



Carma's Commentary

What changes would you like to make in your daily life to give it more meaning? Is it possible that changing the focus of your everyday thoughts could take you to a whole new level of existence? Carolyn Myss, author of *Defy Gravity*, thinks the time has come to explore a new frontier. Through the ages we've made huge discoveries about our minds and bodies; why not complete the trinity and explore our spirituality?

Ms. Myss encourages the exploration of this new realm because there are still questions unanswered from the scientific and reasoning worlds of thought. Questions like, "Why do bad things happen to good people?" Haven't we all asked something like this along the way? I like her answer which is, in essence—let go of worrying about the "why" and use the event as a guiding light to help us through the darkness to a deeper understanding of ourselves. There have been times in my life when I tried to understand why something bad happened to me. I even played games with myself, thinking if behaviors or thought processes changed, the bad stuff would stay at bay. While changing behaviors and thinking might help with certain situations, there will still be times when I am tested.

In many ways we are all being tested daily. The economy crashes, technology takes over our lives and we hear about every catastrophe on the planet within minutes. We have become intimately involved with the people on our planet in a manner that is totally beyond our control. The author believes that since we are so closely connected with each other, the way we think spiritually has an impact on the entire planet. This is based on the concept that we are all connected by a higher power

or grace. I like the idea of being able to control something with my thoughts.

Another area within our control is forgiveness. Forgiving others is a big part of spiritual growth, but it is easier said than done. I've had an especially hard time with this one on occasion. What finally got my attention is the fact that when I don't forgive others I hurt myself more than anyone. The belief that justice will be carried out eventually helps me shed the burden of worry about others.

In fact, letting go of the worry and ego helped me this morning in dealing with a conflict. I realized that I would accomplish nothing more than "appearing ugly" to the person sitting across the desk if I let my emotions do the talking. I treated the person with respect and grace. As a result the project is getting done and I will sleep well tonight, without a grudge or guilt!

By consciously searching for meaning and purpose in our lives, we can see the bigger picture of our spiritual selves. In other words, who cares about a silly little grudge when we choose to honor life and the people around us? Some have even come to believe that an illness or catastrophic event occurred as a sign to help them see their purpose in life and to start living in a more spiritual fashion. A good question to ask ourselves is "How would I act if I knew I was going to die tomorrow?"

As we explore the frontier of our spiritual selves, we must be reminded that this day will never come again. We will never see the same sunrise or sunset. These tiny realizations are also profound in awakening the soul in our everyday lives. According to Carolyn Myss, we have resources yet to be unleashed and can make bold, outrageous choices. We can live as though we have the power to change the world—because we can.

-- Carma Wall, CEO
cwall@thecedars.org

THIS 'n THAT
from around *The Village*

SEPTEMBER LUNCHEON

The Annual Trustee Luncheon with
Villagers as Guests

When: Saturday, the 17th, 12:00 noon
Where: Wellness Center Banquet Room
Hosts: The Cedars Board of Trustees

Please Note: Phone reservations to Diane at 241-0919 (ext 110) by Tuesday, the 13th. *You are invited to bring a donation of food or a check for the McPherson County Food Bank.*

Thank you to the Cedars Trustees

First, we want to thank the Trustees for extending an invitation to the Villagers to join them for their fall luncheon. It's a treat we look forward to each year.

Second, we thank them for their dedication to The Cedars by serving on our Board of Trustees. The time, effort, and energy they give are deeply appreciated. We enjoy our comfortable homes and the many facilities available here. Good decisions of the Board, and of those who have served in the past, are in large part responsible.

This year's Board is comprised of the following persons: Janell Clary, Dani Crist (new), LaVon Ediger, David Fruth, Bryan Hess, John Holthus, Carolyn Masterson, Bill Parker, Tom Pruitt, Leroy Schmidt, Tina Wooley (new), and Ellis Yoder. Leaving the Board following their fall meeting are Tammie Stockham and June Switzer.

It is our hope that you feel rewarded for your service to The Cedars.

New Village units under construction

The first residential construction in seven years is underway at the east end of Darlow Drive –just off Maxwell. The piles of dirt are growing, and all Villagers who like to serve as sidewalk superintendents are in for several months of enjoyment as construction progresses.

