

The Informer

A Pathways to Wellness Publication of Cedarfield, a Pinnacle Living Property

Cedarfield

March 2024

ST. PATRICK'S DAY SOCIAL

FRIDAY, MARCH 15 / 3:00 - 4:00 P.M. / CLUBHOUSE / SIGN-UP REQUIRED

Come celebrate St. Patrick's Day with your friends and neighbors over music and light appetizers before dinner!

Embark on a musical journey of Irish favorites with Squeeze Play RVA, the two-piece ensemble that's capturing hearts and invigorating spirits across all venues.

An accordion virtuoso and a multi-talented string maestro on mandola, classical guitar, and harmonica, specialize in delivering an eclectic mix of melodies that resonate with audiences of all ages.

A shuttle system will be available departing from Town Center starting at 2:45 p.m. and will continue through the social. Due to limited space in the Clubhouse, please sign up through the registration form.



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Pathways to Wellness Key

As you go through the March 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
2 Outreach**



**Dining, Diet
& Nutrition**



**Social
Connections**



**Brain
Fitness**



Cultivate

Special Community- Wide Event: Easter on Parade

Easter Parade Hat Making Workshop

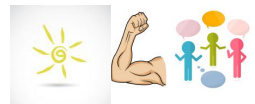


Monday, March 18 / 2:30 p.m. / The Hub / Sign up Required.

Join James to decorate a hat with Easter-themed décor as we get ready for our Easter On Parade at Cedarfield! **You may bring an old hat and decorate it or if you need a hat, please write “need hat” on your registration form.**



Looking Ahead: Easter on Parade



Monday, April 1 / 2:00 p.m. / Meet at Town Center

Join us for a community-wide Easter on Parade full of music and spreading cheer around the building through exercise. Open your doors as residents and team members parade around the hallways giving out chocolate Easter eggs. If you would like to participate in the parade, please meet in Town Center and we will have a weather dependent route planned. Following the parade, we will have cookies and refreshments in the Hub from 2:30 - 3:30 p.m.! Come dressed in your pastel colors and festive hats! Need a hat? Look above for details. **Please note: We will also have a rollator accessible route.**



IMPORTANT UPDATES

Dimension of the Month: Spirituality

Each month The Informer will introduce a monthly focus as well as a dimension that complements the focus of the month. Our March dimension focus is Spirituality. Team Advisor Trish Bracken Carter and Resident Consultant Bob Rogers will be highlighting all of our programs through Lent. For all other Spirituality offerings, please look for the spirituality icon.



Livestreamed Programs

Below is a complete list of all programs that are being livestreamed on Channel 971 in the month of March.

- Worship / Sunday, March 3 / 10:00 a.m. / Comcast 971**
- Trad Jazz/Monday, March 4/ 7:30 p.m. / Comcast 971**
- Nancy Wein Speaker / Thursday, March 7 / 11:00 a.m. / Comcast 971**
- Worship / Sunday, March 10 / 10:00 a.m. / Comcast 971**
- George Worthington Lecture / Tuesday, March 12 / 3:00 p.m. / Comcast 971**
- Worship / Sunday, March 17 / 10:00 a.m. / Comcast 971**
- Focus Group / Tuesday, March 19 / 11:00 a.m. / Comcast 971**
- Baker's Dozen / Tuesday, March 20 / 2:00 p.m. / Comcast 971**
- Worship / Sunday, March 24 / 10:00 a.m. / Comcast 971**
- Worship / Sunday, March 31 / 10:00 a.m. / Comcast 971**

LIVE **STREAM**

Cedarfield Music & Evening Entertainment

Trad Jazz



Monday, March 4 / 7:30 p.m. / Clubhouse & Comcast 971

The Trad Jazz Band will provide an instrumental musical performance of upbeat, well-known traditional jazz tunes, in the New Orleans Bourbon Street style, including trumpet or flugel horn, clarinet, trombone, piano, tuba, and drums. You will recognize and enjoy many very familiar melodies! Shuttle provided starting at 7:00 p.m. to the Clubhouse.

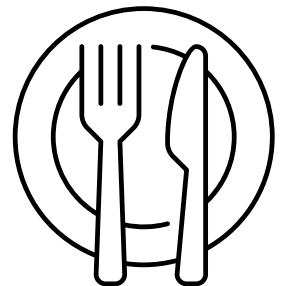


Family & Friends Make Trivia Night Make-Up



Tuesday, March 5 / 5:30 p.m. / Clubhouse / Reservation Required.

Join us for a fun evening with family and friends, sponsored by the Resident Life & Wellness Team, for dinner and trivia! Dinner will be served buffet style and will open at 5:30 p.m. Alcoholic (for purchase) and non-alcoholic beverages will be offered. A shuttle system will be available from Town Center starting at 5:00 p.m., and will bring everyone back at 7:30 when the event ends. Those who signed up in January are already registered. If you would like to join in on the fun, there are still spots available. Please contact Caitrin Hudalla at 804-474-8758 by Friday, March 1 to reserve a table.



IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment

The Baker's Dozen



Tuesday, March 19 / 2:30 p.m. / The Atrium Café & Comcast 971

The Baker's Dozen of Yale University is one of the nation's oldest and finest acappella groups. This ensemble, founded in 1947 and comprising a dozen-odd male undergraduates, commands a broad repertoire of songs, ranging from traditional ballads to jazz, rock, and contemporary hits. The boundless energy and entertaining camaraderie of the "BDs" resonates with audiences around the world.



Bingo Nights



Thursday, March 14 / 7:30 p.m. / Atrium Cafe (new location)

AND

Monday, March 25 / 7:30 p.m. / Atrium Cafe (new location)

Join us for fun and fellowship with your neighbors at bingo night and win fun and upgraded prizes! Prizes include household décor, kitchen items, office supplies, snacks, gift cards and much more!



Cedarfield Music & Evening Entertainment



Handbell Rehearsals for March

Wednesday, March 6:

9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Cedarfield Ringers
11:30-noon – New Day Ringers

Wednesday, March 13 :

9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Cedarfield Ringers
11:30-noon – New Day Ringers

Wednesday, March 20:

No rehearsals



Wednesday, March 27 :

9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Cedarfield Ringers
11:30-noon – New Day Ringers

Handbell Training

If you have never played handbells, now is the time to give it a try! Previous musical experience is not needed. Elizabeth will happily teach you basic ringing techniques and how to follow the color-coded music. Please contact Caitrin Hudalla at 474-8758 to set up an appointment.



Cedarfield Radio Players

The Cedarfield Radio Players are taking the renovation of the Fellowship Hall as an opportunity to regroup so there will be no production in March. Watch for information about a special presentation in June.



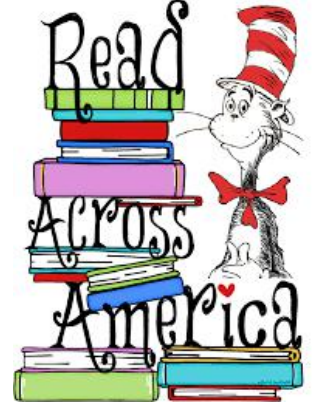
Community Outreach Happenings



Cedarfield Mentors Reading Project

Tuesday, March 5 / 10:00 a.m. - 12:00 p.m. / Clubroom / Sign up Required.

