

LampLighter

Upcoming Technology Training Opportunities

Caremerge 101 in Piner Hall

Thursdays in July

July 6, 20, 27 at 1:00 PM

July 13 at 4:00 PM

Come learn more about Caremerge, get your questions answered or maybe you just need to hear a review one more time! Repetition is a great way to learn. Bring your charged iPad, smartphone and/or tablet along with your Apple ID and passwords to these Q&A sessions.

iPad 101 in Piner Hall

Wednesday, July 21 at 1:00 PM

Bring your charged iPad, Apple ID and passwords with you to Piner Hall for a training session/ refresher on how to use your iPad! Contact Alice at ext. 1260 if you have any questions or need assistance. We are here for you!

Technology Q&A, Living Room

Thursdays in July, 9:00–11:00 AM

Paul will be available to answer your technology questions, including training on Caremerge.

Help Desk in Piner Hall

Wednesday, July 28 at 1:00–2:00 PM

Bring your charged iPad, smartphone and/or tablet, and your Apple ID and passwords. Contact Alice at ext. 1260 if you have any questions or need assistance. We are here for you!



Caremerge has replaced Wellzesta as our Resident Communication platform. It is accessible to residents via their smartphones, iPads, tablets or computers. Wellness Arts will

be leading a variety of training and Q&A sessions to help you get started. Paul Armstrong will also be available each Thursday morning in the Living Room from 9:00–11:00 AM for computer and Caremerge help.

With Caremerge you can see if the mail has been delivered, read announcements and documents sent out to Residents from Andrew Applegate, Arbor Acres CEO. You can look up menus in each of the dining rooms, send work orders and create groups with fellow residents!

Want to know what events are coming up, it's so easy with Caremerge and you can register for the event as well.

Need to learn more about iPads? Don't know where to start or how to turn it on? Come to our iPad 101 session on Wednesday July 21 at 1:00 PM in Piner Hall.

Join Paul Armstrong Thursday mornings 9:00–11:00 AM in the Living Room for your technology questions.

Ready for a refresher? Join us in Piner Hall Wednesday, July 28 1:00–2:00 PM for a general help desk session.

Welcome Newcomers!

Millie Heine
202 Corpening

Gerald & Abigail Reott
Arborview 726 & 728

Joyce Smith
1301 Asbury Place

George & Barbara Trautwein
Off-Campus Advantage

Helen Wright
2206 Asbury Place



New Tai Chi Classes

Beginning Wednesday, August 4, 11:30 AM
Tomlinson Wellness Center

Are you interested in learning and practicing Tai Chi? We are offering a private tai chi class with Mike Simpson. You will learn the basic moves, and progress through the routine each week. Registration is required, and there is a small fee for these private classes. We have 15 available class slots. Please call Suzy at ext. 1227 with questions and to register.

Are you interested in a private tai chi class in the Wellness Center? Contact Suzy at svaile@arboracres.org or at ext. 1277 for more information.



Granville District Mobile Farmer's Market

2:00-3:00 PM, Every Thursday in July
Berrier Breezeway

We are so excited that The Granville District Mobile Farmer's Market is adding Arbor Acres as one of their stops, and is bringing healthy produce directly to our community! Come learn more about the program helping more people make money off of the food they grow, and buy your fresh produce for the week. Open to Artists and Residents. Cash, check or credit card. At this time, we will not be offering Arbor Acres resident charges at the Market. Please spread the word so we have a good turn out and can keep the Market coming to Arbor Acres! Do you have a special request? Let the market staff know as they are eager to expand their offerings and tailor them to your needs and interests. Questions? Contact Janice at ext. 1266.

July Events

Thursday, July 1

10:00 AM

Town Hall

Piner Hall, Livestreamed TV 1390 & Caremerge

Join Andrew and the Resident Council Officers for this monthly resident meeting in-person or tune in via Caremerge or TV 1390.

2:00 PM

Independence Themed WORD Bingo

Livestreamed on TV 1390 from Piner Hall

Be sure and pick up a specialty July 4th WORD Bingo card from the cubby rack and play along. We will resume regular livestreamed Bingo on July 15 with our usual numbered Bingo cards. Livestreamed only—no in-person audience in July.