Occupying the west unit, 1231 Darlow, will be Gerald and Barbara Leaf of Lindsborg; Vera Ellwood of Kansas City will be in the east unit, 1233 Darlow. They have plans to move into their new homes sometime this winter.

Celebration

Merlin Miller will celebrate his 80th birthday on Saturday, September 10th. An Open House will be held at The Cedars Conference Center from 2:00 until 4:00 pm on that date, and you are all invited.

Village Study Group

The Village Study Group has been enjoying rich discussions about the 24 healings of Jesus as told in the book of Luke but will be finishing those sessions soon. Just speak to Chaplain Florence or Chaplain Chris with ideas for the next study. They meet on Wednesdays at 10:15 in the Meditation Chapel.

Volunteer Luncheon well attended

In the past year almost 200 volunteers have contributed time, effort, and love to the persons, programs, and events at The Cedars. The 130 of them who were able to attend were recognized at the annual Volunteer Luncheon on Friday, August 26, in the Conference Center. Anyone wishing to share their talents may contact Activities Director Tina Montroy, Guild President Elva Jean Naylor, Chaplain Florence Crago, or any department chair. You are appreciated.

(This n'That continued on p. 3)

Heritage Society still open

If July 31st came and went, and you weren't ready to make a commitment, don't despair! Although the Charter membership group of The Heritage Society has been established, there is no such thing as a bad time to join those select neighbors and supporters who have remembered The Cedars in their estate planning. One of the most common concerns I hear from people is that they don't have long-term care insurance, and worry about the future costs of housing, health care, etc. Yet these types of worries are exactly why The Heritage Society exists. Because it is intended specifically for planned – or “deferred” – gifts, there is no need to take money out of your pocket today when you might need it in five, ten, or twenty years. Instead, a life insurance policy that contributes nothing to your immediate estate anyway can be assigned to The Cedars. An IRA that is not needed by your children or other family members because of their own financial stability, can be bequeathed. Or most commonly, a *portion* of a family or estate trust can be willed. This is especially helpful for those who are unsure what the future holds and worry about whether they will have anything left to give to the organizations who cared for them in their later years. By naming The Cedars as a 10% beneficiary, it doesn't matter if the trust is drained to \$5, or swells to \$5,000,000. No matter how the costs of your health care needs affect your estate in the future, The Cedars would receive no more than 10%.

Gift annuities are always a great way of making a gift as well, since they combine a variety of tax and income benefits along with your intended donation. A couple in their mid- to upper-80's who purchase a \$50,000 gift annuity today would receive annual income of \$3,800.00 for the rest of

their lives, over 82% of which is tax-free, along with an immediate income tax deduction of \$22,500. And perhaps best of all, compare the effective rate of 10.9% with the quarter or half of a percentage point interest being given at your bank! Feel free to stop by the Development office to discuss options available to meet your particular needs. -- Eric Litwiller, Dir. of Development

Do YOU Have an IRA?

If you're older than 70.5 years, you're probably aware of the Required Minimum Distribution (RMD) for Individual Retirement Accounts (IRA's) that many people set up over the course of their working lives. But if you're not, this may be of interest to you. If you participated in employer-sponsored retirement plans while you were working - such as profit-sharing, SEP's, 403(b)'s, 401(k)'s (including Roth 401(k)'s), etc. - you are required to withdraw a certain amount annually from these plans beginning at age 70.5. Not only are you responsible for calculating and withdrawing the correct amount for each of the plans which you own, there are stiff penalties for failure to do so. In that situation, the IRS will calculate the amount that you should have withdrawn and will tax it at **50%!!** Even if you do calculate and withdraw the proper amount, RMD's are taxed at the account owner's income tax rate!

