

WEEKLY CALENDAR

FOR THE WEEK OF February 20, 2012 - February 26, 2012

Monday, February 20

9:00 AM / C	Staying Strong (On TV5 at 9:00 AM & 1:30 PM)
9:30 AM / C	Stretch N Flex
10:00 AM / BR	Men's Billiards
10:00 AM / HR	Parkinson's Exercise
10:00 AM / P	H2O Power
1:00 PM / C	Enrichment Program
1:00 PM / AP	Bridge
1:30 PM / P	Rusty Hinges
2:00 PM / WCTV5	Movie: "Millennium - Touching the Timeless" (60 min.)
3:00 PM / C	Line Dancing
6:30 PM / C	Bingo with VES Students - Please bring \$1.00

Tuesday, February 21

9:00 AM / C	Movement Matters (On TV5 at 9:00 AM & 1:30 PM)
10:00 AM / BR	Men's Billiards
10:00 AM / AP	Wii Games (until 10:00 PM)
10:00 AM / P	Rusty Hinges
10:30 AM / P	Free Swim
11:00 AM / HR	Sit and Chat
1:30 PM / BR	Ladies Billiards
1:30 PM / HR	GeoMotion
1:30 PM / C	Arthritis Exercise (seated)
	CANCELLED
2:00 PM / C	Arthritis Tai Chi CANCELLED
4:00 PM / RR	Chapel
5:00 PM / C&B	Mardi Gras Party (Social Hour begins at 4:30)



Wednesday, February 22

9:00 AM / C	Staying Strong (On TV5 at 9:00 AM & 1:30 PM)
10:00 AM / BR	Men's Billiards
10:00 AM / P	H2O Power
10:00 AM / CH	Bible Study
10:00 AM / AP	Wii Games (until 7:00 PM)
2:00 PM / WCTV5	Movie: "Millennium - An Ecology of Mind" (60 min.)
2:00 PM / P	Free Swim
2:30 PM / C	Taste of Latin
7:15 PM / AP	Woodcarving Group
9:00 PM / AP	Wii Games (until 10:00 PM)

Thursday, February 23

9:00 AM / F	Mix it Up (<u>Note change in location</u>)
9:30 AM / F	Stretch N Flex (<u>Note change in location</u>)
10:00 AM / HR	Financial Workshop
10:00 AM / BR	Men's Billiards
10:00 AM / F	Strong and Centered (<u>Note change in location</u>)
10:00 AM / AP	Knitting Group
10:30 AM / P	Free Swim
11:45 AM / F	Peakland United Methodist Church Lunch Group
12:00 PM / T	Trash and Treasure Shop Open
1:00 PM / AP	Partner Bridge
1:15 PM / MC	Scrabble
1:30 PM / BR	Ladies Billiards
1:30 PM / P	Rusty Hinges (walking, flexibility & balance)
2:00 PM / B	Mini-Confab with Darlene Byrom
2:00 PM / P	Hydrofit
2:15 PM / ME	Bus Departs for Great Decisions Lecture Series
4:00 PM / CH	Chapel with The Rev. David Gellert, Presbyterian
5:30 PM / F	French Table
7:15 PM / B	Sing-A-Long

Friday, February 24

9:00 AM / C	Staying Strong (On TV5 9:00 AM & 1:30 PM)
9:00 AM / ME	Bus Departs for Wal-Mart Shopping
9:00 AM / ME	Bus Departs for Weekly Grocery Shopping
10:00 AM / BR	Men's Billiards
10:00 AM / AP	Wii Games (until 10:00 PM)
10:00 AM / ME	Bus Departs for Weekly Grocery Shopping
10:00 AM / P	H2O Power
12:00 PM / T	Trash and Treasure Shop Open
2:00 PM / WCTV5	Movie: "Millennium - The Art of Living" (60 min.)
2:00 PM / C&B	New Resident Reception

Saturday, February 25

8:00 AM / AP	Wii Games (until 10:00 PM)
9:00 AM / C	Exercise Video
7:30 PM / C	Bingo

Sunday, February 26

8:00 AM / AP	Wii Games (until 10:00 PM)
3:00 PM / ME	Bus Departs for Jefferson Choral Society
3:00 PM / 4DDR	Chapel
4:00 PM / RR	Chapel