We have been asked by Children's Hospital Brook Road Campus to participate in Read Across America Week. Come read a Dr. Seuss book and a video recording will be sent to the Children's Hospital. We have 10 spots available. If you are interested, call Meredith Eckel at 804-474-8855.



Garden Angels Introduction/ Kick-off



Thursday, March 14 / 10:00 a.m./ Prima Club Room / Sign up Required.

Come learn about the Garden Angels – the group of Cedarfield residents that play a big part in keeping our gardens and containers so beautiful.

Current Angels: Touch base with your colleagues and hear/see updated information. Prospective Angels: Learn what we are about and see where you fit in. Experienced and inexperienced gardeners welcome.



Volunteers Needed

Do you play an instrument? Interested in playing for residents in health services? If so, contact Meredith Eckel, Volunteer Coordinator at 804-474-8855.



Community Outreach Happenings



Silent Auction

Sale Sale Sale!



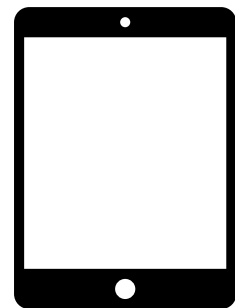
The Cedarchest will be having a Silent Auction in the Chatterbox starting the afternoon of March 23 and will run through Sunday March 25th. There will be beautiful lamps, framed pictures with different mediums and perhaps some other large items that have not been displayed in the Cedarchest Store. Bring your family and friends to take advantage of these special offerings. Bids will be collected on Monday March 26th and winning bidders will be notified.

St. Christopher's IT Help Desk



Tuesday, March 26 / 4:15 p.m. - 5:00 p.m. / Chatterbox / Sign up Required.

A group of students from St. Christopher's will be in the Chatterbox from 4:15-5:00pm to assist with iPad and iPhone questions.



Volunteer Hours

Please remember to record your volunteer hours! You can find volunteer time sheets in the mail room, Resident Business Center, or on the MyCedarfield App. After recording your hours for the month, place in the mailroom slot labeled "Completed Volunteer Log."

IN-HOUSE PROGRAMS

Attention All Food Lovers!



Slam Dunk with Dunkin': March Madness Bracket Challenge

Monday, March 18 / 9:00-11:00 a.m. / The Hub

Are you a March Madness fan? We want you to participate in the 2024 March Madness Bracket Challenge! We had over 75 residents and team members participate in 2023, and we want an even larger group to participate this year. Tom Maxwell and Molly McGinn were our 2023 winners!



Stop by the Hub for a doughnut and coffee to enjoy while you pick up your bracket. You can either fill it out then or you can bring it by the dropbox that will be located in the Hub following the event. Can't make the event? Extra bracket sheets will be located in the In-House Mailroom. All brackets must be turned in by Thursday, March 21 at 10:00 a.m. Brackets will be displayed in The Hub throughout the tournament so we encourage you to come by and see which Cedarfield resident and team member are in the lead after each round. The resident and team member with the closest predictions will win Transportation Tickets & an Amazon Gift Card! Who is going to beat our reigning champs?



Rosie's Kitchen Food Truck

Friday, March 22 / 11:30 - 1:30 p.m. / Town Center

Rosie's Kitchen Food Truck is a new truck to Cedarfield. They specialize in a variety of sandwiches, southern food, wings, etc. They accept cash and debit/credit cards. Treat yourself to something yummy!



Popcorn Friday

Friday, March 29 / 1:30 p.m. / Town Center

Stop by to pick up some fresh popcorn for a Friday treat!



IN-HOUSE PROGRAMS

Brain Fitness Offerings

At-Home Weekend Packets



**St. Patrick's Day
Wreath Packet**
Friday, March 1
8:30 a.m.
The Hub



**Nutrition Month
Butterfly Snacks**
Friday, March 8
8:30 a.m.
The Hub



St. Patty's Festive Pack
Friday, March 15
8:30 a.m.
The Hub



DIY Scratch Art
Friday, March 22
8:30 a.m.
The Hub

Remember to check-out the weekly curious corner in The Hub that is filled with reading material and other weekend projects.

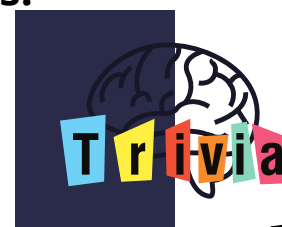
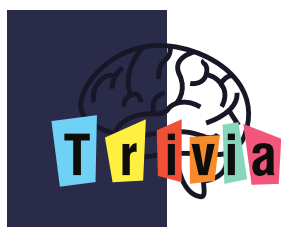
St. Patrick's Day Themed Bingo

Thursday, March 7 / 2:30 p.m. / Atrium Cafe

Join us for St. Patrick's Day themed Bingo. Caitrin and Georgia will be available to call the game. Come challenge your brain and win St. Patrick's Day treats and décor before the holiday.



Our monthly trivia group will not meet due to the trivia night held on March 5. Please look on page 5 for more details.



IN-HOUSE PROGRAMS



Classic Movie Sunday

4:00 p.m.

Prima Club Room



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

March 10 - Judy: Starring Renee Zellweger. Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

PG-13 / 2 hours / 2019



March 17 - Belfast: Starring Jude Hill and Caitriona Balfe. A young boy and his working-class Belfast family experience the tumultuous late 1960s.

PG-13 / 1 hour and 45 minutes / 2021



March 24 - La la Land : Starring Ryan Gosling and Emma Stone. While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.

PG-13 / 2 hours / 2016



We are looking for Sunday night movie suggestions for 2024. If you have movies that you would like shown, please contact Caitrin Hudalla at 804-474-8758.

IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings



DEI Movie Showing: The Spotlight Make-Up Showing

Friday, March 1 / 2:00 p.m. / Prima Club Room

Starring Michael Keaton and Mark Ruffalo. In 2001, the Boston Globe investigated allegations against an unfrocked priest accused of molesting more than 80 young boys. The reporters make it their mission to prove a cover-up of sexual abuse within the Roman Catholic Church. The Globe earned a Pulitzer Prize for this story.



Ireland Travel Documentary

Friday, March 15 / 10:00 a.m. / Prima Club Room



In honor of St. Patrick's Day, let's travel to Ireland. Ireland is the second-largest island on the continent. Of this landmass, eighty percent is in the Republic of Ireland. Close to 7 million international tourists visit Ireland each year. Ireland is best known for its green landscapes, beautiful cliffs, ancient monuments and castles, and the unique Irish language. Join us as we explore Ireland. 30 min. documentary.

The Boys in the Boat w/ Ice Cream Treats



Tuesday, March 26 / 3:00 p.m. / Great Room / Sign-Up Required.