However, there is good news. At present, the Federal Government still allows a one-time, annual rollover only up to \$100,000 to a not-for-profit organization like The Cedars, thereby avoiding the income taxes which would otherwise be assessed. However, the extension of this option for people attempting to avoid the tax implications of these required distributions is only in affect through the end of this calendar year. After December 31, 2011, (This 'n That, “Do You Have an IRA?” continued. on p. 4)

This 'n That, "Do You Have an IRA?," continued from p. 3) there are no guarantees in place. With the Federal Debt Crisis still looming, and budget deficits always a concern, the willingness of government officials to extend the Charitable Distribution option is anyone's guess. If you've not yet made your **required** distribution for 2011, there are only a few months left to arrange your rollover to The Cedars. Make an appointment to see your accountant or financial planner today.

-- Eric Litwiller, Dir., of Development

September Breakfast Menus

- 1st – Biscuits & Gravy, w/assorted sides
- 8th -- Omelet Day w/assorted sides
- 15th – Quiche Lorraine, w/assorted sides
- 22nd -- Omelet Day w/assorted sides
- 29th – French toast, w/assorted sides

From our library

Good news! The new C.J. Box book is now at the Cedars Library. Titled *Back of Beyond*, Box takes us on a wilderness trip through Yellowstone National Park. Of course, he mixes murder, a real who-done-it mystery.

Cody Hoyt, a less-than-perfect police officer gets involved when his best friend and AA sponsor turns up dead in a mysterious fire. Box, who lives in Wyoming, knows his territory and puts the reader right there to help solve the mystery.

My one criticism would be that he has too many characters in this one; however, he is a master at withholding the solution until the very last pages of the book. There are few mystery writers as good as, much less better than, C.J. Box.

Out of pure curiosity, I read *Payback at Morning Peak* by Gene Hackman. I have long admired Hackman's screen work in such movies as "The French Connection" and "The Unforgiven". I had read that he developed a heart condition and his doctor

advised that he retire from the movie business. He moved to Santa Fe, NM, and began to write in collaboration with a friend of his. I haven't read those books, but I couldn't resist his novel of the American West. It is the coming of age story of Jubal Young who witnesses the killing of his parents and little sister. He becomes dedicated to avenging their deaths. As the story progresses, Jubal matures.

This is a delightful coming of age story ala Louis L'Amore. The book is in the Cedars Library in the Western section. He has another book in the works. Hackman has a good future ahead of him as an author.

On my flight to France, I read *Outrage* by Robert Tanenbaum. I enjoy reading about life in the courtroom and there is nobody who paints it clearer than Tanenbaum. District Attorney Butch Karp operates under the golden rule of never charge the accused unless the evidence leads to proof beyond a reasonable doubt.

An over-ambitious assistant district attorney, looking for a quick promotion, does just that. Young Felix Acevedo confesses with the hope of going home, and it is up to Karp to unravel the mess.

He is ably assisted by his wife Marlene Ciampi. This book is a good read that moves quickly and has a neat side story about Butch's twins who are celebrating a coming of age of their own. This book is also in the Cedars Library.

By the way, we have been given a complete set of Agatha Christie's mysteries. They are located together in our annex just before the double doors that lead to the Wellness Center. --Betty Stanley

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Two serving spoons and a fork were left after recent potlucks. If are missing one or all of them, you can reclaim them by contacting June Switzer at 504-6141.

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SEPTEMBER EVENTS

**Bob Baldwin, contact person,
unless otherwise indicated**

Ice Cream Social – September 1st

(by June Switzer)

It just wouldn't be summer without ice cream! So we have planned an ice cream get-together for **Sept. 1st 6:30–8:30 p.m.**

Come to the Parkway (that is the garage access driving lane behind the homes on Darlow Drive and Cedars Drive). We will plan to be near the South Down Under room entrance. We'll set up a place in the shade there so we can sit and eat our treat. Wear your "cool/casual" clothing.

There will be ice cream & toppings for everyone. Royal may bring his keyboard to play some lively tunes for us. Ed and Dave might bring the washer game.

If you would like to bring your own lawn chairs, you are welcome to do that. We will bring chairs up from the DUR to use as well.

You won't want to miss this fun evening! If the weather should happen not to cooperate, Bob will give you a call on the automatic dialer!! Call us (504-6141) if you have questions!

Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 1:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

Pool

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

See you at Village Breakfast (Menus – p. 2)

Join friends in the large dining room at the Health Care Center and have breakfast together **Thursdays at 8:15 am**; the charge is \$4. Dates are **September 1, 8, 15, 22 and 29**. Try eating at noon in the HCC (The Cedars Café) or The Courts.

