

The Informer

A Lifestyles & Wellness Publication of Cedarfield, a Pinnacle Living Property

Cedarfield

December 2022

Cedarfield Holiday Party for Team Members

Thursday, December 8

2:00 p.m. - 4:00 p.m.

Fellowship Hall

It's party time! The residents will be hosting a party for our loyal team members.

Residents will remember that WE are the hosts of the party. We supply the food and most of the workers for the party. If your apartment or cottage ends in an even number (i.e., 0, 2, 4, 6, or 8), you are responsible for providing finger food or bite-sized pieces of food (room temperature or refrigerated food only) and having it delivered to the Fellowship Hall between 11:30 am – 1:30 pm on December 8. Make sure your food is either on a disposable plate/platter or that you have your name and address firmly affixed to the bottom so that you can pick it up after the party. Last year someone used a very sentimental serving dish, but it disappeared. Don't let that happen to you.

All year long, our dedicated team members work long and hard to make our life at Cedarfield as easy as possible. Now it's time for us to give back to them by thanking them for all they do for us and for Cedarfield over the course of the year.

COMMUNITY INFORMATION

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2022 Updates:

Each month The Informer will introduce a monthly focus as well as a dimension that complements the focus of the month.

Our December dimension focus is Dining, Diet & Nutrition. As you go through the December Informer, take a look at the programs that are highlighting this theme.



Pathways to Wellness Key

As you go through the December Informer, the Pathways to Wellness icons will be attached to each program. The programs in this issue will encompass all of our dimensions. Challenge yourself to add one or more each day!



Strength & Endurance



Creative Expression



Intellectual Growth



Spirituality



Emotional Balance



Community Outreach



Dining, Diet & Nutrition



Social Connections



Brain Fitness



Cultivate

COMMUNITY INFORMATION

Library Corner: **November 2022 New Books**



- Green, George D. The Kingdoms of Savannah
- Jewell, Lisa. Family Remains
- Krueger. William Kent. Fox Creek
- Morrow, William. Marple: Twelve New Mysteries
- O'Farrell, Maggie. The Marriage Portrait
- Osman, Richard. The Bullet That Missed
- Pryor, Mark. Die around Sundown
- Raybourn, Deanna. Killers Of a Certain Age
- Rutledge, Linda. West With Giraffes

Large Print

- O'Farrell, Maggie. The Marriage Portrait
- Osman, Richard. The Bullet That Missed

Non-Fiction

- Bissinger, Buzz. Mosquito Bowl:
A Game of Life and Death in WWII
- Ephron, Delia. Left On Tenth
- Macintyre, Ben. Prisoners Of Castle
- Rodgers, Mary. Shy, The Amazingly
Outspoken Memoirs of Mary Rodgers

Pickle Ball Update



Good news!



The tennis court has been resurfaced and lined for tennis and pickle ball.

A big THANK YOU to Lacy Salomone, Director of Maintenance and Engineering, for all his work on this project.

Stay tuned for more news on when the courts will be available for use, how we will share the space, a signup sheet for those interested in pickle ball (Level III activity), pickle ball lessons and more.

-Residents' Council Leisure and Wellness Committee

Open House in the Administration Suite

Thursday, December 1
2:00 p.m. - 4:00 p.m.
Administration Suite

Help us decorate the tree! Refreshments, music and fellowship.



VACCRA Meeting
Friday, December 16
10:00 a.m.
Fellowship Hall

Cedarfield VaCCRA will host the Cedarfield Human Resources Department to discuss the department's policies and procedures. Human Resources Director Stephanie Burcume will be joined by Cedarfield Executive Director Paul Gregg for this discussion. All are welcome.

MONTHLY REMINDERS

Monthly Services, Meetings and Support Groups

Services:

- Mobile Library: **Tuesday, December 6 / 1:00 - 2:00 p.m. / 1st Floor Parkview Lobby** 
- Mumford Jewelry Buyers: **Wednesdays / 9:30 - 10:30 a.m. / Peppermint Lounge 3L**
- Cedarchest Receiving: **Thursday, December 8 / 10:00 a.m. / 2fl B-wing**
- Cedarchest Sales: **Thursday, December 1, and 15/ 10:30 a.m. / 2fl B-wing**
- Recycling for IL Apartments: **Friday, December 2, 16 and 30 / 2:00 p.m.** 
- Recycling for Cottages: **Wednesday, December 7 and 21 / 8:00 a.m.** 
- Shopping Shuttle Schedule: 
 - **Tuesdays at 10:00 a.m. - Kroger & Dollar Tree**
 - **1st Wednesday of the month at 1:00 p.m. - Short Pump Town Center**
 - **Thursdays at 10:00 a.m.**
 - **Target and Kohl's / Trader Joe's and Walmart (alternate weeks)**
(sign up in the notebook at the concierge desk)

