

2021

News & Events Calendar of Arbor Acres

SEPTEMBER

Lampighter

Live and Learn
presents



Dr. Rogan Kersh, Professor and Provost WFU



**The Rising Generation
and The American Future**

Thursday, September 16th
4:00 pm ~ Piner Hall

AND

Justice Franklin Freeman, Retired NC Supreme Court Justice



The Court System in North Carolina

Tuesday, November 16th
4:00 pm ~ Piner Hall



**Annual Golf
Croquet
Tournament
Coming in October**

***Competition for Players and
Fun for All Residents***

- Includes both Men and Women Singles and Doubles Matches. Doubles partners are to be self-chosen rather than by drawing.
- Sign-up begins mid-September at Annie’s desk.
- Single elimination play-in matches take place October 4 – October 8.
- Double elimination finals will be played October 11 – October 13.
- Outdoor evening cookout and awards will be held October 13.

More detailed information will be on Caremerge and in the Lamplighter later. Call Charles Duckett with any questions at 336-722-2295.

Great Courses Return

Great Courses: Skeptic’s Guide to American History
Saturdays beginning September 4 at 7:00 PM
Multipurpose Room, 3rd floor Corpening

We had started this series before COVID, but have decided that we would start over. Join Volunteer Frank Hassel each Saturday for this interesting series. Resident volunteers are still needed to help fill in when Frank is away. Contact Janice if you are willing to help.

Caremerge Help Desk

11:00 AM, Tuesdays, September 7, 14 and 28
Living Room

Bring your iPad and questions where a member of the Wellness Arts staff will be available to answer your questions.

**Welcome
Newcomers!**

Connie Delaplane
 3209 Asbury Place

Carl & Miriam “Mimi” Hein
 800 Fountain Hill

Mary Ellen Turner
 2207 Asbury Place

**Join Spiritual Arts in Welcoming
Bishop William Willimon
November 1 & 2**

Join Spiritual Arts in welcoming Bishop William Wilimon, currently Professor of the Practice of Christian Ministry and Director of the Doctor of Ministry Program at Duke Divinity School, to Arbor Acres on November 1 & 2. He is considered by many as one of America's best-known and most influential preachers. Both afternoons, he will share a conversation with Arbor Acres residents based on his studies regarding aging, scripture and our stories. On Monday night he will be the guest of our retired clergy for dinner. Tuesday morning Arbor Acres will host a workshop for local clergy: *Preaching to Confront Racism*. Bert and Laura-Lee are excited to provide this opportunity for our community.

Saturday Movie Matinees

Beginning Saturday, September 4 at 2:00 PM in Piner Hall. Note new start time!

September 4	The Kings Speech
September 11	Poms
September 18	State Fair
September 25	Coal Miners Daughter

A special thank you to our volunteers, Kristin Livengood and Frank Hassell, as well as resident volunteer Mickey Gregory for making Saturday movies possible. If you’d like to be a back-up movie volunteer call Janice at ext #1266. Training provided.

September Events

Thursday, September 2

9:30 AM—Leaving Berrier Front Lobby
10:00 AM—Self-Guided Tour
MESDA, Old Salem

For those who met RSVP deadline in August.

10:00 AM
Town Hall
Piner Hall, TV 1390 and Caremerge

In-person audience invited.

Friday, September 3

8:30 AM—Leaving Berrier Front Lobby
Immersion Van Gogh Exhibit
Charlotte, NC

For those who met RSVP deadline in July.
Questions? See Suzy.

5:00–6:00 PM
Happy Hour with Carolina Duo
Book Nook

Monday, September 6

Happy Labor Day!

Tuesday, September 7

11:30 AM
Lunch on the Terrace
Tomlinson Fitness Center Terrace

Join in the fun and food with friends! See Caremerge for details and menu. Greek food galore! Come enjoy Spanakopita, Gyro, Greek Salad and Baklava. Cost \$15.00. RSVP via Caremerge by August 31. Call Suzy at ext. 1227 with questions.

Tuesday, September 7 (cont.)