Tai Chi classes – twice weekly Thursday

With the YMCA we are offering introductory Tai Chi classes **each Thursday (1, 8, 15, 22, and 29) and each Monday (5, 12, 19, and 26) in September at 11:15 am in the W/CC.**

Using the Wii

Every Friday afternoon from 1:00 to 3:00 pm, Bob will have the Wii game ready to go, in the W/CC fitness room.

Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am — September 2, 9, 16, 23 and 30**. Enjoy the fellowship with our friends there.

2nd Tuesday Coffees – September 13

Men's and Women's groups – 10:00am

Men: at the Health Care Chapel for visiting, coffee, and occasional speaker.

Women: at W/CC Coffee Shop.

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the Coffee Shop.

Jim & Cindy Griggs to give Travel Show

(Dave and Bonnie Fruth)

You're in for a real treat if you come to the **Wellness Center on Tuesday, September 13 for a 7:00 pm travel show on** (September Activities, Griggs Travel Program, cont. on p. 6)

(Sept. Activities, Griggs Travel Program, cont. from p. 5)

Tanzania. Jim and Cindy Griggs, residents of McPherson, traveled to Tanzania this summer and are eager to show their pictures of the Serengeti Ecosystem where they led a Photo Safari. Griggs and his crew of photographers spent hours watching different animals and capturing them on camera in their natural environments.

We'll have a chance to see their wonderful pictures, hear about their travels and ask questions to learn more. This is the third time they've visited Tanzania.

Invite your neighbors and guests from the community. Remember to give a special invitation to new residents at The Cedars Village. Feel free to bring your grand-kids! We'll have refreshments. (donations)

Red Hatters to meet

(Corky Flood)

The Red Hat group will lunch together on Wednesday, September 14, at Perkins Restaurant at 11:30am. If you have questions or need transportation, phone Corky at 241-4005.

Trip to Hutchinson - September 20

(Dave and Bonnie Fruth)

Have groceries - will eat!! We're going to take a little trip to **Hutchinson to Dillon's Warehouse on Tuesday, Sept. 20.** We'll leave from the Wellness Center at **8:15** and drive to Hutch. Dennis, the warehouse manager, will be giving us a tour - checking out the freezer, fresh produce area, dairy area, and cooler items stored ready for shipment out. So, get on your walking shoes and come learn how complicated this whole grocery business really is. This tour will take approximately 45 minutes to one hour.

Next we'll visit the **Hutchinson Correctional Facility** to learn about the horse taming-training-adoption program. Inmates work with wild horses for use by the Bureau

of Land Management and in particular, the border patrol. Approximately 14-18 minimum security inmates participate in the program at a time providing basic care for the horse such as feeding, watering, cleaning and training while under the supervision and guidance of professional trainers and correctional staff. Their program is "Saving Horses and Changing Men." Sounds very interesting!!

In addition to the horse program, we will learn about the new mattress recycling project! Inmates help reduce landfill waste by recycling old mattresses. Salvaged products like steel springs, foam and wood are recycled into items such as carpet padding and construction materials. Our tour guide will visit with us about other rehabilitative activities at the prison.

There's no need to dress fancy for this tour as part of it will obviously be outside; and if it's windy, it could be dusty and require walking in some dirt. Our visit to the prison does not require prior clearance.

You'll be hungry so we'll lunch at the brand new Jimmy John's restaurant which features the "World's Greatest Gourmet Sandwiches!" We'll rest, eat and chat about the morning and then be on our way home. We should be back by 3:00.

This outing will be a bit strenuous due to the walking and standing. We're scheduling a 75-degree day. Let's see how that works out.

Call Dave and Bonnie Fruth (245-0674) by Sunday, Sept. 18 so we can arrange transportation. We need to charge \$5 for the van; and if we need more room, you can pay your driver the same.

Movie - "The Soloist," Friday, Sept. 23

In the movie "The Soloist," based on a true story, a Los Angeles journalist befriends a homeless musician, while looking for a news article for his newspaper.