Meetings:

- Residents' Council Meeting: **Wednesday, December 7 / 2:00 p.m. / Fellowship Hall**

Support Groups and Residents' Clubs:



- Movement Disorder Support Group: **Tuesday, December 6/ 2:30 p.m. /Chatterbox**
- Conversational Spanish: **Monday, December 12 / 10:30 a.m. / The Hub**
- Low Vision Support: **Monday, December 19 / 2:00 p.m. / Clubroom**
- Memory Support: **Friday, December 23 / 11:00 a.m. / Town Center Chapel**
- Coping with Loss: **Monday, December 19 / 11:00 a.m. / Town Center Chapel**

COMMUNITY INFORMATION

reminder

Reminder: IL Trips & Outings Information

reminder

As 2022 is coming to a close, we want to remind everyone of our trip levels and other important trip information.

When a trip or outing is advertised in the Informer, it will be labeled as a trip level III, II or I. The numbers indicate the physical requirements needed to go on a particular trip as well as the amount of time you will spend on your own for meals, shopping and such.

Trip Level III indicates the most physically strenuous and independent trips. These trips require a couple hours of standing and walking at one time, and individuals must be able to get on and off the bus many times. Individuals must be comfortable with free time for parts of the trip including meals, shopping and sightseeing. Examples of these trips include day trips outside of Richmond, tours more than two hours, and recreational trips such as kayaking.

Trip Level II indicates a physically easier trip but still requires the ability to be on your feet or seated for up to an hour. Individuals must be comfortable with free time, be independent when navigating venues such as theaters and able to take care of some trip details such as purchasing meals. Examples of these trips include series subscriptions, general admission trips and venues that have ample seating throughout tour breaks.

Trip Level I indicates there is very little walking and trip details are frequently taken care of for the group. However, individuals may be required to purchase their own meals. Examples of these trips include lunch outings, dinner outings and some musical performances or speakers (depending on location).

good
trip

Another friendly reminder is to look at the deadlines for trips that have a cost. If you do not cancel before the deadline, you will be charged. If the trip is free and does not have a deadline, we suggest that you please cancel at least 24 hours before the trip so that we can plan accordingly on what vehicle we need to take for the size of the group. You can either cancel by crossing your name out in the registration binder in the In-House Mailroom or calling Caitrin Hudalla at 804-474-8758.

Lastly, there are program suggestion forms in the In-House mailroom. We encourage you to share your ideas on future outings.

good
trip

IL TRIPS

Tacky Light Tour

Tuesday, December 6

5:30 p.m. depart Town Center.

\$15.00 Trip Fee.

Thursday, December 1, 12:15 p.m. deadline.

Return to Cedarfield by 8:30 p.m.

Sign up in registration binder.

Trip Level I

Join us for an evening with residents and team members to look at all of the festive lights around town. We will board a James River bus and leave promptly at 5:30 p.m. Our tacky light tour will be 3 hours, and we will be able to take a restroom break half way through our tour. We encourage you to join us for this wonderful night.



Jubilation Choir Concert

Tuesday, December 13

1:15 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 5:00 p.m.

Sign up in registration binder.

Trip Level II



Huguenot Road Baptist Church 78-voice Ovation Chorus presents A Christmas Celebration!

When we arrive, we will be greeted by beautiful pre-concert Christmas music. The Ovation chorus will feature the familiar songs of the season including *It's the Most Wonderful Time of the Year*, *Silent Night* and many others that will inspire all of us to rejoice during this special time of year. All selections will be accompanied by their 9-foot Baldwin concert grand piano and the Reuter Pipe Organ. There will also be many songs that will showcase handbells, flutes and percussion. This trip has no stairs involved and is rollator friendly.

We encourage you to come along for a festive afternoon.



2300 Cedarfield Pkwy. Richmond, VA 23233 804-474-8800

IL TRIPS

JCC Performance: Anything Goes



Wednesday, December 14
7:00 p.m. depart Town Center.
\$4.00 Transportation Fee.
Return to Cedarfield by 10:00 p.m.
Sign up in registration binder.
Trip Level I



The JCC 50th Anniversary production presents Anything Goes. A hilarious shipboard romp wrapped in one of Cole Porter's most magical scores. It's delightful and delicious! Originally written in 1934, this musical comedy was performed 50 years ago at the JCC as part of the Vicky Shapiro Workshop. Welcome back, Jerry Williams, director of the 1972 production, who is guest-directing this production of the 1972 version.
Join us for a great evening performance.