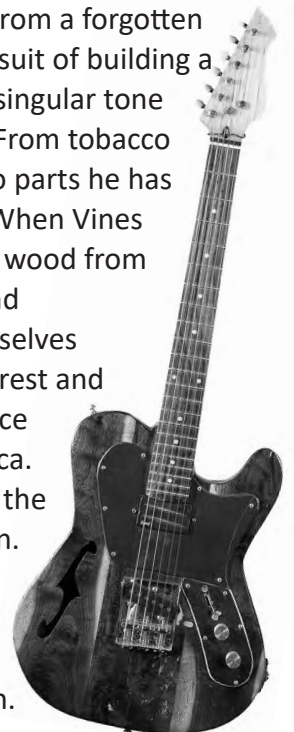
7:00 PM
Bob Foxworth as Mark Twain
Piner Hall, TV 1390 and Caremerge

The performance will include, by special request, a piece called “Procrastination can be a Way of Life” with a wink and a nod to the National Fight Procrastination effort celebrated on September 6. There will be a 100% pure Twain piece that liberates him from behind the icon called “My Trepidatious First Appearance on the Stage.” Definitely included will be “Cornpone Opinion,” a philosophical glance at the truth about original thought. Also, there will be favorites of every audience: “Being Mistaken for The Colonel” and Twain’s denial of the rumor that he “Cannot Quit Smoking,” which includes advice on “How to Break a Bad Habit.” Just plain good fun!

Wednesday, September 8

9:30 AM—Leaving Berrier Front Lobby
Freeman Vines: Hanging Tree Guitars
SECCA

For over 50 years NC-based artist, guitar maker, and one-time blues musician Freeman Vines has transformed materials culled from a forgotten landscape in his relentless pursuit of building a guitar capable of producing a singular tone that has haunted his dreams. From tobacco barns, mule troughs, and radio parts he has created hand-carved guitars. When Vines acquires a mysterious stack of wood from the site of a lynching, Vines and photographer Duffy find themselves grappling with the spiritual unrest and the psychic toll of racial violence within the very grain of America. This exhibition is organized by the Music Maker Relief Foundation. Admission is free, with a suggested \$10 donation. Self-guided tour. We will return to Arbor Acres for lunch. RSVP by September 3.



Thursday, September 9

12:00 PM

**Men's Club Luncheon
Piner Hall**

We have not had a Men's Club Luncheon since March of 2020. We eagerly look forward to getting back together. Our program will include introductions to new members and a focus on table conversation, reconnecting with one another. Your account will be charged for your lunch. Questions? Reach out to Janice at ext. #1266 or Men's Club chair, Peck Spach or program chair Bill Baldrige. RSVP is required by September 7. In Caremerge, go to Calendar, click on the date, 9-9-21 Men's Club Lunch, and click green ATTEND box, which will change to red type saying Attending.

Friday, September 10

7:00 PM

**Movie & Commentary with Matt
Piner Hall
*Crip Camp***

(2020) (R) *Crip Camp: A Disability Revolution* is a 2020 American documentary film directed, written and co-produced by Nicole Newnham and James LeBrecht, and the first film produced by Barack and Michelle Obama's Higher Ground Productions banner. It starts in 1971 at Camp Jened, a summer camp in New York described as a "loose, free-spirited camp designed for teens with disabilities". Starring Larry Allison, Judith Heumann, James LeBrecht, Denise Sherer Jacobson, and Stephen Hofmann, the film focuses on those campers who turned themselves into activists for the disability rights movement and follows their fight for accessibility legislation. (106 minutes). Trailer: <https://bit.ly/3irAH9u>



Monday, September 13

**8:45 AM—Leaving Berrier Front Lobby
Ciener Gardens Tour, Prescott Restaurant Lunch
Kernersville**

We'll head to Kernersville to tour the gardens, visitor's center and gift shop. Then we'll go to The Prescott Restaurant for lunch before returning to Arbor Acres around 1:30 PM. RSVP by September 7. Take money for lunch and purchases.

Tuesday, September 14

7:00 PM

**Pianist, Vincent Van Gelder: *Beloved Classics*
Piner Hall, TV 1390 and Caremerge**

In this piano recital you will hear works (*Fur Elise*, *Turkish March*, *Liebesträum*, etc.) from a great variety of composers from various countries in a journey through Europe from north to south.