(September Activities, "Movie Night," continued on p. 7)

Nathaniel Ayers is a middle-aged, black homeless man living in tunnels and on the sidewalks of Los Angeles' Skid Row. Lopez first encounters him on a street corner playing a beat-up violin with only two working strings; he's intrigued.

Lopez soon discovers that Ayers loves the music of Beethoven. The homeless man is a former student at New York's Juilliard School of Music, a genuine talent who had studied double bass at the prestigious conservatory before developing schizophrenia and leaving the school. He endured years of hospitalizations and treatments back home in Cleveland before heading to Southern California following the death of his mother; Ayers thought his father, who abandoned the family years ago, might be living there.

Come see how Lopez works with Ayers as he tries to help him with his mental illness. This is a power-packed movie. You will learn much about life of homeless people. Come to the **Wellness Center on Fri-day, September 23 at 7:00 pm.** We'll have refreshments. (donations)

Book Club

(Bonnie Fruth)

Book Club will meet in the **W/CC Board Room at 3:00 on Monday, Sept. 26.** Pick up a beverage at the coffee shop on your way and share what you've been reading or listening to on tape. Everyone reads what suits them and then comes and shares briefly to whet the appetite of others in attendance.

Listeners are welcome.

This is a nice way to get acquainted with a small group and get the lead on a good book. If you can't get to the Public Library, check something out from our Cedars Library in the hallway just off the coffee shop. Ask for help if you can't find it. It's well maintained and offers lots of options. Everyone is welcome.

Document shredding

If you have documents that need to be shredded, you can bring them to the main Cedars office or to Assisted Living on September 28th, any time during the office hours. They have a secure box.

September Recycling, the 28th

(by Ed Switzer)

The McPherson Area Solid Waste Utility Transfer (Recycling) Station is pleased with the response of the Cedars Village Residents. Keep those recycle items coming! It's always the fourth Wednesday of the month, 8:00 am to noon in the W/CC parking lot.

There are nine bins on the trailer. They are for the following:

- 1) #1 Plastic,
- 2) #2 Plastic,
- 3) Plastic milk, juice & distilled water jugs.
- 4) Glass of any color
- 5) Aluminum cans (no foil)
- 6) Magazines (slick paper)
- 7) Newspaper
- 8) Mixed paper (shredded, mail, advertising, letters, etc.)
- 9) Tin cans (metal)

There is a separate bin for each of the above, so...even though it is not required it may speed up your stop if you sort items before you arrive. We will do all we can to have at least two of us there to help you unload.

Items for which there is no bin include: plastic bags, #5 plastic, lids for plastic, glass bottles and jugs, Styrofoam, electronics, ceramic dishes, trash, liquid or food residue.

Again, thank you for recycling and being friendly to our earth.

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One's mind once stretched by a new idea
never regains its original dimensions.
-- Oliver Wendell Holmes

September 2011

Director of Independent Living & Wellness/Conference Center

Bob Baldwin

Village Meetings

On September 14th we will hold our Village meetings. There will be two sessions of the same thing. **The first will be at 11:00 am and the second will be at 2:30 pm.** We will talk about the recent survey that we did and how we can improve on the three lowest scoring values. Another topic I would like to talk about is the cost of the water to irrigate our campus and some possible solutions. Mike, Carma and I will lead these discussions. We value your ideas and input. I hope you will attend and give us some positive feedback on these topics.

Pool Closed for Cleaning

The therapy pool will be shut down for a couple of days to do our yearly cleaning. **It will close on Thursday September 1 and reopen Tuesday September 6th.** We regret any inconvenience this may cause.

It's Back to School Season!

From the diary of a pre-school teacher:

"My five-year-old students are learning to read. Yesterday one of them pointed at a picture in a zoo book and said, "Look at this! It's a frickin' elephant."

I took a deep breath, then asked, "What did you call it?"

"It's a frickin' elephant" It says so on the picture!" And so it did . . .



A F R I C A N E L E P H A N T

[Isn't phonics wonderful]

(shared by Lois Neher)

A diplomatic teacher sent a note home to all of the parents: "If you promise not to believe everything your child says happened at school, I'll promise not to believe everything they say happened at home."