Join us for our March deluxe movie showing over yummy ice cream cones to remind us of warm weather treats on a boat! This biography drama movie was released in December of 2023. It is set in the 1930's and captures the University of Washington's rowing team from their depression era beginnings to winning gold at the 1936 Berlin Olympics. Please sign up for catering purposes. **PG-13 / 2 hours/ 2023**



IN-HOUSE PROGRAMS

Intellectual Growth Offerings



Robert Pollard Documentary and Talk

Monday, March 4 / 11:00 a.m. / Great Room

Join us as guest speaker, Robert Pollard features this movie to us titled “the biggest little fish you have never seen” This a story about Menhaden fish. This small fish is virtually unknown because it is never on a menu or seen in stores. However, this fish is a keystone species in American waters. Even though it is crucial for many fish, mammals and marine birds, the fish is faced with localized depletion in the Chesapeake Bay. Join us as we witness the overexploitation of menhaden in the Chesapeake Bay and the detrimental fallout. This film will be 30 minutes and will be followed by a talk if you have any questions.



Intermediate Iphone Class

Wednesday, March 6,13,20,27 /11:00 a.m.-12:00p.m. / Admin. Conference Room /Sign Up Required

We will examine in greater depth how the iPhone works. New handouts and more hands on practice will help you develop a better feeling of how the smartphone functions! We will cover Apps, functionality, shortcuts and customizations. **This is a \$25 fee for a 4-week workshop.**



Touchtown/MyCedarfield App Workshop 101

Thursday, March 28 /10:30 a.m. / Prima Club Room / Sign Up Required.



Intellectual Growth Offerings



Nancy Wein: DEI Sponsored Speaker

Thursday, March 7 / 11:00 a.m. / Great Room & Comcast 971

Join us in welcoming guest speaker Nancy Wein of the advocacy program. Richmonders for Peace in Israel-Palestine. All are welcome.

Women's History Month Tea Party



Friday, March 8 / 2:00 p.m. / Clubhouse (shuttle offered) / Sign up required.

March is Women's History Month and to celebrate, the DEI Team is sponsoring its annual tea party. The Diversity Equity Team will honor eight Cedarfield Women of significant accomplishment during their lifetime. These women were nominated by their peers at Cedarfield back in September.

We will serve a variety of different teas along with finger sandwiches and a variety of desserts. We will also have a guest speaker, Judy Hart, who was a driving force behind creating the Women's National Historic park in Seneca Falls, New York. We encourage residents to join this tea and recognition event.

**WOMEN'S
HISTORY
MONTH**



Intellectual Growth Offerings



George Worthington: Part 2 of Series Dementia Friends

Tuesday, March 12 / 3:00 p.m. / Great Room & Comcast 971

George Worthington presented back in January and we invited him back to speak about part 2 of his series, "Dementia Friends Information Session." This session has activities and discussion that cover the five key messages everyone should know about dementia, communication tips and strategies, and the ten warning signs of Alzheimer's disease. You will get a sense of what it's like to live with dementia or care for someone living with dementia. As a Dementia Friend, you are asked to turn your new understanding of dementia into a practical action that can help someone living in your community. Your action can be big or small – because every action counts!



Focus Group: Desiree Roots



Tuesday, March 19 / 11:00 a.m./ Great Room & Comcast 971

Join us as we welcome Desiree Roots, Artistic Director at the Virginia Repertory Theater, as our March Focus Group speaker. Desiree Roots began singing in church right here in Richmond where she was born. She is a Grammy nominated recording artist and has dedicated her career to children's health and education, while serving the Richmond community through her music. Join us for music and storytelling with Desiree.... our hometown treasure.



IN-HOUSE PROGRAMS

Intellectual Growth Offerings



Type 2 Diabetes Lunch & Learn : National Nutrition Month

Thursday, March 21 / 11:30 - 1:30 p.m. / Prima Club Room / Sign-up Required.

in honor of National Nutrition Month, come join Karen Wilder, RD, Cedarfield's dietician, and Nancy Springman, RN, MS, FCN, Cedarfield resident to, enjoy a light lunch and learn about Type II Diabetes.

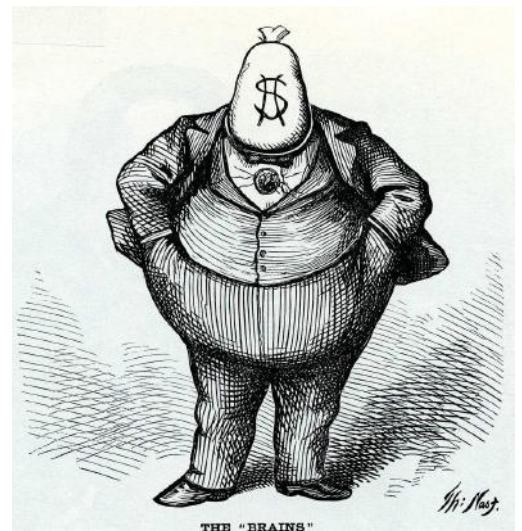


Lunch & Learn : Ginna Cullen, The Power of Art



Friday, March 29 / 11:30 a.m. / Prima Club Room / Sign-up Required.

Join art instructor, Ginna to learn some art history and think about the power of art to shape what we see and how we think. Think about works such as the Last Supper or The Great Wave and how prevalent they are in our culture today, hundreds of years after they were created. Why and how is this possible? Join us to find out. Seating is limited so registration is required. Box lunch will be provided.



Thomas Nast,
Political cartoonist

University of Richmond Moving Bodies Dance Performance



Sunday, March 3

1:00 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 5:00 p.m.

Trip Level II

Sign up Required.



University Dancers celebrates 39 years of engaging dance with their annual concert that brings to the University of Richmond the work of three innovative guest choreographers, each of whom is based in New York City. Ephrat Asherie has trained her entire life in multiple genres of dance but identifies the styles of breaking, hip hop, and house as her choreographic vocabulary. Asherie's artistic aesthetic utilizes urban social dance as a means to educate and engage community and we are delighted for her to create her second work for the company. Larry Keigwin is the founder and artistic director of Keigwin + Company, a troupe known for its electrifying brand of contemporary dance. Aligning with the department's mission, the creative work by both Ephrat Asherie and Take Ueyama utilize contemporary dance to educate and engage community. The concert will also feature new works choreographed by Department of Theatre & Dance faculty Angelica Burgos, Alicia Díaz, Eric Rivera, and Anne Van Gelder. Outstanding adjudicated student choreography will be featured and department faculty member Johann Stegmeir will design costumes. Do not miss these talented dancers' performance in a variety of contemporary works. **Rollator friendly and elevator accessible.**

The American Civil War Museum at Tredegar Tour



Wednesday, March 6

9:30 a.m. depart Town Center.

\$20.00 Trip Fee + 4.00 Transportation Fee.

Monday, March 4, 12:15 p.m. deadline.

Return to Cedarfield by 12:30 p.m.

Trip Level III

Sign up Required.

Join us for a guided tour as well as a lecture at the American Civil War Museum in downtown Richmond. We will begin our time at the museum with a 60-minute tour of the exhibit "People's Contest: Struggles for Nation and Freedom in Civil War America." This exhibit showcases hundreds of original artifacts, vivid theater experiences and captivating imagery. This guided tour highlights the diverse stories of Americans navigating the challenging war years. Following the tour, we will listen to a 30-minute lecture about the unforgiving world of prevalent medical practices during the Civil War and gain insight to the underlying reasons behind the alarmingly elevated disease rate. We will witness a live demonstration of the most commonly performed surgical procedure of that time period, an amputation.