Boat House Dinner Outing with Holiday Cheer



Thursday, December 22
4:45 p.m. depart Town Center
\$4.00 Transportation Fee.
Return to Cedarfield at 9:45 p.m.
Sign up in the registration binder.
Trip Level III



We will have a nice dinner at the Rocketts Landing Boathouse Restaurant. After dinner we will take a drive to see the holiday scenery on Hanover Avenue and Monument Avenue on the way back to Cedarfield. Dinner is Dutch treat.

Ronald McDonald Volunteer Trip



Friday, December 9
8:30 a.m. depart Town Center.
Return to Cedarfield by 10:30 a.m.
Sign up in the registration binder.
Trip Level I



Join us for an off-campus volunteer opportunity at the Ronald McDonald House to pack lunches. There are only four spots available for this project. Please note: there are a few steps with a railing at the entrance of Ronald McDonald House.

IL TRIPS

Cedarfield Day Trippers

The Lifestyles & Wellness Department will be offering one day trip a month.

These trips will consist of different excursions around Virginia and surrounding states depending on transportation time. If you have any suggestions for day trips, please fill out a suggestion form that is located in the In-House Mailroom or you can notify Caitrin Hudalla.

Take a look at our day trip to Jamestown, Virginia.



Colonial Williamsburg Trip

Wednesday, December 7

8:15 a.m. depart Town Center.



\$35.00 Trip Fee + \$4.00 Transportation Fee.

Wednesday, November 30, 12:15 p.m. deadline.

Return to Cedarfield by 5:30 p.m.

Sign up in registration binder.

Trip Level III



Join us for holiday time in Williamsburg. We will begin the morning with a guided tour of different parts of Colonial Williamsburg. We will visit the Governor's Palace, the Capitol, the trade shop and surrounding historic houses. This tour will give us the opportunity to see what everyday life was like for Williamsburg's 18th-century residents. As we are walking around listening to our tour guide, we will have the opportunity to look at all of the beautiful holiday scenery.

Following our tour, we will enjoy lunch at Mellow Mushroom Pizzeria. We will have a family style buffet lunch where they will provide us large salads to share along with several pizzas for the table. A preview buffet menu will be put in your mailbox before leaving. After lunch, we will stop at Merchants Square shopping area to give you all the opportunity to browse the historic stores and do some last minute shopping for the holidays. Trip fee includes the Colonial Williamsburg admission and lunch at Mellow Mushroom. **This trip has a lot of walking and has indoor and outdoor tours so please wear comfortable and warm clothing and shoes. Please note: Return time to Cedarfield may be impacted if traffic delays occur.**

Please look at Pages 19 and 22 for more trip offerings.

2300 Cedarfield Pkwy. Richmond, VA 23233 804-474-8800

IN-HOUSE PROGRAMS

Fred Beck Lecture

Tuesday, December 20

11:00 a.m.

Fellowship Hall & Comcast 971



This year on November 9–10, we marked the 84th remembrance of a series of events in which a young Jewish exile in Paris killed a German diplomat to avenge the forcible expulsion of some 14,000 Jews from Germany to Poland. Retaliating for this act, the Nazi German government initiated a pogrom that witnessed the deaths of dozens of Jews inside the country, the arrests of some 30,000 people, and the widespread destruction of Jewish property. In a slide/lecture, Fred Beck will examine the details of this precursor to the Holocaust known as Kristallnacht.

Volunteer & Career Camp



The Lifestyles & Wellness Team is excited to announce that we will be having 10-15 high school students on campus from December 21 to December 23. Students will be given the opportunity to learn about Cedarfield and the job opportunities that continuing care communities offer. During this three-day volunteer camp, students will hear from different departments, and we will have different programs offered that will give the students the chance to interact with all residents at Cedarfield. Students will also help the Lifestyles & Wellness team with projects to give them insight on the behind-the-scenes work we do to make the Informer, calendar and program preparation happen.

In addition to speaking with different departments, we would like for residents to be able to share their career experiences with these students.

Please look at Ch. 974 in the weeks to come for ways you can interact with the students and help them learn about the Cedarfield community.

Please join us in welcoming them to Cedarfield in December!



Please note that the Focus Group, Discovery Series and Great Decisions Discussion Group will resume after the holidays in January.

IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment **Henrico Christmas Mother and the Short Pump Symphonette**



Monday, December 5

7:30 p.m.

Fellowship Hall

Maria Bagly, the 2022 Henrico Christmas Mother, will be at Cedarfield for the annual presentation of hand made knitted items from the Cedarfield Knitters. The mission of the Henrico Christmas Mother is to provide assistance in the form of food, new clothing, books and toys to qualifying families, seniors, and disabled adults during the holiday season.