(shared by Florence Crago)

Children were lined up in the cafeteria of a Catholic elementary school. At the head of the table was a large pile of apples with a note, "Take only one – God is watching."

A large pile of chocolate chip cookies was at the other end of the line on which a child had written the note, "Take all you want – God is watching the apples." (from e-mail)

I'm not going to buy my kids an encyclopedia. Let them walk to school like I did.

(Yogi Berra)

Leaving No Rock Unturned

Fund-raising is a job that can and should take a person to anywhere that there might be money. With this in mind, I traveled to Adel, IA, several weeks ago to visit with Harry Stine, an alum of McPherson College and former student of such esteemed professors (and your neighbors) as John Ward, Monroe Hughbanks, and Wes DeCoursey. For those who've not kept up with Harry's career, he is the owner of Stine Seed, a privately-held seed company whose intensive work on crop genetics has made them an industry leader. On this visit, I talked to Harry about how I came to The Cedars and the exciting things happening on our campus, and he talked to me about his history and that of his company, along with some of what Stine Seed is working on today and for the future. Along with a tour of his facilities, Harry showed me his conference table which doubles as a ping-pong table and offered me a chance to play. After two easy victories for Harry, he made me promise to publicize my losses to "an old, dyslexic, autistic farmer", and I sent him the above picture to prove to him that I am a man of my word. Whatever challenges Harry has faced over his lifetime, it's certainly not stopped him from becoming incredibly successful and respected in his field, and it was a true pleasure getting to spend some time with him. I remain hopeful that it will be the first of many visits to the town of Adel. – Eric Litwiller, Development Dir.



In recognition of **Wednesday, Sept. 21**, as *International Day of Peace*, the following poem, suggesting how the chain of hate can be broken, seems appropriate.

You've Got to be Carefully Taught

You've got to be taught
To hate and fear,
You've got to be taught
From year to year,
It's got to be drummed
In your dear little ear
You've got to be carefully taught.

You've got to be taught to be afraid
Of people whose eyes are oddly made,
And people whose skin is a diff'rent shade,
You've got to be carefully taught.

You've got to be taught before it's too late,
Before you are six or seven or eight,
To hate all the people your relatives hate,
You've got to be carefully taught!

[from "South Pacific," musical by Rodgers and Hammerstein]

Village Council Meeting Minutes August 15, 2011 Wellness Center Board Room

The Village Council met on Monday, August 15th at 1:30pm. Present were Betty Stanley, Norman Knocke, Jody Miller, and Bob Baldwin

The meeting was adjourned as there was not a quorum present. The next meeting will be September 19th. – Jody Miller, Secretary

Good Ideas for Getting Along

Speak to people. -- There is nothing as nice as a cheerful word of greeting.

Smile at people. – It takes 72 muscles to frown and only 14 to smile.

Call people by their name. – The sweetest music to anyone's ears is the sound of his/her own name.

Be friendly and helpful. -- If you would have friends, be friendly.

Be cordial. – Speak and act as if everything you do is a genuine pleasure.

Be genuinely interested in people. You can like almost everybody if you try.

Be generous with praise. Be cautious with criticism.

Be alert to give service. What counts most in life is what we do for others.

Be considerate with the feelings of others. They may not remember what you did for them, but they will remember how you made them feel.

Add to this a good sense of humor, a big dose of patience and a dash of humility, and you should be able to get along with just about anyone!

[Borrowed from the Litchfield (NE) Messenger]

Courage does not always roar. Sometimes it is a quiet voice at the end of the day saying,
"I will try again tomorrow."