Janice is seeking volunteers interested in assisting with in-person Bingo games. Beginning in August, Bingo will move to the 2nd and 4th Wednesdays at 7:00 PM in the Multipurpose Room. A special thanks to Martha Ann & Walt Murray and Eddie & Phyllis Stubbins for getting in-person Bingo going again!

Friday, July 2

1:00–2:00 PM

Root Beer and Coke Floats

Drive/Walk up, Corpening Rotunda/Parking Lot

Join Suzy and Alice for a refreshing root beer or Coke float. These go fast, so don't delay!

2:00 PM

Friday Afternoon Movie with Janice

Piner Hall

The Shakiest Gun in the West

(1968) (Passed) A pardoned stagecoach robber, becomes government agent and marries a naive unsuspecting east-coast dentist in order to join a wagon train and catch the smugglers who have been selling guns to the Indians. Starring Don Knotts. (101 mins).

Friday, July 2 (cont.)

4:00–5:00 PM

Meet Exhibiting Artist Ruth Ayers

Galleria, outside Piner Hall

Ruth is the sister to residents Peggy Burgess and Thornie Worley. Ruth's paintings will be on display through August. Drop by to meet the artist, Ruth Ayers.

5:00–6:00 PM

The Carolina Duo

Bay Window

Drop by and enjoy the musical stylings of Peter Shanahan and Wiley Porter during Happy Hour.



Sunday, July 4
Happy Independence Day!

Tuesday, July 6

11:30 AM

Pianist Ethan Uslan, Patriotic Sing-along

TV 1390 and Caremerge

Tune in to enjoy a virtual patriotic sing-along! To watch in Caremerge, click in Calendar Central on event and date, then click the link.

Wednesday, July 7

10:45–11:45 AM

Summer Piña Colada Smoothie Premiere

Fitness Terrace, Tomlinson Wellness Center

We will be sampling the latest smoothie flavor from the Book Nook, Piña Colada. No RSVP required—just drop by for a taste of summer! Call Suzy at ext. 1227 with questions.

11:00 AM

Badminton

Ball Room, Tomlinson Wellness Center

Drop by to join in a game of badminton! Questions? Contact Suzy at ext. 1227.

Thursday, July 8

3:00 PM

Cooking Demo with Alice
Piner Hall, Livestreamed on TV 1390

Tune in or join Alice in Piner Hall for this demo featuring blueberries!

Friday, July 9

1:30 PM—Leaving Berrier Front Lobby
Himalayan Hideaway Salt Cave
Winston-Salem

Come experience the benefits of salt therapy (also known as halotherapy) first-hand! Enjoy a 45-minute therapeutic and restorative session to alleviate symptoms related to allergies, arthritis, respiratory ailments, and skin conditions. The salt cave offers the opportunity to breathe anti-viral, anti-bacterial, clean air, which can promote overall wellbeing. We will have the whole cave to ourselves to relax and enjoy the spa environment. Join Suzy for this amazing and relaxing experience! Cost is \$25.00. Limited to 10 guests. RSVP via Caremerge by July 2.

7:00 PM

Friday Night Movie & Commentary with Matt
Piner Hall

Hamilton

(2020) (PG-13) *Hamilton: An American Musical* is a sung-and-rapped musical by Lin-Manuel Miranda telling the story of Alexander Hamilton. Miranda was inspired to write the musical after reading the 2004 biography *Alexander Hamilton* by Ron Chernow. The show draws heavily from hip hop, as well as R&B, pop, soul, and traditional-style show tunes, and casts non-white actors as the Founding Fathers and other historical figures. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast. (160 mins) Check out Caremerge to view view Matt's bio and watch the movie trailer (or YouTube at <https://www.youtube.com/watch?v=DSCKfXpAGHc>).

Saturday, July 10

1:00 PM

Saturday Matinee
Piner Hall

Calamity Jane

(1953) (Passed) The story of Calamity Jane, her saloon, and her romance with Wild Bill Hickok.. Starring Doris Day. (101 mins).

We welcome back our Saturday Movie volunteer Kristen Livengood today and July 24! We've missed Kristen and her matinees, and are excited to welcome her back. Also congratulations are in order: she recently got engaged!