Wednesday, September 15

**9:30 AM—Leaving Berrier Front Lobby
Little Theatre Costume Closet
Winston-Salem**

This trip is for those who registered for the Murder Mystery Event to browse and select a costume. A full costume will cost approximately \$30.00-\$40.00. Residents are responsible for costume rental fees and for dry cleaning the costume before returning it October 6. (A bus will be provided to return cleaned costumes on October 6 leaving at 9:30 AM.) The Costume Closet is open by appointment, and select dates and times. You may choose to go on your own, but please contact the Costume Dept. before you go to be sure they are open at that time/day. RSVP by September 13.

Wednesday, September 15 (cont.)

**11:00 AM—Leaving Berrier Front Lobby
Garden Lunch with Herbal Accents
Farmington, NC**

Join Janice for a trip to Herbal Accents in Farmington where Miss Laura will greet us with a variety of herbal cold and hot teas, and serve a delicious chicken pie and salad lunch with scones, fruit salad and dessert. Cost is \$15.00 per person, and will be charged to your account. Miss Laura made our fabulous Cinnamon buns that we ordered in 2020. If you'd like to place an order for cinnamon buns for this trip, they are \$2.00 per bun. RSVP by September 17. Remember Cinnamon buns must be ordered ahead of time!



**3:00–4:00 PM
Circle #2
Gathering Place**

Note date and location change! The speaker will be Chaplain Laura Lee Jones who will give us instruction and tips on how to be a good visitor with those who are unable to get out and about. All interested Arbor Acres ladies (and gentlemen) are invited.

Thursday, September 16

**4:00 PM
Live and Learn Presentation
Piner Hall**

See front page for details.

Friday, September 17

**10:00–11:00 AM
Five-Week Intro to Mindfulness with Tim Auman
Gathering Place, 4th Corpening**

Are you interested in learning what mindfulness is and how it can benefit you? Eager to explore a variety of practices in a condensed format? Looking for a mindfulness refresher? You may have heard about the benefits of mindfulness in reducing stress and increasing resilience. Tim Auman, Ph.D., MDiv., is the University Chaplain at WFU and is an ordained United Methodist minister with years of experience in the local church, campus ministry, hospice, spiritual direction, and mindfulness education. In five weekly 60-minute classes, Tim will guide you in various types of mindfulness practices and will show you how you can incorporate mindfulness into your daily life. Register on Caremerge or call Suzy with questions at ext. 1227. Classes meet weekly through October 15.

We Remember

Terry Tuttle
April 26, 1946–August 2, 2021

Julia Doub
August 27, 1931–August 8, 2021

Joseph “Joe” Dempster
May 9, 1929–August 12, 2021

Gerald Sapp
June 9, 1952–August 15, 2021

Eleanor Peverall
January 14, 1928–August 17, 2021



Tuesday, September 21

**1:00 PM
Caremerge Help Desk Trivia Party
Piner Hall**

Come show off all that you know about Caremerge. Prizes awarded for correct answers about Caremerge navigation and more from the Wellness Arts Staff. You'll be surprised by what you know and thrilled with our prizes! Enjoy your victory with a sweet treat and a cool beverage.

Tuesday, September 21 (cont.)

1:30 PM—Leaving Berrier Front Lobby

2:00 PM—Program Start

**Culture Keeper: The Gullah Art
of Diane Britton Dunham**

Delta Fine Arts Center

Touched by the commonalities that all Africans in America share, Diane Britton Dunham creates works that celebrate the common traditions of the historically African American cultures, particularly those of the Lowcountry of South Carolina and the coastal parishes of Louisiana. Self-guided tour lasting approximately 1 hour. Free. RSVP by September 14.

7:00 PM

**Jazz Classique presents *Contrasts*
Piner Hall, TV 1390 and Caremerge**

Program will include music by Bach, Handel, Beethoven as well as songs from The Great American Songbook from the 1930's & 1940's.