-- Mary Anne Radmacher)



WELLNESS / CONF. CTR.- DEVOTIONAL EVENTS - September 2011

Mondays - 10:15 AM - Meditation Chapel (Not 9/5) - Ready Writers
1st Mon 9/5 - 6:30 PM - Meditation Chapel - Grief Support Group
Wednesdays - 10:15 AM - Meditation Chapel - Village Study Group
Thursdays - 1:00 PM - Meditation Chapel - Bereavement Support Grp
3rd Fri 9/16 - 11:15 AM - Meditation Chapel - Advocates/Friends
Fridays - 10:15 AM - Coffee Shop - Just for Laughs

MAXWELL / CEDAR HOUSES - DEVOTIONAL EVENTS



Mondays - 9:30 AM - 803 - Inspirational Music - Lucille Hand
Wednesday - 9:30 AM - 805 - Insp. Music - Rosalie Black
Wed 9/28 - 9:30 AM - 803 - COMMUNION- Elva Jean N, Kathryn W.
Wednesday -10:00AM - 807 - Inspirational Music -9/7 Joanna Hoffman
- 9/14 Emma Ruth S. - 9/21 Eloise L. - 9/28 Joyce Hall
Thursdays - Chaplain Chris visits in houses.
Fridays - 9:30 AM - 801 - Inspirational Music - Elva Jean Naylor
Fridays - 3:30 PM - 805 - Bible Study - Anne Albright

ASSISTED LIVING - DEVOTIONAL EVENTS AT THE COURTS

Tuesdays - 11 AM - PDR - Bible Study - Miriam Hoover
Thursdays - 4 PM - 2nd floor - Bible Study - Susan Ballou
Fridays - 9:30 AM - Dining Room - Piano - Royal Eickstadt

SUNDAY WORSHIP

TV - 10:15 AM - Ch 13 - Worship - Church of the Brethren
-Can be viewed on giant screen - Courts, 2nd floor, Activities Room
Radio - 10:30 AM - FM 96.7 - Worship - Free Methodist
Courts - 6:00 PM - 2nd floor - Worship - Susan Ballou, Leader
- communion served on 2nd Sunday

OTHER

COMMUNION provided for Catholic residents on a weekly basis
- usually on a Thursday - St. Joseph's Catholic Church

SEPTEMBER 2011

Mon	Tue	Wed	Thu	Fri
			September 1	2
			Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie	BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans Vegetable Medley Bread Stick Root Beer Cake
5	6	7	8	9
Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake	Cottage Cheese & Peaches Huntington Chicken Chefs Choice entrée Peas Yellow Squash Cookie	Tomato & Mozzarella Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie	Cucumber Salad Lasagna Rolls w/ Meat Sauce Chicken Tetrazzini Creamed Corn Zucchini Lime Layer Dessert	Heavenly Mold Meatloaf Red Beans and Rice Baked Potato Scandinavian Vegetable Turnips Mango Cheesecake
12	13	14	15	16
Coleslaw Fried Catfish Meatball Sub Au Gratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb Pie	Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy Spinach Corn Baked Cod Pecan Pie Bars	Caesar Salad Lasagna Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake	Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes Green Beans Chef's Choice Vegetable 7 layer dessert	3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie
19	20	21	22	23
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ Gravy Zucchini Corn Bread pudding	Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake	Cole Slaw Pasta and Meatballs Sweet & Sour Chicken Garlic bread Italian Blend Vegetables Rice Cookie	Cottage Cheese Jell-O Salad King Ranch Chicken Pineapple Glazed ham Green Beans Baked Amaretto Apples	Applesauce Jell-O Chicken Fried Steak Stuffed Shells w/ Marinara Mashed Potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding
26	27	28	29	30
3 Bean Salad Egg Rolls Stuffed Ravioli Steamed Rice Vegetable Blend Yellow Squash Brownie	Lemon Lime Jell-O Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie	Coleslaw Pepper Steak Pork & Kraut Buttered Penne Pasta Broccoli Corn Dinner Roll Cookies and Cream Pie	Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie	BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans Vegetable Medley Bread Stick Root Beer Cake

SEPTEMBER

Sept. 16-17 continued in column 2

DATE

EVENT

September 1-2

- Th. 1 8:15am Village Breakfast (menu p.2)
- 9:00am China painting; S-DUR
- 11:15am Tai Chi, W/CC
- 1:00pm Cedars van to Wal-Mart
- 6:30pm Ice Cream Social, Village "alley"
- F. 2 9:00am Exercise group, fitness ctr.
- 9:30am Coffee at The Courts
- 10:15am Just for Laughs, Coffee Shop
- 1-3pm Wii Games, Exercise Rm.; W/CC

September 5-10

M. 5 Labor Day

- 9:00am Exercise group, fitness, ctr
- 10:15am Ready Writers, Med. Chp.
- 11:15am Tai Chi, W/CC

- W. 7 9:00am Exercise group, fitness ctr.
- 10-11:30; 2-4pm Sew & Tie quilts, S-DUR
- 10:15am Village Study, Med. Chp.