The Short Pump Symphonette is a string orchestra for students of all ages. Founded by Chris Novelli and William Raposo in 2004, the Symphonette has performed in a wide range of venues. The orchestra was founded to provide music students with an opportunity for instruction in orchestral performance. Members of the orchestra range from elementary school students to college age. The concert program includes a variety of classical and popular holiday music.

Holiday Handbell Concerts

Monday, December 12

7:30 p.m.

Fellowship Hall

AND

Wednesday, December 14

11:00 a.m.

Fellowship Hall



You are invited to experience holiday music played by our very own handbell ensembles, the Cedarfield Ringers, the Early Bird Quartet and the New Day Ringers! This festive concert is a must for the holiday season!

These concerts are two identical performances so that everyone is given the opportunity to attend.

Don Irwin Piano Concert



Friday, December 16

2:00 p.m.

Fellowship Hall

Prepare for an unforgettable afternoon of classical and holiday favorites as we welcome Don Irwin back to Cedarfield. Don's stories, coupled with the richness of his music, will forever change your outlook on piano music.



IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment



Spread Some Holiday Cheer!

Monday, December 19

2:00 p.m.

Garden Grove



Join Elizabeth in caroling at Cedarfield's Garden Grove (Assisted Living) ! Wear fun holiday attire. Songsheets provided.

Please contact Caitrin Hudalla at (804) 474-8758 to sign up – only 10 spots available!

PolyCeltic

Monday, December 19

7:30 p.m.

Fellowship Hall



We welcome PolyCeltic back to Cedarfield. They are an acoustic trio who focuses on a British Isles/American Folk sound, utilizing hammered dulcimer, guitar, flutes, melodica, and vocals. They play a wide variety of traditional reels, jigs, hymns, ballads, and folk songs. The trio has appeared in a variety of venues across Virginia. They will play a selection of holiday tunes as well.



In-Person Bingo:

Thursday, December 8

Monday, December 26

7:30 p.m.

Fellowship Hall



Come and play Bingo with your neighbors to win fun prizes and challenge your brain.

Musical Entertainment Suggestions

Did you love any of our bands or musicians that came to Cedarfield in 2022? Know of any great performers that you would like to see perform here? Call Georgia Brown at 804-474-8733 by Thursday, December 8, with your suggestions as we are planning the next six months. Thank you for coming to all of our musical entertainment this year and we look forward to seeing you at our December music opportunities.



IN-HOUSE PROGRAMS



Holiday Traditions Trivia

Thursday, December 15

11:00 a.m.

The Hub

Join Caitrin to challenge your brain about different December holidays and traditions.



Holiday-Themed Bingo

Wednesday, December 21

1:30 p.m.

Fellowship Hall



Join us for an afternoon of bingo full of December-themed words and prizes. Prizes will consist of yummy holiday treats and décor. A great way to get items for stocking stuffers, we encourage you to come challenge your brain and have fun with your neighbors.



Sweet Temptations Dessert Truck

Monday, December 12

1:00 p.m. - 3:30 p.m.

Town Center



Sweet Temptations by Teresa Dessert Truck will be coming to Cedarfield for residents and team members. They specialize in cakes, brownies, cookies, etc. They accept cash and debit/credit cards. Treat yourself to something yummy or to give as a gift for someone during the holidays.

At-Home Weekend Packet Series



Each week we will continue to offer packets with different programs that will be available on Friday and throughout the weekend. Each packet will highlight a dimension of wellness. Take a look at our packet offerings and stop by Caitrin, Georgia & James's office to pick up one that interests you.



Holiday Ornament Kit
Friday, December 2
8:30 a.m.
P2W Office



Christmas Tea Kit
Friday, December 9
8:30 a.m.
P2W Office



Miniature Tree Terracotta Pots
Friday, December 16
8:30 a.m.
P2W Office



Reindeer Hot Chocolate Kit
Friday, December 23
8:30 a.m.
P2W Office



Cookie in a Jar Kit
Friday, December 30
8:30 a.m.
P2W Office

IN-HOUSE PROGRAMS

Please take a look at this page for our motion picture offerings.



Classic Movie Sunday

4:00 p.m.

Prima Club Room



Please join us for a classic movie. Titles & details below.

December 4: Miracle on 34th Street



After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.

NR/1 hour and 30 minutes//1947

December 11: It Happened on 5th Avenue

While rich businessman Mike O'Connor resides in Virginia, his luxury townhouse in New York City appears vacant. However, drifter Aloysius "Mac" McKeeever has been staying there. Mac invites Jim, an unemployed veteran who has just been evicted from a building owned by O'Connor, to stay at the house without revealing he's squatting. When O'Connor's daughter, Trudy shows up as well, she falls for Jim and tries to help him. **NR//2hours//1947**



December 18: A Christmas Carol

An animated retelling of Charles Dickens' classic novel about a Victorian-era miser taken on a journey of self-redemption, courtesy of several mysterious Christmas apparitions.