Tuesday, July 13

2:00 PM

Needlepoint Talk with Betsy Sloan
Piner Hall, and TV 1390 and Caremerge

Join Advantage resident Betsy Sloan as she shares her love of needlepoint with us, and talks about the variety of stitches she has used on the numerous sample pieces she will share with us. Live audience is invited to Piner Hall to see her amazing display of needlepoint projects.

3:00 PM

Shepherd's Center Water Aerobics Classes
Tomlinson Wellness Center Exercise Pool

Beginning Tuesday, July 13, join us Tuesdays and Thursdays at 3:00 PM for water aerobics. Registration is required via Caremerge. Call Suzy at ext. 1227 with questions.

We Remember

Piney Slate

August 25, 1923–May 25, 2021

James Cavanaugh

October 30, 1934–June 1, 2021

Kurt Schmidt

April 4, 1929–June 7, 2021



Tuesday, July 13 (cont.)

7:00 PM

Silas Creek String Band

Piner Hall, and TV 1390 and Caremerge

Silas Creek String Band is a local folk trio with Bill McIlwain on vocals/guitar/banjo, Jake Ruddiman on vocals/mandolin/whistle, and Beth Hyland on fiddle. They are glad to be back at Arbor Acres performing their favorite American and Celtic tunes to help you while away a summer evening!

Wednesday, July 14

11:00 AM—Leaving Berrier Front Lobby

Walkertown Seafood Shack

Walkertown, NC

Take money for lunch. RSVP by July 7.

Thursday, July 15

3:00 PM

Shepherd's Center Water Aerobics Classes

Tomlinson Wellness Center Exercise Pool

See details at listing on July 13.

Friday, July 16

9:00 AM—Leaving Berrier Front Lobby

**Star Works Glass, Candor Peaches and Ice Cream
at Kalawi Farms**

Our annual trip to Candor to the Peach Festival despite there being no festival in 2021! Our first stop is the Star Glass Works for a docent-led tour, with time to shop and watch artisans at work. Tour is \$15.00 and will be charged to your account. We'll have lunch in their Cafe, then head to Kalawi Farms for fresh produce and ice cream. RSVP by July 6. Take money for purchases and a cold bag for produce. Of note: Frank Wyatt grew up in Candor and went to school with Jane Williams, owner of Kalawi Farms!

Friday, July 16 (cont.)

2:00 PM

Friday Afternoon Movie

with Janice

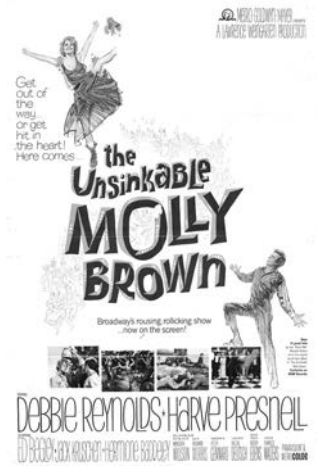
Piner Hall

The Unsinkable

Molly Brown

(1964) (Approved) A poor, uneducated mountain girl leaves her cabin in search of respect, a wealthy husband, and a better life in this fictionalized biopic of Margaret "Molly" Brown, who survived the 1912 sinking of the RMS Titanic. Starring Debbie Reynolds. (128 mins).

Share your movie suggestions with Janice!



Tuesday, July 20

2:30–3:00 PM

Snack Attack: CUPCAKES!

Book Nook

July is National Cupcake month, and we'll celebrate all things cupcake! Drop by and enjoy a cupcake made by our Dining Arts bakers, or pick up one to go.

3:00 PM

Shepherd's Center Water Aerobics Classes

Tomlinson Wellness Center Exercise Pool

See details at listing on July 13.

7:00 PM

Just Off Wendover Band

Piner Hall, and TV 1390 and Caremerge

This exceptional quartet of seasoned musicians have been playing around the Triad for many years. They bring fresh and enthusiastic performances, and talented voices to songs that we all know and have heard over the years. We hosted them back in May for the Golf Cart Picnic.

Wednesday, July 21

11:30 AM

Terrace Lunch

Tomlinson Wellness Center Terrace

RSVP with Suzy at ext. 1227. Cost is \$15.50 and will be charged to your account.