ENRICHMENT PROGRAMS

Barbara Rothermel, is the assistant professor of museum studies and advisor for students enrolled in the minor. Professor Rothermel is also director of the Daura Gallery. She is currently completing her Ph.D. in museum studies at the University of Leicester. Her dissertation is on the role of the university art museum as a catalyst for interdisciplinary collaboration. She received her master's of liberal studies, museum studies, from the University of Oklahoma and a B.A. degree in art and cultural history, magna cum laude, from Hood College. She will be here to present two topics that she is passionate about, The Pink Panther, An anthropomorphic Context and American Landscape, Painting in Transition. Please join us as we kick off the New Year with the first of many Educational Programs!

Mondays, February 20 & 27
1:00 PM
Commons

MASSAGE

Marcia Mickles will be here for both seated massage and foot massage located in the Clinic Massage Room. Please sign up for your seated massage, foot massage, or both at the Activities and Transportation Board located in the lobby.

Tuesday, February 21
Clinic Massage Room

FINANCIAL WORKSHOPS**Estate Documentation –
A Guide For Your Family**

Help your family with this guide to estate documentation from Kim Smith Ferguson, CTFA, Vice President, Trust and Fiduciary Specialist, Wells Fargo Private Bank. This free workshop is co-sponsored by Westminster Canterbury Development and Wells Fargo. Due to limited seating, please pre-register by calling Joe Payne, Senior Vice President, at X3507.

Thursday, February 23
10:00 AM to 11:00 AM

GREAT DECISIONS LECTURE SERIES

Join us as we travel to the Lynchburg Public Library for the last Great Decisions Lecture on Cybersecurity, presented by Paul Kelbaugh, J.D., Lynchburg College, Instructor of Business Administration. **Please sign up at the Activities and Transportation Board located in the lobby.** A minimum of eight is needed for each trip.

Thursday, February 23
Depart from Main Entrance at 2:15 PM

UPCOMING PROGRAM AND PARKING

On **Thursday, February 23rd, from 11:15 AM to 1:15 PM** we will be hosting a Chamber of Commerce event. Guests will be parking in the Health Care parking lot and the Employee/Visitor parking lot with the help of Westminster Canterbury security staff. We hope this causes no inconvenience to you.

**SPEAKING OF ART SERIES WITH DR. WILLIAM MCINTOSH
 "SWEET LOVERS LOVE THE SPRING": LOVE AND
 ROMANCE IN THE HISTORY OF ART**

Dr. William McIntosh will introduce "Sweet Lovers Love the Spring": Love and Romance in the History of Art. Borrowing a line from "It Was a Lover and His Lass," one of the songs in William Shakespeare's *As You Like It*, "Sweet Lovers Love the Spring" will survey a variety of amorous encounters whose sources include classical myth and poetry, chivalry and courtly love and artist biography. Eclectic by design, this session is a tapestry concerned with not only the threads of love and romance that provide its war, but also a store of colorful weft threads drawn from pre-history through the present. A graduate of the College of William and Mary, Dr. McIntosh holds master's and doctoral degrees from the University of Virginia. The seven-week Speaking of Art series will be held on March 5th, 12th and 19th, April 9th, 16th, 23rd and 30th (classes will not be held on March 26th or April 2nd). The charge for the series is \$50.00 payable to the presenter, by check or cash, no later than the end of the second session.

**Mondays, March 5, 12, 19, April 9, 16, 23 & 30
 11:00 AM - 12:00 PM
 Commons**

FORTE CHAMBER MUSIC

Join us as we travel to Presser Hall at Randolph College for a concert presented by Forte Chamber Music. Brendan Conway performs frequently in Washington D.C., New York, and abroad. The young violinist has given solo performances in Carnegie Hall, the Kennedy Center, Boston's Jordan Hall, and appeared in various venues as a soloist with regional orchestras. Richard Wroncy, formerly a member of the piano faculty at Hollins University, now teaches at James River Day School and makes frequent appearances in our area as a soloist with various chamber music groups. The program will feature popular sonatas by Brahms (number 3) and Franck, as well as Romantic virtuoso pieces by Fritz Kreisler and Henri Wieniawski. Jim and Sue Elson, who are members of the Forte Chamber Music board, will be happy to answer your questions about it. **Please sign up at the Activities and Transportation board located in the lobby by Sunday, March 4th. No refunds after this date.** A minimum of eight and a maximum of 20 are required for this trip.