A-10 Women's Basketball Tournament



Thursday, March 7

9:30 a.m. depart Town Center.

Return to Cedarfield by 4:30 p.m.

\$12.00 Ticket for both games.

Dutch Treat lunch on site.

\$4.00 Transportation Fee.

Trip Level II, Sign up Required.

Let's cheer the teams of the A-10 at the newly-opened Henrico Sports and Event Center.

Game 4: No. 8 Seed vs. No. 9 Seed, 11:00 a.m. and

Game 5: No. 5 Seed vs. Winner of Game 1, 1:30 p.m.



Contemporary Art at the VMFA



Monday, March 11

12:30 p.m. depart Town Center.

Return to Cedarfield by 2:30 p.m.

\$10.00 Tour guide fee (for members and non-members).

\$4.00 Transportation Fee.

Trip Level II

Sign up Required.

Always wondered what is going on in contemporary art? What does it mean, what is the artist trying to communicate, how does it fit into art history? Join us on a one-hour guided tour of the Contemporary galleries at the VMFA to find out. Please note on your registration if you are a museum member.



IL TRIPS

Park Lane Tavern Lunch Outing

Thursday, March 14

11:15 a.m. depart Town Center.

Return to Cedarfield by 2:00 p.m.

Trip Level I

Sign up Required.

Park Lane Tavern strives to offer a unique dining experience set in a vibrant European tavern atmosphere. They have given attention to detail in the architecture incorporating numerous elements of taverns originating from some of Europe's finest cities. Join us for European cuisine in honor of St. Patrick's Day, right around the corner.



Monumental Church Tour

Wednesday, March 20

9:40 a.m. depart Town Center.

Return to Cedarfield by 12:00 a.m.

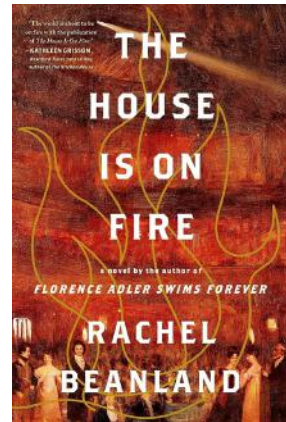
Trip Level II

\$10.00 Trip Fee + \$4.00 Transportation Fee.

Wednesday, March 13, 12:15 p.m. deadline.

Sign up Required.

In honor of our book club reading, The House Is on Fire, we will take a trip to Monumental Church. The book captures the burning of a theater and its tumultuous aftermath in Richmond, Virginia, in 1811. Monumental Church is where they honor the theater fire victims. Come along to learn more about a historical Richmond church and its relationship to this book. This guided tour will be 60 minutes and is rollator accessible.



IL TRIPS

The Barn at 678 Winery Tasting

Thursday, March 21

1:30 p.m. depart Town Center.

Return to Cedarfield by 5:00 p.m.

\$25.00 Trip Fee + \$4.00 Transportation Fee.

Thursday, March 14, 12:15 p.m. deadline.

Trip Level II

Sign up Required.

Located in Barboursville, VA, the winery focuses on highlighting the adventurous spirits of founders Ricky & Lorrie Bryant. Join us for a 60-minute seated tasting of six wines. Following the tasting you will have the opportunity to explore the winery and purchase wine if you would like. Rollator accessible.



Greenswell Growers Tour

Friday, March 22

10:40 a.m. depart Town Center.

Return to Cedarfield by 12:30 p.m.

\$4.00 Transportation Fee.

Trip Level III

Sign up Required.

Greenswell Growers pairs safe and sustainable growing and packaging methods with a commitment to the community and the planet. Located in Goochland County, it has a large-scale indoor growing facility that provides ready-to-eat and locally grown fresh greens year round. Join us for a 60-minute guided tour to learn about the business and processes.



Thomas Jefferson's Poplar Forest Day Trip



Monday, March 25

8:00 a.m. depart Town Center.

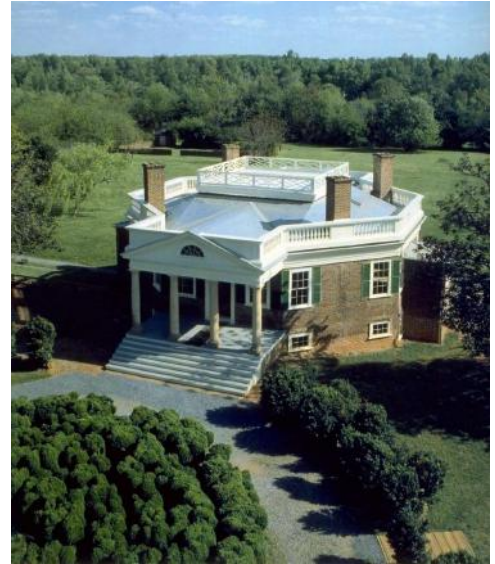
\$40.00 Trip Fee (includes transportation cost)

Monday, March 18, 12:15 p.m. deadline.

Return to Cedarfield by 5:30 p.m.

Trip Level III

Sign up required.



Designated a National Historic Landmark, Thomas Jefferson's Poplar Forest is an award-winning historic restoration in progress. Visiting Poplar Forest offers a unique opportunity to hear the stories of Jefferson's family, the free and enslaved craftsmen who built the historic masterpiece, and the enslaved people who lived and labored on the plantation. Come explore the work of Thomas Jefferson at his most private retreat. We will have a 60-minute guided tour of the house and following the house tour, we will go as a group to independently explore the grounds and outdoor exhibit areas before lunch. We will also have time to visit the museum shop. **Please note that this trip requires a lot of walking and stairs so please wear proper shoes and clothing for the weather. Trip fee includes: admission, guided tour fee, boxed lunch and outsourcing transportation.**



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

All Henrico Reads: Cheryl Strayed

Thursday, March 28

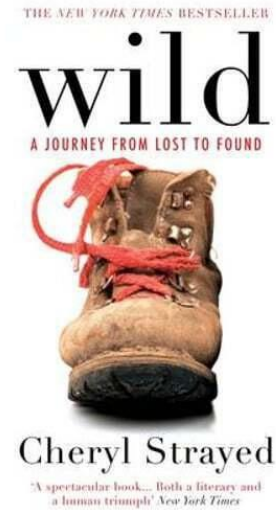
5:30 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 9:30 p.m.

Trip Level III

Sign up Required.



A young woman sets off alone on the Pacific Crest Trail to find strength and solace after the unbearable loss of her mother in this moving memoir. Braving danger and extreme conditions, she struggles to find her path forward, on the trail and beyond. This year's All Henrico Reads title was a years-long bestseller and an Oprah's Book Club selection, later adapted into an Academy Award-nominated film. Join us for an interesting lecture from Author, Cheryl Strayed herself.

This event is held at the Henrico Sports & Events Center, which is a brand new state-of-the-art convocation and championship complex with 12 basketball courts and 24 volleyball courts. This center can hold up to 4500 people. Join us for an interesting lecture and look at this new building in our area!