Friday, September 24

1:30 PM—Leaving Berrier Front Lobby

Himalayan Salt Cave

Winston Salem

Come experience the benefits of salt therapy first-hand! In their unique micro-climate, we can enjoy 45-minute therapeutic and restorative sessions to alleviate symptoms related to allergies, arthritis, respiratory ailments, and skin conditions. Call Suzy at ext. 1227 with questions. Cost is \$25.00. RSVP by September 6 via Caremerge. Limited to nine guests.

5:00 PM

**Trivia Night & New Menu Items Tasting
Book Nook**

Play as a team or solo. Join Dining Arts as they unveil a new menu with free samples, play 50's & 60's trivia and win prizes!

Monday, September 27

Cruise Ship Week

Land Cruise Aboard the SS Arbor Acres

Over the years it has been said that living at Arbor Acres is like taking a land Cruise. This week we've bought a ticket for the luxury cruise liner, the SS *Arbor Acres* and will enjoy a weeks' worth of fun cruise ship-worthy events. See below and RSVP to join in on all the fun!

4:00 PM

Trivia

Piner Hall



To kick our Cruise Ship Week off we'll have a trivia game. No teams needed! Come see how many questions you can answer correctly.

Tuesday, September 28

5:00 PM

1920's Murder Mystery Dinner

Piner Hall

It's Prohibition 1920's Chicago, and a mob war is brewing between the South Side Gangsters and the Northern Chicago Mob Outfit. The two ruthless crime leaders have decided to pull together resources. Will they resolve their disputes or will a massive melee erupt? This is where our story begins! RSVP by September 7 to participate. Event for participants only—no audience. We'll begin with a brief social (beverages and appetizers) and organizational time, then turn to the fun of solving the murder. Afterwards, we'll adjourn to the Arbor Room for dinner and dessert. During dessert, the murderer will be revealed along with the residents who guessed correctly. Cost is \$60.00, plus your meal in the Arbor Room priced à la carte. You will be assigned a character once you RSVP. Character envelopes will be placed in your cubby September 13. Dressing in character is fun! Janice has arranged for us to go to the Little Theatre Costume shop to rent costumes. See details on September 15 listing. A group return day trip on Wednesday October 6 is planned.

September Birthdays

	RESIDENTS	EMPLOYEES
1 st	Pat O. Brown	
4 th		Erica Henry
5 th	Patricia A. Brown Joseph Stanfield	Darrell Carpenter
6 th	Margie Pearson Bob Vaughn Jo Yopp	Carolyn Campbell
7 th	Jane McNair Kathryn Pittman Mary Roufail Nancy Spaugh Jo Anne Thomas	
8 th	Gloria Lovell Mary Ann Ratcliff Phoebe Satterwhite Lucy Willingham	
9 th		Hannah Rau
10 th	Sylvia Kiker	
11 th	John Brady True Pollock	Nekai Bramble Darrell Glenn Damiri Thomas
12 th		Deanna Leake Shana Salley
13 th	Vera Bonner Julian Northcraft	Terrell Caldwell
14 th	Stan Brunt Donna Lambeth	

	RESIDENTS	EMPLOYEES
15 th	Charles Bame Sharon Whalen	
16 th		Enitan Jaji
18 th		Seara Banos-Damian Edna Gonzalez Courtney Plater
19 th	Pat Hartsfield	
20 th	Betty Beeson Dot MacDonald	Angela Person Karrie Riddle
21 st	Margaret Holmes Mary Odell	Kimberly Hawks
22 nd	Ouida Cunningham	Julie Oakes
23 rd	Hut Lindner John McKinnon	
25 th	Thornie Worley	Brenda McCormick
26 th	Gerry Gunzenhauser Phil Perricone	
27 th	Martha Brown Mickey Gregory Dorothy Martin John Timmons	Alexus Ginyard Chelsea Griffin Wendy Sawyer
28 th	Sondra Barnes Dee Leroy Bep Zonneveld	Kathy Gwyn
29 th	Frank Jackson Edith Knott	Justin Chalmers
30 th		Jacob Idol



Wednesday, September 29

1:30 PM

**Sharps and Flats Cruise Ship Sing-along
Piner Hall**

Come sing along with the Sharps & Flats aboard
the *SS Arbor Acres*!