- Th. 8 8:15am Village Breakfast (menu p. 2)
- 9:00am China painting; S-DUR
- 11:15am Tai Chi, W/CC
- 1:00pm Cedars van to Wal-Mart

- F. 9 9:00am Exercise group, fitness ctr
- 9:30am Coffee at The Courts
- 10:15am Just for Laughs, Coffee Shop
- 1-3pm Wii Games, Exercise Rm.; W/CC

- Sat.10 2-4pm Merlin Miller Birthday Open House; W/CC

September 12-15

- M. 12 9:00am Exercise group, fitness ctr.
- 10:15am Ready Writers, Med. Chp.
- 11:15am Tai Chi, W/CC
- T. 13 10:00am Men's Coffee, HCC
- 10:00am Women's Coffee, Coffee Shop
- 7:00pm Griggs prog. (Tanzania); W/CC, p4
- W. 14 9:00am Exercise group, fitness ctr
- 10-11:30; 2-4pm Sew & Tie quilts. S-DUR
- 10:15am Village Study, Med. Chp.
- 11:00am & 2:30 pm Village meetings, W/CC; p. 8
- 11:30am Red Hats, Perkins Restaurant; p. 4

- Th. 15 8:15am Village breakfast, HCC; menu-p.2
- 9:00am China painting, S-DUR
- 11:15am Tai Chi, W/CC
- 1:00pm Cedars van to Wal-Mart
- 10:15am Just for Laughs, Coffee Shop
- 1-3pm Wii Games, Exercise Rm.,W/CC

CALENDAR

DATE

EVENT

September 16-17 continued from column 1

- F.16 9:00am Exercise group, fitness ctr
- 9:30am Coffee at The Courts
- 10:15am Just for Laughs, Coffee Shop
- 1-3:00pm Wii Games, Exercise Rm., W/CC
- Sat. 17 noon Trustee Luncheon for Villagers, W/CC

September 18-24

- Sun. 20 Reserve for Hutch trip; see p. 5
- M. 19 9:00am Exercise group, fitness ctr
- 10:15am Ready Writers, Med. chp
- 11:15am Tai Chi, W/CC
- 1:30pm Village Council, Bd. Rm,W/CC
- T. 20 8:15am Trip to Hutch, W/CC pkg. lot (p.5)

- W.21 **International Day of Peace;** p. 10
- 9:00am Exercise group, fitness ctr.
- 10-11:30 Sew & Tie quilts, S-DUR
- 10:15am Village Study, Med. Chp.

- Th. 22 8:15am Village Breakfast, HCC; menu-2
- 9:00am China painting, S-DUR
- 11:15am Tai Chi, W/CC
- 1:00pm Cedars van to Wal-Mart

- F. 23 9:00am Exercise group, fitness ctr.
- 9:30am Coffee at The Courts
- 10:15am Just for Laughs, Coffee Shop
- 1-3pm Wii Games, Exercise Rm, W/CC
- 7:00pm Movie, "The Soloist;" W/CC

September 26-30

- M. 26 9:00am Exercise group, fitness ctr.
- 10:15am Ready Writers
- 11:15am Tai Chi, W/CC
- 3:00pm Book Club, Bd. Rm; W/CC
- W. 28 Document Shred, all day; Office & Courts
- 8:00-noon Recycling; W/CC Parking Lot
- 9:00am Exercise group, fitness ctr
- 10-11:30; 2-4pm Sew& tie quilts, S-DUR
- 10:15am Village Study, Med. Chp.

- Th. 29 8:15am Village Breakfast, HCC; menu p.2
- 9:00am China Painting, S-DUR
- 11:15am Tai Chi, W/CC
- 1:00pm Cedars van to Wall-Mart

- F. 30 9:00am Exercise group, fitness ctr.
- 9:30am Coffee at The Courts