2:00 PM

Getting to Know You: Ella Lively

Piner Hall, and TV 1390 and Caremerge

Join us in-person in Piner Hall as Janice interviews Ella Lively. Let's learn more about this Arbor Acres resident.

Thursday, July 22

**10:30 AM—Leaving Berrier Front Lobby
JOLO Winery and Vineyards Lunch Trip
Pilot Mountain, NC**

JOLO is the perfect place to enjoy the view while tasting delicious wines and a meal from the End Posts Restaurant. Take money for your purchases. RSVP by July 14.

3:00 PM

**Shepherd's Center Water Aerobics Classes
Tomlinson Wellness Center Exercise Pool**

See details at listing on July 13.

Saturday, July 24

1:00 PM

Saturday Matinee

Piner Hall

Mad Money

(2008) (PG-13) Three female employees of the Federal Reserve plot to steal money that is about to be destroyed. Starring Diane Keaton, Queen Latifah, Katie Holmes. (104 mins).

This was our May Outdoor Movie but due to weather issues we were not able to show the whole movie. Now is your chance to enjoy this hilarious movie!

Tuesday, July 27

2:30–3:00 PM

Snack Attack: Watermelon Feast

Book Nook

Join everyone for one of our favorite summer fruits, watermelon. Drop by and enjoy a slice or two or three!

3:00 PM

**Shepherd's Center Water Aerobics Classes
Tomlinson Wellness Center Exercise Pool**

See details at listing on July 13.

7:00 PM

Lost River Bluegrass Band

Piner Hall, and TV 1390 and Caremerge

No RSVP required—just drop in and enjoy this local Bluegrass band! The Lost River Bluegrass Band are favorites here at Arbor Acres.

Wednesday, July 28

1:00 PM—Leaving Berrier Front Lobby

Fleet Feet Shopping

Winston-Salem

When was the last time you bought shoes that were made for YOUR feet? Join Suzy for a trip to the New Balance store. They will have lots of staff on hand to help us for a custom Arbor Acres shopping experience, including foot scans, shoe fitting, refreshments and 10% off your total order. We only have nine spots available, so hurry and reserve yours! RSVP via Caremerge by July 21. Call Suzy at ext. 1227 with questions.

Thursday, July 29

9:00 AM—Leaving Berrier Front Lobby

**Lees-McRae Summer Theatre: *Norman Rockwell*
Banner Elk, NC**

For those who met the RSVP deadline in June. We will return for a late supper at Arbor Acres. Take money for lunch and snack on the way home.

July Birthdays

	RESIDENTS	EMPLOYEES
1 st	Marja Newton	Stella Daniels Kimberly Siemers
2 nd	Marion Avera	Lakisha Wolfe
3 rd	Jeff Helms	Calvin Douglas
4 th		Joycelyn Harris Phillip Whaley
5 th	Gail Troost	Sabrina Peele
6 th	Mary Lois Leith	Montrea Fleming Linda Walker Tonya Walker
7 th	John Dial	
8 th		Meyisha Glover Esmeralda Vazquez Tamala White
9 th		Tameka Glover
10 th	Peggy Andrews Frank Lowder	Genevia Onumah

	RESIDENTS	EMPLOYEES
11 th		Kimberly Parsons Brittany Patterson Kaylin Wishon
12 th	Doris Clark	Liliana Bustos-Jaimes
13 th	Bobbi Caldwell	Shanita Scott
14 th	Carol Cunningham	
15 th	Stella Surratt	Sharee Davis Holly Gibson
16 th	Edward Hennig	Vernell Wagner
17 th		Kimberly Williams
19 th	Pat Crews Marvin Scherl	
20 th	Cama Merritt Pam Molenaor	Autumn Deppner
21 st		Elisha Hilton Amber Joyce
22 nd	Gilmour Lake LeClare Turner	
23 rd		Kristian Kennedy
24 th	Sarah Hines	Lashawn Chapman
25 th		William Horne Courtney Wilder
26 th	Libby Booke Dick Stockton Thomas Stockton	Jeremy Brannock Sierra Chase Karen Hawkins Michael Shepard
27 th	Kathleen Osborne	
28 th	Jane Sullivan Isabel Zuber	Amy Wallace
29 th	Kay Baldrige Ruth Mullen Sue Northcraft	Shaun Bell Jenna Wolford
30 th	Grace McKinnon	
31 st	Barbara Sterchi	Tyler Hairston

Thursday, July 29 (cont.)