PG//1 hour and 30 minutes//2009



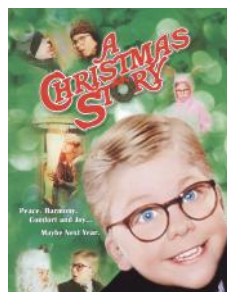
Join us for a two-part movie series of A Christmas Story

A Christmas Story Pt. 1

Thursday, December 1

10:00 a.m.

Fellowship Hall



Join us as we watch the 1983 classic movie as we get ready to watch the new Christmas Story 2.

NEW: A Christmas Story 2 w/ a Holiday Beverage & Dessert Bar

Friday, December 2

2:00 p.m.

Fellowship Hall



Sign up in the registration binder.

Ralphie is all grown up and attempts to reconnect with his inner child and reconcile the death of his father he returns to Cleveland St. with his new family with the goal of giving the kids in his hometown the same type of magical Christmas he once had. We will have a dessert and beverage bar to enjoy while watching the movie.

Please sign up for catering purposes.

IN-HOUSE PROGRAMS

In-House Holiday Shopping Opportunities



Need to do some last minute shopping? We will be offering some opportunities from local vendors that will be setting up shop here at Cedarfield. Look below for details.



Monday, December 12

1:00 p.m. - 3:00 p.m.

Fellowship Hall

We welcome Janice Banks with Paparazzi Jewelry. All the items are \$5.00. She accepts cash, check, and credit card.

Monday, December 19

11:00 a.m. - 3:00 p.m.

Fellowship Hall

We will welcome Sarita Kazuri, who will share with us her Kazuri designs through her authentic handmade jewelry, handbags & scarves.



Winter Woodland Ornament

Wednesday, December 14

10:00 a.m.

Club Room

Sign up in the registration binder.

There is something magical and beautiful about bringing the outside in. Adding natural elements to decor during the holidays is no exception. Join Beth Burrell in creating your own nature-filled ornament, filled with moss, pinecones, twig berries and sparkling snow.

Class is limited to 10 participants.



Resident Christmas Tree Decorating



Monday, December 5

1:30 p.m.

Join us in our tradition of decorating the trees on the first and third floor of Parkview along as the clubhouse. James, Georgia and Caitrin will be in each location to assist in the decorating.

1st Floor Parkview: 1st and 2nd floor residents decorate.

3rd Floor Parkview: 3rd and 4th floor residents decorate.

The Clubhouse: The Court and Lane residents decorate.



You can bring one or two of your own ornaments to hang. Cedarfield will also provide ornaments. Refreshments will be provided.

IN-HOUSE PROGRAMS

Craft & Creations Group Offerings



When you receive your registration form, we ask that you choose which day you prefer. Please sign up for the trip or activity on the registration form. If you do not cancel 48 hours before the class, you will be charged \$5.00 for supplies.



Holiday Wreath Class

Tuesday, December 6

10:00 a.m.

Chatterbox

Friday, December 9

2:00 p.m.

Chatterbox

OR

Sign up in the registration binder.



Join James to make festive holiday wreaths for your door. Take a look at the beautiful wreaths that were made two years ago when we completed this workshop.

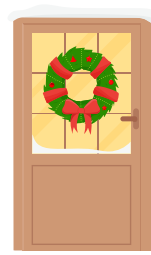


Holiday Door & Entryway Contest

Monday, December 12

2:00 p.m.

Town Center



As you walk through the halls of Cedarfield, it is so wonderful to see the creativity and beautiful décor residents have on their doors and entryways. We want to recognize these great decorators and creators by having a holiday door and entryway contest. On December 12, we will walk around the halls together to look at all of the festive homes while listening to holiday music. We will meet in Town Center and everyone will be given a sheet ranking their top three favorite doors/entryways. These three homes will be given a prize.

If you would like your door/entryway to be entered into the contest, please contact James Torres at 804-474-8802. We look forward to getting some holiday

exercise around the building and looking at all of the festive holiday décor!

It is our hope to offer a cottage décor contest next year.

DIY Decorative Decoupage Plates

Tuesday, December 20

10:00 a.m.

Prima Club Room (A change)

Friday, December 23

2:00 p.m.

Chatterbox

OR

Sign up in the registration binder.



Join James to make festive decorative plates for a display or to give as a gift.

NEIGHBORHOOD HAPPENINGS

Take a look at what has been going on in our neighborhoods!

Garden Grove



In November our residents enjoyed a lunch outing to Stella's and a bus ride to Byrd Park to see all the fall foliage! Several musicians entertained us during the month with great music from the past. We were also fortunate to have two separate speakers come and educate us with Travelogues on France and Portugal! We ended our month with an Independent Living resident sharing her hobbies of collecting baskets and antique dolls.



