored Pencil Drawing Class, Joan found a new love and had a colored pencil entry in 2 Lakewood Art Shows. She was a Resident Ambassador and is a member of the recently formed Keeper's Club. She often writes the Uniguest reminder in the One Lakewood Link and proofs for Laura Clarke.

She began learning Spanish during COVID and continues this today. She enjoys the vegetarian, healthy eating options and the Lactaid free ice cream. She had photographs in the May – July 2024 Photo Art Gallery and took photos used by LifeSpire staff on note cards. Joan enjoys the St. Michael's Pen Pal program, reading scripture at Taizé Prayer, art classes, making cards and all her new friends. Joan believes in positivity, gratitude, friendliness, inclusiveness, and faith.



## RESIDENT BIRTHDAYS

Susie Brown	CH-313	11/02
Ella Johnson	HSB-216	11/03
Richard Turochy	D-206	11/03
Helen Wood	A-208	11/03
Virginia Taylor	HSB-320	11/05
Nancy Spears	Rose-202	11/06
Arlene Larimer	C-306	11/07
Deb Loftis	COT-1910	11/07
George Davis	1960-202	11/08
Pat Brooks	B-304	11/09
Carroll Gilbert	O-1970-201	11/09
Dan Stevens	A-119	11/10
Sara Fisher	HSB-204	11/11
Joyce Hodges	Rose-211	11/11
Elaine Yeatts	Cot-1914	11/11
Carol Decker	1950-301	11/12
Claude Stanley	CH-206	11/12
Toni Schmiegelow	B-113	11/13
Dottie Williams	HSB-228	11/13
Jim Revere	CH-208	11/14
Becky Payne	A-101	11/15
Barbara Outland	1940-302	11/17
Joan Bishop	D-115	11/18
Jenny Beale	CH-211	11/19
Alice Voorhees	CH-410	11/21
Rick Langholz	COT-1918	11/25
Louise Motley	ROSE-313	11/25
Frances Twiss	HSB-302	11/26
Claire Rosenbaum	CH-407	11/27
Arthur Amolsch	D-117	11/28
Gae Hull	E-302	11/28
Susie Jones	CH-313	11/28
Russ Gnoffo	E-306	11/30
Victoria Malick	T-115	11/30

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

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

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

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 Niederer, 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

- Vibrance/Fitness Director - 804-521-9266

IL Trips/Programs Reservation Line - 804-212-8836

Transportation Line - 804-521-9272