3:00 PM

**Shepherd's Center Water Aerobics Classes
Tomlinson Wellness Center Exercise Pool**

See details at listing on July 13.

Friday, July 30

International Friendship Day

Reach out to friends near and far to let them know how special they are to you! Send a friend a cheery note to let them know you were thinking of them. Or give them a call for a nice cozy chat and catch up on the latest news

2:00 PM

**Friday Afternoon Movie with Janice
Piner Hall**

Please Don't Eat the Daisies

(1960) (Passed) A drama critic and his wife and family move from Manhattan to a house in the country. The wife becomes jealous when the critic's work keeps him out late feting with Broadway stars. Starring Doris Day and David Niven. (111 mins).





July Dining

July 4th Lunch Buffet

Sunday, July 4, 11:30 AM–1:30 PM

Lakeside Dining Room

Hot Entrée's A la carte

Grilled Hamburgers **\$6.50**

Fried Chicken per piece * *Hot Dogs* **\$3.10**

Cold Sides \$1.50

Harvest Blend Garden Salad * *Deluxe Coleslaw*
Potato Salad

Hot Sides \$1.50

Baked Beans * *Fresh Corn on the Cob*

Dessert \$3.00

Blueberry & Cherry Cobbler w. Vanilla Ice Cream

Introducing Fleurs de Prairie Rosé

Fleurs de Prairie translates as "wildflowers," celebrating the beautiful fields of wisteria, lavender, poppy, and sunflowers carpeting the South of France. This wine, sourced from select vineyards that dot the coastal wind-swept hillsides of the region, is a Mediterranean combination of sun, wind, mild water stress, and ocean influence that provide ideal conditions for grapes to ripen to the perfect balance of flavor and freshness. Fleurs de Prairie is crafted in the traditional South of France style with a pale salmon color, delicate flavors of strawberry, rose petals, and herbs, and a bright, refreshing acidity. It is made by the family-owned Les Grands Chais de France. Now available in the Book Nook!



Men's Fellowship Let's Start Over!

Third Thursday of each month, beginning July 15

Private Dining Room, at the rear of the Arbor Room

Spiritual Arts is pleased to announce that our mens' fellowship group can now return to a lunchtime format! For years, we enjoyed fellowship over a meal.

This was a time for informal sharing with a devotional scripture and thought offered by Chaplain Bert Sanders. We are now resuming these meetings. You will be invited to pick up your meal from the servery



**ARBOR
ACRES**

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Questions? Contact Janice Lutz-Vanhoy,
Wellness Arts Coordinator, at 336-748-4646
or jlutzvanhoy@arboracres.org

HAPPY FOURTH OF JULY

JULY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



- Meeting Places**
- PH, 1390 Piner Hall and TV 1390
 - BB Berrier Breezeway
 - 1390 TV 1390
 - BFL Berrier Front Lobby
 - LR Living Room
 - PH Piner Hall
 - CR Corpening Rotunda
 - MPR Multi-purpose room 3 Corpening
 - G Galleria outside of Piner Hall
 - BN Book Nook
 - AK Annie's Kitchen
 - RH Robinson Hall
 - FT Fitness Terrace
 - BR Ball Room-Tomlinson Wellness Cnt.

Janice Lutz-Vanhoy
 Wellness Arts Coordinator
 jlutzvanhoy@arboracres.org
 336-748-4646
 or #1266