IL TRIPS

This is a reminder that if you recommended one of the following trips below, you will receive first priority on the trip. If you recommended it on the survey or anonymously, please call Caitrin at 804-474-8758 so that your name will be put on the list before registration forms are entered.

Series Subscription Reminders:



Transportation will be provided to the series subscriptions. 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. **\$4.00 Transportation Fee. Trip Level II**

Richmond Broadway
Friday, March 1
7:15 p.m.
Town Center

Richmond Forum
Saturday, March 16
7:15 pm
Town Center

VA Rep
Thursday, March 21
6:15 pm
Town Center

Richmond Ballet
Friday, March 22
5:45 p.m.
Town Center

Opera
Sunday, March 24
1:45 pm
Town Center

Hanover Theater
Thursday, March 28
7:00 pm
Town Center

Cedarfield Radio Players Trip

Wednesday, March 13

6:45 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 9:00 p.m.

Trip Level II

The Cedarfield Radio Players are off to the Glen Allen Cultural Arts Center to see a show called "Broadcasting Live! Then and Now." This is a closed outing for the radio players but if spots become available to the community, we will advertise as such.



STRENGTH & ENDURANCE

Easter Parade

Friday, April 1

2:00 p.m.

Meet in Town Center.

Let's start a new Cedarfield tradition with Easter on Parade. Wear your colorful Easter bonnets and enjoy strolling along with your friends and neighbors. Music and light refreshments following the parade. Please look on page 3 for more details.



Spring Into Balance

New Class Alert-Afternoon Balance Class

By popular demand, we are excited to offer an afternoon Balance Class. Mark your calendars each **Tuesday and Thursday at 4:00 p.m.** beginning **March 19**, the first day of Spring.

NEW



Group Exercise Studio

Class Spotlight-Circuit Class

If you are looking for a fun workout which offers both new and familiar strength and cardio work, balance and brain fitness at each session, check out the new circuit class.

Mondays at 2:00 p.m. and

Wednesdays at 11:15 a.m.

26



Fitness Room

The Dawn Chorus Coffee Stroll

Tuesday, March 5

8:00 a.m.

Atrium Cafe

Level II

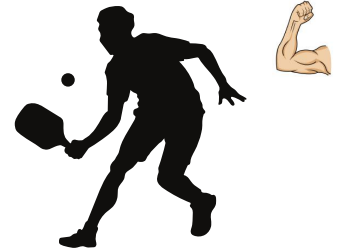
Here's an early sign of spring: a chorus of birdsong that starts well before sunrise. Most Cedarfield residents aren't up at 5:30 a.m., but we can still hear birds sing at a more reasonable hour.

Join Carol Thompson and Jann Steele for coffee and healthy breakfast snacks. We'll leave at 8:30 for a short, rollator-friendly stroll from C-wing to the porch outside A-wing. You can sit and listen or keep walking.



Pickleball Update

Serving up Fun and Fitness: Pickleball in the Apple Heart and Movement Study 10/18/23



Conclusion: Outside of the physical benefits of exercise, it is also important to consider the impact activity can have on mental health. Both pickleball and tennis are fast-paced sports that appeal to individuals of all ages and fitness levels, providing a fun and engaging way to stay physically active. Any exercise or physical activity, such as pickleball and tennis, can help improve physical fitness, mental well-being, and cardiovascular and metabolic health.

FYI: Beginner instruction is now available at Performance Pickleball with instructor Lynne de Wet dewetlynn@gmail.com on the following dates: 2/27, 2/29, 3/2, 3/5, 3/7, 3/9-Cost: \$240 (\$40/Lesson)



If you are interested in knowing more about pickleball at Cedarfield or in the local community, call Barbara Rose at 804-241-0950.

Worship Experiences



Sunday Worship

Sundays, March 3* 10, 17, and 24 / 10:00 a.m. / GREAT ROOM

Easter Sunday, March 31 / 10:00 a.m. / CLUBHOUSE



March 3*: Holy Communion served



Holy Week Activities

Palm Sunday: March 24 / 10:00 a.m. / Great Room

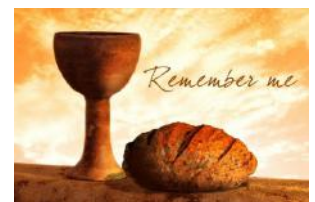


Stations of the Cross: March 24 - March 28 / P2W

Connector Link to Assisted Living; a self-paced walk open continuously for exploration and reflection.



Maundy Thursday: March 28 / 4:00 p.m. / Clubhouse featuring Holy Communion and the stripping of the altar at the conclusion of the service. **Transportation between Town Center and Clubhouse is provided beginning at 3:30 p.m.**



Easter Sunday: March 31 / 10:00 a.m. / Clubhouse
Worship Choir presents the "Hallelujah!" Chorus.
Transportation between Town Center and Clubhouse provided beginning at 9:30 a.m.



More Worship Experiences



Shabbat

Friday, March 8 / 2:45 p.m. / Chapel

Join Cantor Fran Goldman for this meaningful worship service welcoming the Jewish Sabbath. ALL are welcome.



Service of Holy Communion and Healing Prayer

Wednesday, March 20 / 2:00 p.m. / AL Activity Room

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



Roman Catholic Eucharist & Mass

Thursday, March 21 / 11:00 a.m. / Chatterbox

The Roman Catholic Eucharist is brought to us by our friends at St. Mary's Catholic Church.



Episcopal Worship & Eucharist

Thursday, March 14 / 2:00 p.m. / AL Activity Room

February's host church is St. Stephen's Episcopal Church. All are welcome.





Spiritual Growth Opportunities

Lenten Lunch Program

Wednesdays, March 6 and 13 / 12 noon / Clubhouse*
Reservations are required; sign up in the registration book in the in-house mailroom.



***These programs have been moved to the Clubhouse in order to accommodate all who wish to attend.**

The Lenten Lunch Program for 2024 has expanded to add a third lunch and speaker. This year's theme is "The Wideness of God's Mercy." We welcome energetic and engaging speakers; their meditations will be followed by an upscale boxed lunch.

March 6: Leigh Anne Ring is Presbyterian for Relational Care with the Presbytery of the James. She earned her MDiv from Union Presbyterian Seminary and holds a M.A. in Christian Education.



March 13: Rev. Karl Netting is a retired United Methodist minister and hospice chaplain. He received his MDiv from Duke Divinity School.



Stations of the Cross - a Lenten Study

Tuesdays, March 5, 12 & 19 / 10:15 a.m. / AL Activity Room
Chaplain Trish Carter will lead a study on *Praying the Stations of the Cross for Seniors* as an aid for your preparation for the walk through the Stations of the Cross during Holy Week.



More Spiritual Growth Opportunities



Service of Remembrance

Tuesday, March 19 / 2:00 p.m. / Great Room

This service is dedicated to the memory of residents, who passed away between August 1, 2023 and January 31, 2024, with candle lighting, reading of names and chiming of a bell.



Sacred Circle Dance

Thursdays, March 7, 14, & 21 / 11:00 a.m. / Gr. Exercise Studio

Join Joan Tipton and Tammy Tipton Nay in this ancient form of meditative prayer and dance. Be sure to wear comfortable shoes.