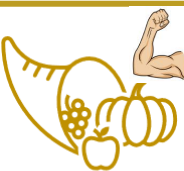
Our four legged friends from Therapy Dogs and Associates charmed us with their tricks and warmth!



Morning Glory Avenue



Morning Glory had a busy month! A Halloween party, Alzheimer's Walk, a wedding reception for our resident's granddaughter, and more! We look forward to more holidays to come!



Poppy Place & Magnolia Meadow



Poppy Place residents have been enjoying creating beautiful flower arrangements to display around the neighborhood. We are looking forward to crafting and decorating for the holidays.



Lavender Lane

It's hard to believe how fast fall flew by! Our Lavender Lane residents and team members transformed our Lavender Lane into Superheroes Halloween, and we kicked off November by making a household Thanksgiving tree. We encourage you to add to our tree if you visit Lavender Lane. We also welcomed our new Recreation Therapist, Melrica Williams. She has been a wonderful addition to our family. We are ready to welcome the holiday season!



Here We Come A-Wassailing

By: Karen Wilder, RD



Wassail – it's a drink, it's a toast, it's a song, and it's a celebration. Wassail comes from the Anglo-Saxon phrase "Waes Hael" meaning "be good" or "good health." Pagans celebrated the pagan new year during yuletide by going out to the apple orchards and "wassailing" by singing to the trees to thank them for a bountiful harvest and wish for luck in the new year. Revelers sing and dance and enjoy a feast which includes a giant traditional bowl of what we now know as the drink wassail, or warm mulled cider. This is a mix of apple cider, ale, mead, spices, oranges, and apples usually served warm. The host of the celebration, also called The Butler, would toast the revelers by exclaiming WAES HAEL! Through the years it has become a tradition of blessing, sharing, and giving thanks. In the Victorian age, poor folks would go door to door singing songs and offering wassail blessings in exchange for charity and maybe a warm mulled cider to stave off cold. As you may have guessed, this has morphed into what we know as caroling, or wassailing. You've all probably heard the traditional holiday song:

Here we come a-wassailing
Among the leaves so green,
Here we come a-wassailing,
So fair to be seen:
Love and joy come to you,
And to you your wassail too,
And God bless you and send you,
A happy New Year,
And God send you,
A happy new year.

Here's a simple wassail recipe you can make in a traditional wassail bowl we know as a crock pot.

Ingredients: 1/2 gallon apple cider; 2 cups orange juice; 1/4 cup lemon juice; 4 cinnamon sticks; 12 whole cloves; 1/2 teaspoon ground ginger; 1/2 teaspoon ground nutmeg; 1 orange sliced; 1 apple sliced (and of course you can add your spirits of choice).

Combine in a slow cooker and cook for 6 hours on low. Serve warm and garnish with fresh slices of apples and oranges.

From: realhousemoms.com

I hope everyone has a joyful holiday season surrounded by those you love the most.

Whatever you are celebrating, take a moment to raise a glass –
WAES HAEL!



Simple Ways to Add Exercise During the Holidays



Don't wait until January 1.
Stay on track during the season of temptation
with these simple tips.



- 1. Remember Why You're Doing It:** What is motivating you to work out in the first place? Is it to feel better, have more energy, walk on the beach or age gracefully? It is easier to commit the time and stick to it once you identify why you are working out.
- 2. Start Small and Be Realistic:** If your goal is to exercise daily, begin with one or two days a week. Pick days where you can easily fit it in. Add in another day when you become successful.
- 3. Picture Your Success:** Write down your goal in a few simple words, and post it where you'll see it everyday. A visual reminder may strengthen your resolve.
- 4. Make It Mandatory:** Even if it is just 10 minutes, put it on your calendar. Call it your "Feel Better Session" and make it nonnegotiable. It will boost your mind, body, and spirit and become a key part of your routine.
- 5. Track Your Progress:** Record your achievements-how many steps walked, number of exercise repetitions, days worked out that week, etc.
- 6. Recruit Someone to Hold You Accountable:** Workout with your spouse, neighbor or friend. Send a selfie picture exercising to your grandchild or friend from college. You stay in touch and the momentum builds. Consistency and longevity are necessary for achieving your goals.
- 7. Hold Yourself Accountable, Too:** Put your money where your mouth is. Pay a penalty for missing a workout. Put the money in a jar and donate the funds to your favorite charity.
- 8. Savor Your Success:** This is a big deal. Give yourself a win this winter by improving strength, stability, mobility, and flexibility while working to decrease your fall risk.