*Join us for the end of Cruise Ship Week
with The Penny Candy Band Dance!*

Friday, October 1

See Look Ahead on page 8 for details.

September Dining

Labor Day Picnic

Monday, September 6, 11:30 AM–1:30 PM
Lakeside Dining Room

Hot Entrée's A la carte

Hamburgers \$6.20 * *Hot Dogs* \$3.10
BBQ Ribs \$6.20

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

Apple Pie

Introducing Noble Vines 667

Vine selection 667 is one of the prestigious “Dijon clones” brought back to California from the Cote d’Or in Burgundy, France. Noble Vines grow nearly half of their 667 Pinot Noir grapes in Monterey’s Santa Lucia Highlands, with the remainder sourced from the gentle slopes of their family-owned San Bernabe Vineyard and in nearby Arroyo Seco. Noble Vines 667 Pinot Noir opens with aromas of black cherry, blackberry and bittersweet cocoa. Velvety tannins and bright, balanced acidity support core flavors of ripe plum, cherry preserves and delicate hints of vanilla and oak.



Look Ahead

Friday, October 1

7:00–8:30 PM

Dance with Penny Candy Band

Piner Hall

The dance floor will be down for your dancing pleasure. Grab a partner, male or female and boogie the night away. Refreshments and beverages available. Enjoy our Cruise Ship Dance!

Sunday, October 17

1:15 PM–Leaving Berrier Front Lobby

2:00 PM–Program Start

Piedmont Opera: *Suor Angelica* and *Gianni Schicchi*

The double-bill will open in-person. Arbor Acres will provide limited transportation. Cost \$43.60. RSVP by September 27. RSVP via Caremerge. Questions? Contact Janice at ext. #1266. Janice is also working to have Artistic Director Jami Albritten join us for a talk–watch for details. Transportation fee will apply.

Wednesday, October 20

1:30 PM–Leaving Berrier Front Lobby

2:00 PM–Start

Winkler Bakery Hands on Experience

Join interpreter Deborah Crews at the historic Winkler Bakery to experience traditional Moravian baking. Cost \$50.00, which will be charged to your account. RSVP by September 15. Limited to five people for a personalized experience.

Wednesday, October 27

1:30 PM–Leaving Berrier Front Lobby

2:00 PM–Start

Old Salem Potter Hands on Experience

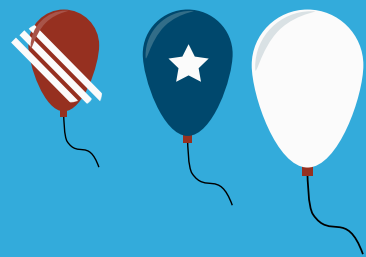
Join Tara Logue, Education Coordinator and potter, in her workshop for a hands-on experience. Tour price includes a curated presentation about the history of Salem’s pottery before your scheduled visit. Fifteen people maximum. Cost \$50.00. RSVP by September 16.

ARBOR
ACRES

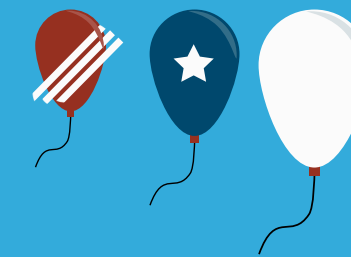
Lamplighter is published monthly by
Arbor Acres Retirement Community
1240 Arbor Road, Winston-Salem, NC 27104

The online version of *Lamplighter* is available at www.arboracres.org and via Caremerge.

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



HAPPY LABOR DAY



SEPTEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Meeting Places

- LR Living Room
- PH Piner Hall
- BFL Berrier Front Lobby
- GP Gathering Place
- PH, 1390 Piner Hall and TV 1390
- MPR Multi-purpose room 3
- Corpening
- BN Book Nook
- RH Robinson Hall
- FT Fitness Terrace
- PDR Private Dining Room
- OC Outreach Cart- Billiards area