Trinity UMC Celebration Gathering

Tuesday, March 19 / 3:30 p.m. / Club Room

All are welcome to attend this time of worship and fellowship with friends from Trinity UMC



Men's Coffee

Friday, March 8 / 10:00 a.m. / Prima Club Room

Join the men of Cedarfield for a continental breakfast, conversation, and a program featuring resident guest speaker Charles Wilde. Chuck is a U.S. Naval Academy graduate and retired navy Commander with 20 years of service in the field of national defense logistics.



For information about any of these programs, please contact Margaret in Pastoral Services at 804-474-8892 or mernstes@pinnacleliving.org.

Crafts & Creations Group: Wooden Clover Door Sign



Thursday, March 7 / 3:30 - 4:30 p.m. / Creative Expression Art Studio / Sign up Required.

Join James to create something lovely for St. Patrick's Day! In March, James will offer a door sign making class where you can let your creativity shine through. James will give you a wooden clover for you to paint and decorate with flowers, garland and other accessories for you to add.



Organic Solutions / Lavender Calendula Lotion



Tuesday, March 26 / 2:00-3:30 p.m. / Creative Expression Studio / Sign up Required.

This month, join Georgia as we make calendula infused lavender lotion, or if you prefer, we can make some without scent. This is really great for moisturizing dry skin.



Florence Tromater Art Reception



Friday, March 8 / 12:00-1:00 p.m. / Atrium Gallery

Join us for hors d'oeuvres and to celebrate Florence's 40 years of painting! We also have something extra special to celebrate on this day, come on down to the Atrium Gallery to find out what it is!



CREATIVE EXPRESSION

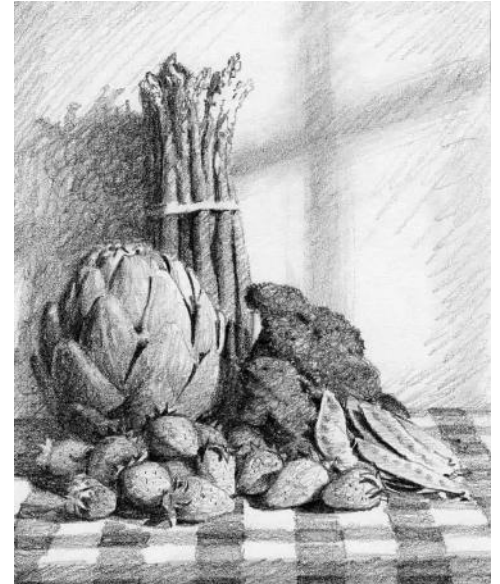
Tuesday Art Workshop: All Levels Drawing

Tuesday, March 5 & 12, 10:00 am - 12:00 pm

Creative Expression Studio, no fee

Fri, March 1, 12:15 pm, registration deadline.

Join Christopher to learn to draw from life in these two-hour workshops. Come for one week or both, beginners to advanced are welcome! Draw in any medium of your choice.



Crafts Class: It's All about the Paper

Friday, March 1, 8, 15, 22, 29, 1:00-3:00 p.m.

Creative Expression Studio

\$10.00 Class Fee. Tuesday, February 27, 12:15 pm deadline.

Sign up Required.

Join us in this fun, social class to challenge your mind and stretch your creativity with Ginna Cullen. Continue working with your own paper project or learn to create something new out of paper like an accordion book.



Card Sale: Jean Boddy and Friends

Thursday, March 14 / 3:00 - 5:30 p.m. /4th Floor Dining Room Gallery





Mondays

8:00 am - 1:00 pm -Open studio

2:00 pm - 5:00 pm -Fused Glass
(Beginners at 2:00pm,
Intermediate at 3:30pm), drop in

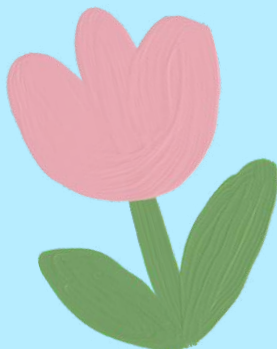
CES stands for the
'Creative Expressions
Art Studio'

Registration classes:

Drawing/Tuesday Workshops
Stained Glass
Organic Solutions
Crafts with Ginna
Craft & Creations with James
Specialty classes

Drop in classes:

Fused Glass
Oil Painting and Pastels
All Level Watercolors
Clay



Tuesdays

10:00 am - 12:00 pm- Drawing
Workshop, March 5, 12 only,
registration required

1:00 pm - 3:00 pm -Stained Glass
March 5, 12, 19 only, registration
required, the next session
begins in April

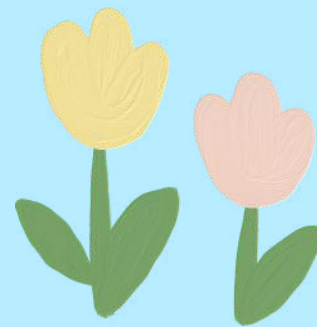
2:00 pm - 3:30 pm -Organic
Solutions with Georgia
March 26 only,
registration required

CREATIVE EXPRESSION

Wednesdays

**9:30 am - 12:00 pm- Oil Painting
and Pastels, drop in**

**12:30 pm - 4:30 pm Clay Class
(Beginners come at 12:30pm,
Intermediate at 2:30pm), drop in**



Thursdays

**10:00 am - 12:00 pm-All Levels
Watercolors, drop in**

**3:30 pm-4:30 pm-Crafts with
James, March 14th only,
registration required**

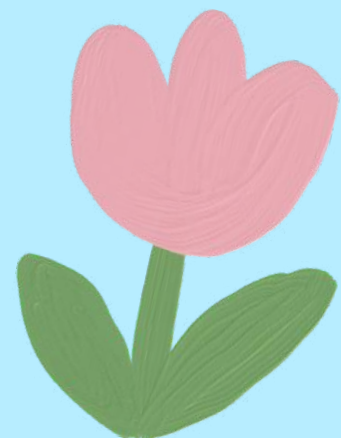
Did you know?

**Most of the work in our galleries is
for sale! Contact Whitney if
interested, 474-8887.**

Fridays

8:00 am - 1:00 pm -Open studio

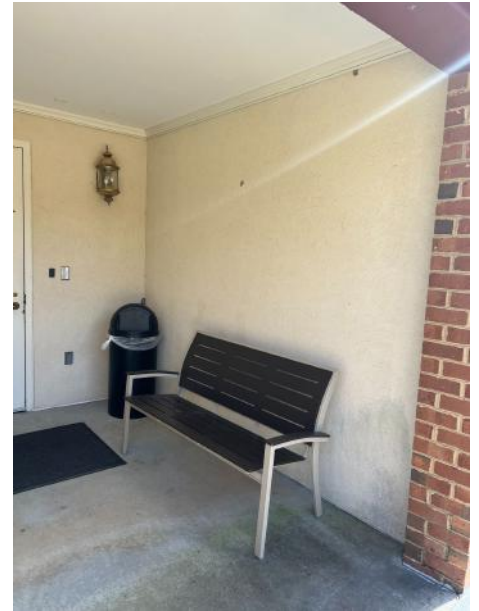
**1:00 pm - 3:00 pm -Crafts class
with Ginna
March 1, 8, 15, 22, 29.
Registration required.**



Cedarfield's First Art Contest!