STRENGTH & ENDURANCE



Food Walking Tour

Tuesday, December 20

12:30 p.m. depart Town Center.

\$40 tour fee + \$4.00 Transportation Fee.

Tuesday, December 13, 12:15 p.m. deadline.

Return to Cedarfield 4:00 p.m.

Sign up in registration binder.

Trip Level III



Join the walking and touring fun as we explore the Arts District neighborhood as an insider. You will sample delicious food and snacks from several amazing spots, meet chefs and business owners to discover their passion for their craft and hear the stories that make this one of Richmond's most defining neighborhoods.



Save the Date

Friday, January 20

7:00 p.m.

Robins Center

UR vs. VCU

Men's Basketball



Fitness Class Spotlight of the Month-Barre

On the fitness spectrum, Barre is one of the most challenging group exercise classes we offer. The class requires standing the duration of class utilizing the ballet bars in the Group Exercise Studio.

This class is a great low-impact workout focused on proper alignment. It blends strength training, endurance, flexibility, balance and core conditioning in a total body workout that targets the hips, glutes, abs, and arms.

More Information

Carol Thompson, Wellness Coordinator at (474-8891), and Alice Carpenter, Fitness Instructor at (474-8784), can help you with your fitness goals.

2300 Cedarfield Pkwy. Richmond, VA 23233 804-474-8800

CREATIVE EXPRESSION



Resident Arts & Crafts Sale

Monday, November 28 - Friday, December 9
4th floor gallery (Outside of Dining Room)

Attention Cedarfield Elves!



The Annual Holiday Arts and Crafts sale will take place in one week!

We will need lots of beautiful treasures from art classes to ceramics to small paintings to lovely handmade items. If you have items that you would like to donate, **please drop them off at the Creative Expression Studio between Wednesday, November 23-Sunday, November 27. There will be carts marked where you can drop off the items.** Elves will be needed to help set up the sale on the morning of the 28th and we would appreciate your help if you are available.

The sale will begin on Monday, November 28 at 12:00 p.m.

Proceeds from the sale will benefit the Cedarfield Arts Council in their effort to make the art activities available to all residents. We encourage everyone at Cedarfield to come by the sale and support the art fund and get some holiday shopping done all at the same time!

We can't wait to see you there!

Holiday Art Exhibit Cedarfield Gallery, Fourth Floor

We encourage you to stop by the Cedarfield Gallery in the month of December to check out these wonderful exhibitions. Details below.



Religious Holiday Signs and Symbols Exhibit:
Monday, December 5 - Wednesday, December 7

Vivian Makosky's Santa Collection:
Friday, December 16 - Thursday, December 29



Art Movie Showings and Discussions will start back in January. If you have any suggestions on future art movies, please contact Whitney Hales at 804-474-8887.



CREATIVE EXPRESSION



Arts and Crafts with Ginna

Fridays, December 2, 9, 16, 23, 30
1:00 - 3:00 p.m.

Creative Expression Studio
\$10 materials fee for full month
Sign up in the registration binder.

Using a variety of fabulous papers, we'll explore ways to make several kinds of boxes, including ring, squash blossom, and magic boxes. Each class will also include demonstrations on paper printing techniques such as Gelli plate printing and paper marbling.

This month you will also learn how to cut a *perfect star* with a single cut on a folded piece of paper. ALL levels are welcome.



Mini Holiday Painting



Tuesday, December 13
1:00 - 3:00 p.m.

Creative Expression Studio
Sign up in the registration binder.

Join Whitney Hales for a Mini Holiday Painting Workshop. Get to know our new Creative Expression Specialist and create a festive holiday painting. A great piece to put in your home for the holidays or to give as a gift. Example is pictured below.



Organic Solutions



Tuesday, December 20
2:00 - 3:30 p.m.



Creative Expression Studio
Sign up in the registration binder.

Star Bar- Skin Lotion Bar.

Learn how to make a beautiful scented star-shaped bar for the holidays. You can give it as a gift and have one for yourself. Use natural ingredients that will help you moisturize your skin. Sign up in the binder.

Instructor- Georgia Brown

SPIRITUALITY



Sunday Worship during Advent

December 4, 11, 18, and 25

10:00 a.m.

Fellowship Hall

During all four weeks of Advent, the first verse of *O Come, O Come, Emmanuel* will be sung during the lighting of the Advent candles accompanied incrementally by handbell ringers - one ringer on the first week (Nov. 27), two ringers on the second week and so forth.

December 4 -- Holy Communion will be served.

December 18 -- Special guest musician: Pete Legato, hammered dulcimer

December 25 - Christmas Day - a Singing Sunday followed by coffee and light fare fellowship

Service of Lessons and Carols

Thursday, December 22

4:00 p.m.