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

				01 05:00p Vespers PH	02 09:00a Computer Q & A LR BFL 09:30a *MESDA Trip/Tour - Old Salem PH, 1390 10:00a Town Hall	03 08:30a ☑ Immersive Van Gogh Exhibit* BFL 02:00p Bible Study MPR 04:30p Happy Hour BN 05:00p Carolina Duo in Concert LR	04 02:00p Movie: Kings Speech PH 03:00p Board Games MPR 07:00p Great Courses MPR
05 11:00a Worship RH 01:15p CLOSED *EVITA at Theater Alliance BFL	06 Labor Day All Day Happy Labor Day! 11:00a Mindfulness w/ Alice MPR 01:30p Sharps and Flats-Cancelled PH	07 All Day RSVP Ciener Garden and Prescott Lunch 11:00a Caremerge Help Desk LR 11:30a Lunch on Fitness Terrace w/ Suzy FT 01:00p *Shopping at Cloverdale BFL 07:00p Bob Foxworth as Mark Twain PH, 1390	08 09:30a *SEECA trip BFL 05:00p Vespers PH 07:00p Bingo MPR	09 09:00a Computer Q & A LR 12:00p Men's Club PH	10 02:00p Bible Study MPR 04:30p Happy Hour BN 07:00p ☑ Movie w/ Commentary - CRIMP CAMP PH	11 02:00p Movie: POMS PH 03:00p Board Games MPR 07:00p Great Courses MPR	
12 11:00a Worship RH	13 All Day Positive Thinking Day! 08:45a *Ciener Garden Tour/Lunch at Prescott's BFL 11:00a Mindfulness w/ Alice MPR 01:30p Sharps and Flats PH	14 All Day RSVP Gullah Exhibit Trip 11:00a Caremerge Help Desk LR 01:00p *Shopping at Cloverdale BFL 07:00p Pianist, Vincent van Gelder (PH, TV1390) PH, 1390	15 All Day RSVP deadline for Winkler Bakery 09:30a * Little Theater, Costumes Murder Mystery BFL 03:00p Circle #2 Meeting GP 05:00p Vespers PH	16 All Day RSVP Pottery at Old Salem 09:00a Computer Q & A LR 04:00p 4pm Live and Learn (PH) PH	17 All Day RSVP Miss Laura's Garden Luncheon 10:00a Mindfulness Series with Dr. Tim Auman GP 02:00p Bible Study MPR 04:30p Happy Hour BN	18 02:00p Movie State Fair PH 03:00p Board Games MPR 07:00p Great Courses MPR	
19 11:00a Worship RH	20 11:00a Mindfulness w/ Alice MPR 01:30p Sharps and Flats PH	21 01:30a Gullah Exhibit* BFL 01:00p Caremerge Help Desk TRIVIA Party! PH 01:00p *Shopping at Cloverdale BFL 07:00p Jazz Classique Band PH, 1390	22 11:00a *Garden Lunch w/ Herbal Accents BFL 05:00p Vespers PH 07:00p Bingo MPR	23 09:00a Computer Q & A LR 12:00p Men's Fellowship Lunch PDR 02:00p Construction Town Hall PH, 1390	24 10:00a Mindfulness Series with Dr. Tim Auman GP 01:30p Himalayan Salt Cave Trip BFL 02:00p Bible Study MPR 04:30p Happy Hour BN 05:30p Book Nook TRIVIA! BN	25 02:00p Movie Coal Miners Daughter PH 03:00p Board Games MPR 07:00p Great Courses MPR	
26 All Day CRUISE SHIP WEEK: SS Arbor Acres! 11:00a Worship RH	27 All Day CRUISE SHIP WEEK: SS Arbor Acres! 09:00a Library Outreach- Pick up/Drop off OC 11:00a Mindfulness w/ Alice MPR 01:30p Sharps and Flats PH 04:00p Trivia PH	28 All Day CRUISE SHIP WEEK: SS Arbor Acres! 11:00a Caremerge Help Desk LR 01:00p *Shopping at Cloverdale BFL 05:00p Murder Mystery and Dinner PH	29 All Day CRUISE SHIP WEEK: SS Arbor Acres! 11:00a RAINDATE *Garden Lunch w/ Herbal Accents BFL 01:30p Sharps and Flats Sing along PH, 1390 05:00p Vespers PH	30 All Day CRUISE SHIP WEEK: SS Arbor Acres! 09:00a Computer Q & A LR			