					01 09:00 Computer Q & A w/ Paul Armstrong LR 10:00 Town Hall PH, 1390 02:00 Mobile Farmers Market at Arbor Acres BB 02:00 Patriotic word Bingo 1390	02 01:00 Rootbeer & Coke Floats CR 02:00 Movie: The Shakiest Gun in the West PH 02:00 Bible Study MPR 04:00 Meet the Artist, Ruth Ayers G 04:30 Happy Hour BN 05:00 Carolina Duo in Concert LR	03 03:00 Board Games MPR 03:30 St Paul's Communion AK
04 Independence Day 11:00 Worship RH	05 11:00 Mindfulness w/ Alice MPR 01:00 Shopping at Cloverdale BFL 01:30 Sharps and Flats PH	06 All Day RSVP Deadline, Candor Peach Trip 11:30 Ethan Uslan Virtual Concert 1390 01:00 Caremerge 101 (PH) PH	07 All Day RSVP DEADLINE: Walkertown Seafood Shack! 10:45 Summer Smoothie PREMIER! Pina Colada!! FT 11:00 Badminton Play BR 05:00 Vespers PH	08 09:00 Computer Q & A w/ Paul Armstrong LR 11:30 Ethan Uslan Virtual Concert 1390 02:00 Mobile Farmers Market at Arbor Acres BB 03:00 Cooking Demo w/ Alice featuring Blueberries PH, 1390	09 01:30 Himalayan Hideaway Salt Cave trip BFL 02:00 Bible Study MPR 04:30 Happy Hour BN 07:00 📺 Movie w/ Commentary-Hamilton PH	10 01:00 Saturday Matinee: Calamity Jane PH 03:00 Board Games MPR	
11 11:00 Worship RH	12 11:00 Mindfulness w/ Alice MPR 01:00 Shopping at Cloverdale BFL 01:30 Sharps and Flats PH	13 11:30 Ethan Uslan Virtual Concert 1390 02:00 Needlepoint Talk w/ Betsy Sloan PH, 1390 04:00 Caremerge 101 Q&A training PH 07:00 Silas Creek String Band PH, 1390	14 All Day RSVP JoLo Winery Lunch 11:00 Walkertown Seafood Shack Lunch (BFL) BFL 05:00 Vespers PH	15 09:00 Computer Q & A w/ Paul Armstrong LR 11:30 Ethan Uslan Virtual Concert 1390 02:00 Bingo 1390 02:00 Mobile Farmers Market at Arbor Acres BB	16 09:00 Star Works Glass, Candor Peaches and Ice Cream BFL 02:00 Movie: The Unsinkable Molly Brown PH 02:00 Bible Study MPR 04:30 Happy Hour BN	17 03:00 Board Games MPR	
18 11:00 Worship RH	19 11:00 Mindfulness w/ Alice MPR 01:00 Shopping at Cloverdale BFL 01:30 Sharps and Flats PH	20 11:30 Ethan Uslan Virtual Concert 1390 01:00 Caremerge 101 (PH) PH 02:30 -3:00 Snack Attack! National Cupcake Day! BN 07:00 Just off Wendover Band PH, 1390	21 11:30 Wellness Lunch on the Terrace FT 01:00 IPAD 101 PH 02:00 Getting to know Ella Lively PH, 1390 05:00 Vespers PH	22 09:00 Computer Q & A w/ Paul Armstrong LR 10:30 📺 JoLo Winery Lunch Trip BFL 11:30 Ethan Uslan Virtual Concert 1390 02:00 Mobile Farmers Market at Arbor Acres BB	23 02:00 Bible Study MPR 04:30 Happy Hour BN	24 01:00 Movie: Mad Money PH 03:00 Board Games MPR	
25 11:00 Worship RH	26 11:00 Mindfulness w/ Alice MPR 01:00 Shopping at Cloverdale BFL 01:30 Sharps and Flats PH	27 11:30 Ethan Uslan Virtual Concert 1390 01:00 Caremerge 101 (PH) PH 02:30 -3pm Snack Attack: Watermelon Feast BN 07:00 Lost River Bluegrass Band in Concert! PH, 1390	28 01:00 Shopping at Fleet Feet! BFL 01:00 Help Desk PH 05:00 Vespers PH	29 09:00 Norman Rockwell, Lee's McRae Summer Theater BFL 09:00 Computer Q & A w/ Paul Armstrong LR 11:30 Ethan Uslan Virtual Concert 1390 02:00 Mobile Farmers Market at Arbor Acres BB	30 All Day International Friendship Day! 02:00 Movie: Please Don't Eat the Daisies PH 02:00 Bible Study MPR 04:30 Happy Hour BN	31 03:00 Board Games MPR	