**Sunday, March 11
 Depart from Main Entrance at 2:15 PM
 Cost: \$20.00 Admission**

LUNCH BUNCH TO OLIVE GARDEN RESTAURANT

Plan to join us for lunch at Olive Garden Restaurant. They have a variety of items on their menu including salad, chicken and gnocchi soup, zuppa toscana soup, grilled chicken flatbread, lasagna frita, grilled steak and portobello panini, chicken alfredo pizza, classic lasagna, spaghetti and meat balls, chicken parmigiana, eggplant parmigiana, venetian apricot chicken, shrimp primavera, seafood alfredo, cheese ravioli, ravioli di portobello, grilled shrimp caprese, and more. Lunch is on your own and will not be charged to your Westminster Canterbury account. **Please sign up at the Activities and Transportation Board located in the lobby by Monday, March 5th.** A minimum of eight is needed for this trip. If you would like to meet us at Olive Garden Restaurant and will provide your own transportation, you still need to sign up so that we can make the appropriate reservations. Bon appetite'.

Tuesday, March 13
Depart from Main Entrance at 11:00 AM

TRANSPORTATION FROM THE HOSPITAL

Occasionally residents are sent to the emergency room and may spend hours there but are not admitted to the hospital as a patient. If you find yourself in a similar situation and you do not have local family or a friend that can pick you up, please call the front desk and security will come to pick you up. Westminster Canterbury will always ensure that you have a ride home no matter what time of day or night it is. If you are admitted as a patient to the hospital and are returning to Skilled Nursing Care, the hospital is required to provide medical transportation for you. If you have any further questions on transportation please call Jen Muncy at X3528 or Lisa Martin at X3516.

ARE YOU INTERESTED?

Are you interested in making a donation to the VA Hospital in Salem? Resident Chuck Baron will be collecting the following items to take to Salem later this summer:

- Stamps
- Puzzles
- Snack items
- Personal care items for men and women
- Candy
- Nuts
- Games
- Magazines
- Reading materials

Mr. Baron will be collecting all donations at his apartment C405, and then he will be transporting these items to Salem with the help of his family. If you have any questions please call Mr. Baron at X3329.

TRASH AND TREASURE SALE

It's that time of year again when Trash and Treasure needs to clean out their storage areas and pull out items for sale. Whether you need an appliance or a piece of furniture you can find it here.

**Wednesday, February 29
11:00 AM - 1:00 PM
Commons**

HAPPINESS REPORTS, DID YOU KNOW?, AND FYI

"Happiness is what you feel when **Sheila and Vanessa** team up to **make a special birthday party perfection**. For this we thank you from the bottom of our hearts."

"Happiness is having another **wedding to celebrate**. **Congratulations!**"

While we have had very little winter thus far, **spring is not far away**. There are many **people** doing **wonderful things** and many **new sights** to see **each day**. Turn in your reports to **Box C717**; **cards** are available in the **mail room above the Mixed Paper** bin.

Did You Know? Dining Services reminds us that, **as of Sunday**, we are on **Week #4** of the **Fall/Winter** menu cycle. The soup for **Monday Lunch** and **Supper** will be **Cream of Potato Leek** in place of Pumpkin and Corn Chowder and on **Monday night**, the **Chicken Supreme** will be made with **chicken breast** instead of bone-in chicken.

SIGN-UP: The sign-up sheets for the **February 21st Mardi Gras Party** have been out. **IF you did not sign up**, please **call X3566**. We need to be sure we have **space and food for all!**

Menus are **posted** by the elevator **near the Dining Room**, and on **TV5**. **Changes** from the copies you have received are **reported here** and will show on **TV5** as well as on the copy **posted by the elevators**. You can also call **X6038** for the menu of the day.

FYI: We had **.05"** into **Saturday** morning which brings the **February** total to **.55"** and the **year to date** total to **3.70"**. We are **below normal** by about **.8"**. The **Pedlar Lake Reservoir** is currently **2"** **above** the spillway with **100%** of our **drinking water** coming from the **Reservoir**. **Smith Mountain Lake** is about **one foot below** normal pond level.