We're
painting a
mural!



We are looking for designs for the 1st floor, B-wing alcove mural project (see pic above). The space measures 10' wide x 8 1/2' tall and is on the left side of the alcove if you are leaving the building and heading outside facing the pool. Mural designs should be something that incorporate or reflect living in Virginia and at Cedarfield, but the content and how you interpret that is up to you! The wall is very textured, keep that in mind when designing small details. The Resident Art Council will vote anonymously on the winning design March 21 and we can begin painting in April when the weather warms up. Painting the murals will be a collaborative effort and we would love everyone who has interest to participate in these workshops in April. Please submit your **detailed, colored design by Wednesday, March 20** to Whitney in the Creative Expressions art studio. Make sure your name is on the back of your design.

COMMUNITY INFORMATION

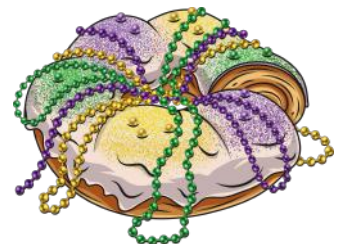
Garden Grove had a very busy February filled with many fun activities! We completed watching Ken Burns' The Roosevelt Series and appreciated every moment! We enjoyed a Valentine Sally Bell Luncheon and decorated sugar cookies as a Valentine treat! The Super Bowl was watched by some residents and the party in the Atrium was a big hit! We visited Cooper's Hawk and PF Chang's Restaurants on lunch outings and appreciated their diverse and delicious food! We ended the month with a wonderful flower arranging workshop led by Whitney Hales and Beth Burrell. Everyone was excited to have fresh flowers to take to their apartments! Many musical performers entertained us throughout the month as well. We are looking forward to the spring and all that will be blooming around Cedarfield!



Morning Glory residents have had a busy month with lots of celebrations and events! With spring weather hopefully right around the corner, we are patiently waiting to start work in our garden, planting plenty of herbs and wildflowers. We cannot wait to start enjoying our afternoons outside again soon!



Lavender Lane residents felt the love during this busy month! We enjoyed delicious food such as king cake on Mardi Gras and delicious cupcakes and sweets for the sweetheart social with all the couples! We enjoyed crafting as well, making salt dough conversation hearts and cling wrap heart paintings. We hope to continue the fun festivities all through March!



Dietitian's Digest: Friday Fish Fry

By: Karen Wilder, RD



As a Catholic girl from south Louisiana, I love a good Friday fish fry during Lent. The Catholic religion has a long-standing rule that meat should not be consumed on Fridays during Lent to represent the sacrifice Jesus made of his life on Good Friday. Fish and seafood have always been a point of contention. Historically meat from warm-blooded animals was considered a luxury and therefore a bigger sacrifice on Fridays compared to fish, which was considered food for the common person. The ruling was, and still is, that seafood is allowed, but Catholics are asked to personally consider if choosing a lobster tail while abstaining from a hamburger really applies to the spirit of penance. I can say from experience on the bayou, it is not much of a sacrifice to give up meat on Fridays when delicious, spicy boiled seafood is so plentiful this time of year.



In a recent conversation with my midwestern friend, she asked me if I go to a church for a fish fry or a pub. What?!? I always thought the Friday fish fry was exclusive to a gathering in your local church or Knights of Columbus hall where Styrofoam clam shells filled with fried catfish, coleslaw, crinkle fries, and hush puppies were pumped out by the hundreds assembly-line style. However, my friend enlightened me to the popularity of pub fish fries up north, particularly where there are large populations of German Catholics in cities around the Great Lakes like Milwaukee, Cleveland, and Buffalo. During the Prohibition Era, since fish were plentiful around the Great Lakes, but beer and alcohol was not, pubs began selling fish dinners to Catholic patrons abstaining from meat to generate more revenue. The midwestern fish fry is still wildly popular, and the contents of the Styrofoam clam shell reflect the European influences with sides such as potato pancakes and rye bread.



The tradition of the Friday fish fry has spilled into other Christian and even secular traditions. If you have ever been to a fish fry, whether in a church hall or pub, you know it is much more than a meal. This tradition that is rooted in penance is the pinnacle of neighborhood corner bar community and small-town good-time vibes. So spread out your plastic red-checked tablecloth and gather up all your sporks and enjoy this contradictory yet delicious Friday feast.

Recycle, Reduce, Reuse by Nancy Springman



This is the second of three articles addressing the importance of the 3 R's: recycle, reduce and reuse.

The most effective way to reduce waste is to not create it in the first place. Making a new product emits greenhouse gases that contribute to climate change and requires a lot of materials and energy.

Here are some ways we can institute this practice at Cedarfield:



1.Reduce your food waste.

-Shop smart. Buy only what you need. Donate unused, unexpired food to a food bank or put in on the Cedarfield "free table." The free table is located through the electronic door to the right before entering assisted living on the third floor. Place any items on the table that you would like to donate to team members. Anything is acceptable that are in working condition and that you would like to have yourself.

-Order only what you can eat in the dining room/cafe. Please ask for small portions, especially if you are planning to eat several courses. Look around one day and you will see that there is a lot of waste in the dining room. This waste contributes to our rent increases every year. Being mindful of this is easy!

2.Utilize the Go Green option in the dining room and the café. This is a service provided to residents who use carry-out dining services from the dining room. Contact a Dining Services team member to set up this service. There is a \$10 fee to start. Your meals will be packed in special, non-disposable containers. Return the containers to the dining room for reuse the next time you carry out a meal. A lot of these containers have not been returned. Please check your cottage/apartment and return the containers to the dining room. For more information, talk to a Dining Services team member. This will go a long way in decreasing waste.

3.When taking out from the Café, please consider bringing your own bag to carry the food in.If you forget your own bag and must use one of the plastic ones, please recycle them with your other plastic bags at a local grocery store. If you don't have a car, ask one of your neighbors to take your bags when they go shopping. I bet they would be happy to help.

Thank you for helping with Cedarfield's recycling efforts. Our community can help improve Henrico County and our entire planet! Anyone interested in serving on the Recycling Sub-committee of the Environmental Committee, please contact Andy Kauders at 804-450-1697.

Good Neighbor Program

Several months ago, the Safety Committee proposed the development of the Good Neighbor Program. This program was designed to help residents in independent living (IL), who need walking assistance, evacuate the building in case of an emergency. The response has been slow. Stickers were designed for those residents to place on their apartment doors so that first responders and independent neighbors can identify those who need assistance in evacuating the building. Cedarfield is a well-constructed facility and there has never been an emergency evacuation needed in its nearly 30-year history. However, there is no guarantee that there would not be such an emergency in the future. Some residents in IL apartments need walking assistance and would have difficulty or could not, on their own, use the stairway fire exits. Should there be a need for an emergency evacuation, these residents would need assistance.