Fellowship Hall

Join us for a traditional service of Lessons and Carols, featuring the Cedarfield Ringers and guest musicians, Kristin Eye, harpist.

Service of Solace

Monday, December 5

4:00 p.m.

Fellowship Hall

Join us for a service of lighting candles and reflection in memory of those who left us too soon.



Holiday Sing-Along

Rehearsal: Tuesday, Dec. 6

Performance: Tuesday, Dec. 13

11:00 a.m.

Fellowship Hall



Join in singing some all-time favorite Christmas classics.
Invite a neighbor!

Worship Choir Rehearsals

Tuesdays, December 6, 13 & 20

9:00-9:50 a.m.

Fellowship Hall



Each week you will rehearse music for Sunday worship.
New members are always welcome!

Carols & Keyboards

Thursday, December 1

5:45 p.m., depart Town Center.

\$4.00 transportation fee

Sign up in registration binder.

Trip Level I



Celtic Service at St. Stephens Episcopal Church

Sunday, December 18

Depart Town Center at 4:45 p.m.

Sign up in registration binder.

\$4.00 transportation fee applies.

Trip Level II

SPIRITUALITY

Advent Bible Study

Tuesdays, December 6, 13 & 20

10:00 a.m.

Fellowship Hall

Rev. Teresa McRoberts returns to lead an Advent-themed bible study entitled *Creating Sacred Space*.



Men's Coffee

Friday, December 9

10:00 a.m.

Fellowship Hall

Join the men of Cedarfield for coffee, conversation and a light continental breakfast.

Trinity UMC Celebration Gathering

Tuesday, December 13

3:30 - 4:30 p.m.

Fellowship Hall

Join friends from Trinity United Methodist Church for communion, music and social time. All are welcome to attend.

Religious Holidays Signs & Symbols

Monday, December 5 at 4:00 p.m., until

Wednesday, December 7 at 10:00 a.m.

4th Floor Art Gallery

Stroll through and enjoy viewing some of your neighbors' holiday treasures.



Quiet Reflection Time

Every afternoon

4:00 - 4:30 p.m.

Chapel

Shabbat

Friday, December 9

2:45 p.m.

Chapel

Join Cantor Fran Goldman for this meaningful worship service. All are welcome to attend.



Roman Catholic Eucharist and Mass

Thursday, December 15

11:00 a.m.

Chapel

provided by St. Mary's Catholic Church



Service of Holy Communion and Healing Prayer

Wednesday, December 21

2:00 p.m.

Chapel



This service provides an atmosphere to ask for and receive healing for yourself, for others and for the world.

For information about any of these programs, please call or email Margaret in Pastoral Services (804-474-8892 or mernstes@pinnacleliving.org).

2300 Cedarfield Pkwy. Richmond, VA 23233 804-474-8800

MONTHLY REMINDERS

Registration Updates

Just a reminder that you have a full 24 hours to turn in your registration form. The box will be located in Town Center from

**Tuesday, November 22 at 8:30 a.m. to
Wednesday, November 23 at 8:30 a.m.**

The registration binder will be back in the In-House mailroom on

Wednesday, November 24 by 5:00 p.m.

Last names that start with the letters **P&R** have first priority. After P&R are recorded, the remaining registration forms will be entered. If you have any questions, please call Caitrin Hudalla, 474-8758. Please look at The Informer descriptions as well as the registration form to see what In-House programs/ trips still require sign-up.

Looking Ahead: Happy New Year Social

Monday, January 2

2:00 p.m. - 3:00 p.m.

Fellowship Hall

Happy New Year!



Join us in the Fellowship Hall for a New Year celebration with your neighbors.

We will welcome the Liberty Dolls who have performed at many of our holiday events & we are thankful they are ringing in the new year with us. Join us for a fun party to welcome the new year with seasonal music, heavy appetizers & refreshments and a chance to reflect on 2022 memories and write New Year's resolutions for 2023. You are welcome to bring a guest if you would like.

Series Subscription Reminders



VA Rep



Thursday, December 8, 6:15 p.m.

Town Center

Ballet

Sunday, December 11, 12:15 p.m.

Town Center

Henrico Theater

Thursday, December 15, 7:15 p.m.

Town Center

Hanover Theater

Sunday, December 18, 2:00p.m.

Town Center

Transportation will be provided to the series subscriptions above.

Previous purchase required.

Please check the

white series sign-up binder

in the In-house mailroom to confirm you are on the bus for the series for which you have purchased a ticket.

Please bring your ID and your vaccination form with you.

Holiday Attire Day

Friday, December 23

Join the holiday spirit and wear your best festive attire around Cedarfield.

We hope you have a wonderful holiday season with your friends and families!



**Happy
Holidays**