There are grade level exits for all floors in the IL wings but not all wings and floors have exits near every apartment. The 1st floor residents are all close to grade level exits. The residents in Wings A and B on the 2nd and 3rd floors are at some distance from a grade level exit and the only grade level exit on the 4th floor is in the assisted living area. Early identification of residents on those floors who need assistance is very important. Having a Good Neighbor Sticker on your door would identify your need for assistance, especially those who use scooters or rollators, in case of an emergency. If you have a serious hearing loss you should have a HEARING-IMPAIRED sticker on your door.

For more information or to get a sticker, please contact Ray Godman, Safety Committee Chairman at, rwgodman@gmail.com or at 912 667 3535. You can also put a note in my mailbox, Apt 390.

COMMUNITY INFORMATION

Monthly Services, Meetings and Support Groups



Services:

- Mobile Library: **Tuesday, March 5 / 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, March 14 and 28/ 10:00 a.m. / 2fl B-wing**
- Cedarchest Sales: **Thursday, March 7 and 21/ 10:30 a.m. / 2fl B-wing**
- Recycling for IL Apartments: **Friday, March 1, 15 and 29 / 2:00 p.m.** 
- Recycling for Cottages: **Wednesday, March 13 and 27 / 8:00 a.m.** 
 - o **Tuesdays at 10:00 a.m. - Kroger & Publix**
 - o **1st Wednesday of the month at 1:00 p.m. - Short Pump Town Center**
 - o **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:

- Town Hall Meeting: **Wednesday, March 6 / 3:00 p.m. / Great Room/ Sign-up Required**
Watch Party in Prima Club Room. First come first serve.
- Residents' Council Meeting: **Wednesday, March 27 / 2:00 p.m. / Great Room**
Prima Club Room watch party is first come first serve only.

Support Groups and Residents' Clubs:

- Stronger Memory: **Friday, March 1 / 10:00 a.m. / Prima Club Room**
- Movement Disorder Support Group: **Thursday, March 14 / 1:30 p.m. / Chatterbox**
- Conversational Spanish: **Monday, March 11 / 10:30 a.m. / The Hub**
- Low Vision Support: **Monday, March 18 / 2:00 p.m. / Club Room**
- Memory Support: **Friday, March 29 / 11:00 a.m. / Chapel**
- Coping with Loss: **Monday, March 25 / 11:00 a.m. / 4th Floor Card Room**
- Sign Language Club: **Thursday, March 28 / 10:00 a.m. / The Hub**
- Book Group Discussion: **Friday, March 29 / 11:00 a.m. / Chatterbox**
- Great Decisions Group: **Monday, March 25 / 2:30 p.m. / Prima Club Room**



COMMUNITY INFORMATION

Area Meetings Reminder



All Meetings will take place on Monday, March 4 at 1:00 p.m. Assisted Living residents and Pinnacle Advantage Members are invited to attend a meeting of their choosing.

| AREAS | LOCATION | DEPARTMENT FOCUS |
|---------------|--------------------|-----------------------------|
| Area 13,14 | Club Room | Assisted Living/Memory Care |
| Area 15,16 | AL Activities Room | Business Office |
| Area 17,18 | Chatterbox | Nursing and HealthCare |
| Area 19,20 | Great Room | Dining |
| Area 1,2,3 | Prima Clubroom | Resident Life and Wellness |
| Area 4,5,6 | The Hub | Housekeeping/Maintenance |
| Area 7,8,9 | Chapel | Marketing and Philanthropy |
| Area 10,11,12 | Team Dining | Administration and HR |

Primary Election Information

Tuesday, March 5 / 6:00 a.m. - 7:00 p.m. / Gathering Room

Your Vote Matters. Cedarfield's polling location will be in the Gathering Room on the third floor across from the bank. Please bring an acceptable form of ID. A driver will shuttle residents to Town Center from the cottages upon request. Please call the concierge at 804-474-8800. The shuttle service will run from 8:00 a.m.-7:00 p.m.

VaCCRA Updates



Friday, March 15 / 10:00 a.m. / Great Room

Cedarfield Chapter VaCCRA - Virginia Continuing Care Residents Association promotes and protects the interests of CCRC residents and the people who care for them. This is our monthly meeting and the speaker is TBD.

Charlie Bryan Book Signing



Monday, March 25 / 11:00 a.m. / Gift Shop at 2300

Cedarfield's own Charlie Bryan will be at the shop at 2300 for a book signing and reception. Charlie will be offering his most recent book, "Imperfect Past: More History in a New Light" for a special rate of \$20 for all of his Cedarfield friends. Please plan to join us in the shop to greet Charlie and to purchase a book that will be a great addition to your own library or a wonderful gift.

Cedarfield Library Information

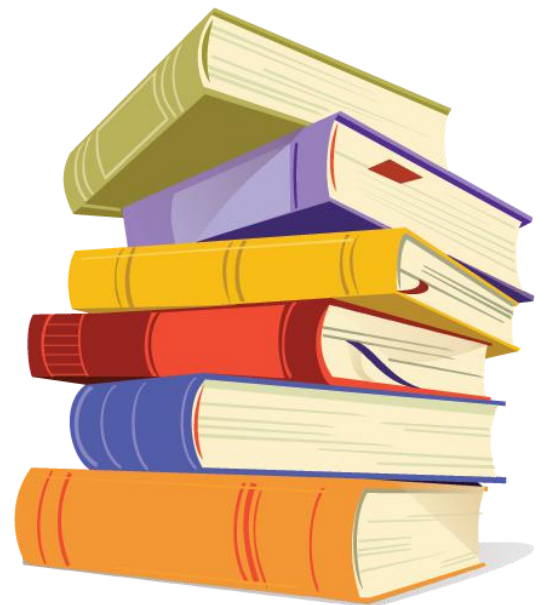


February 2024 New Books

- Blake, Matthew. Annie O
- Bradford, Barbara Taylor. The Wonder Of It All **(Also in Large Print)**
- Chan, Vanessa. The Storm We Made
- Elston, Ashley. First Lie Wins **(Also in Large Print)**
- Eng, Tan Twan. The House of Doors
- Finkel, Michael. The Art Thief **(Also in Large Print)**
- Kadish, Rachel. The Weight of Ink
- Marlantes, Karl. Cold Victory
- Molnar, Marta. The Secret Life of Sunflowers
- Penrose, Andrea. Murder at the Merton Library **(Also in Large Print)**
- Peters, Amanda. The Berry Pickers **(Also in Large Print)**
- Roberts, Nora. The Inheritance
- Ryan, William. The Constant Soldier
- Williams, Pip. The Bookbinder

Large Print

- Gerritsen, Tessa. The Spy Coast
- Herron, Mick. The Secret Hours
- Jiles, Paulette. Chenneville
- Williams, Pip. The Dictionary of Lost Words



COMMUNITY INFORMATION

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 **Wednesday, February 28 at 8:30 a.m.**

to Thursday, February 29 at 8:30 a.m. The registration binder will be back in the In-House mailroom on **Thursday, February 29 by 5:00 p.m.** Last names that start with the letters **A&B** have first priority. After **A&B** 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.



Meet The Informer Team



Caitrin Hudalla
P2W Manager



Georgia Brown
Lifestyle Coordinator



Margaret Ernstes
**Administrative
Assistant**



Carol Thompson
Wellness Coordinator



Whitney Hales
Creative Expression Coordinator