CEDARFIELD OLYMPICS OPENING CEREMONIES PARTY

THURSDAY, JULY 25
12:00 P.M. - 1:30 P.M.
FELLOWSHIP HALL

With a history spanning more than 2,000 years, the Olympic Games are a beacon of athletic achievement. The games continue today as a tradition to bring the world together.

Let’s come together as a community for a BBQ social to kick off the Olympic Games and all of the amazing programs we have planned over two weeks! We encourage you to wear a solid colored shirt to this social as we are going to be taking a community drone photo that signifies the Olympic rings (more info to come.) Please look for the Eiffel Tower icon in the July and August Informers for all programs pertaining to the Olympics.
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## Dimension of the Month: Community Outreach

Each month The Informer will introduce a monthly focus as well as a dimension that complements the focus of the month. Our July dimension focus is Community Outreach. Please look around the Informer for this icon for all volunteer programs this month.

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## Pathways to Wellness Key

As you go through the July 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!
SPECIAL EVENT

THURSDAY, JULY 18
5:00 - 7:00 P.M.
FELLOWSHIP HALL & TERRACE

ROLL OUT THE RED CARPET! JOIN US FOR A NIGHT OF COCKTAILS, CUISINE AND CABARET IN YOUR BEST EVENING ATTIRE. DESIREE ROOTS WILL BE HERE FOR OUR ENTERTAINMENT OF THE NIGHT. SHE HAS PERFORMED FOR THE RICHMOND SYMPHONY AND THE VIRGINIA REPERTORY THEATRE. BUFFET STYLE DINNER WILL BE SERVED THROUGHOUT THE EVENING. WE ENCOURAGE YOU TO CELEBRATE WITH US FOR THE OPENING OF OUR FELLOWSHIP HALL! INDOOR & OUTDOOR SEATING AVAILABLE, ALL ARE WELCOME!
IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment

Liberty Dolls Performance

**Wednesday, July 3 / 7:30 p.m. / Fellowship Hall**

Take a sentimental journey down nostalgia lane with the Liberty Dolls! These gals are a charming vocal trio who will serenade the crowd with World War II Andrews/McGuire Sisters classic hits such as Boogie Woogie Bugle Boy, Rum and Coca-Cola, Don’t Sit Under the Apple Tree, Sugartime, and Sincerely (to name a few). They will also perform patriotic classics and add several of the fun 50’s and 60's standard songs. Their rich 3-part harmony and fun audience interaction will leave you tapping your feet and humming to those great ‘oldies, but goodies!’

Cadence Youth Cabaret Performance

**Friday July 12 / 2:30 p.m. / Fellowship Hall**

Back by popular demand! Join us for the afternoon as we celebrate some of Broadway’s best solos, duets and group numbers with some of the Richmond area’s most talented youth! The mission of Cadence is to inspire, transform, and educate our community by developing talent and presenting contemporary theater and film works that uplift the spirit, challenge the mind, and honor both our individuality and our shared humanity. Through a commitment to artistic excellence, Cadence fearlessly tells the stories of our lives as we live them now. Elevated Storytelling.
IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment

Company’s Coming

Monday, July 29 / 7:30 p.m. / Fellowship Hall

Come hear old time Appalachian and Americana music and songs from the Company's Coming Band. This trio of musicians will entertain you with banjo, mandolin, guitar, autoharp, banjo-uke and harmonica. You can even watch a wooden "Limberjack" dance to the music. All three band members sing, and two- and three-part harmonies are their joy! They'll put a smile on your face and get your feet tapping!! Come join us!

Bingo Nights

Thursday, July 11 / 7:30 p.m. / Fellowship Hall

AND

Monday, July 22 / 7:30 p.m. / Fellowship Hall

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

Cedarfield Music & Evening Entertainment

Handbell Rehearsals for July

**Wednesday, July 3:**
9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Handbell Camp Training (Session 1) for all Ringers at Cedarfield
11:30-noon – Nuts ‘n Bolts of Ringing (Try this new experience with Elizabeth: drop by the FH and ring a handbell for the first time!)

**Wednesday, July 10:**
9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Handbell Camp Training (Session 2) for all Ringers at Cedarfield
11:30-noon – Nuts ‘n Bolts of Ringing (Try this new experience with Elizabeth: drop by the FH and ring a handbell for the first time!)

**Wednesday, July 17:**
No rehearsals

**Wednesday, July 31:**
Handbell Camp

Nuts ‘n Bolts Handbell Ringing
Drop by the Fellowship Hall and ring a handbell for the first time! (You can do it!) If you have never played handbells, now is the time to give it a try. Stress-free and fun! Previous musical experience is not needed. Elizabeth will happily show you some basic ringing techniques.
Dates: Wednesdays July 3, 10 or 24 from 11:30-noon

Cedarfield Radio Players
Need to laugh, to be the life of the party, or just to get with friends for some make-believe? The Cedarfield Radio Players do a little of each. Join us for our next meeting at 9:30 a.m., Wednesday, July 17, in the Gathering Place.
**Community Outreach Happenings**

**Feed More Collection Drive**  
**Monday, July 8 - Monday, July 29**  
In honor of community outreach month, our community-wide food drive will be earlier this year due to the need of donations. Feed More boxes will be placed outside the In-House Mailroom, The Hub, Parkview Entrance and the Clubhouse. We will be accepting: peanut butter, canned protein, canned vegetables and fruit, canned beans, boxed cereal and boxed healthy snacks. We will not be accepting check donations.

**Cedarfield Mentors Program: Tuckaway Child Development Center**  
**Tuesday, July 9 / 10:00 a.m. - 11:00 a.m. / Hub & Terrace / Sign up Required**  
Join us for our next reading engagement and spend time with adorable children who love to listen and ask questions. If you are interested in reading, please contact Meredith Eckel at 804-474-8855

**Intergenerational Handbells**  
**Wednesday, July 31 / 2:00 p.m. / Fellowship Hall**  
Cedarfield is hosting a one-day handbell camp! Ringers from Cedarfield will join with youth from Friends Association for Children to share handbell techniques and build new friendships. All are invited to join us for the end-of-day showcase.
National Pina Colada Day

**Wednesday, July 10 / 3:00 - 4:30 p.m. / Courtyard Terrace & Hub**

It’s 5 o’clock somewhere! July 10th recognizes a sweet cocktail that includes cream of coconut and pineapple juice that is served blended or shaken with ice with whipped cream and a cherry on top. Stop by the hub for a refreshing summer drink to enjoy over music and chatter with your neighbors. Alcoholic and non-alcoholic options will be served!

Gelati Celesti Ice Cream Truck

**Monday, July 15 / 2:00 - 4:00 p.m. / Courtyard**

The Cedarchest volunteers raised $20,194 over the last fiscal year!! Many thanks to those who shopped, donated or volunteered their time at the Cedarchest. The volunteers have decided to donate this amount to numerous Cedarfield charitable funds and also give a fun treat to the community again. We will have Gelati Celesti on campus to serve residents and team members a complimentary ice cream treat. Each person will get two scoops. We encourage you to stop by during this time frame and thank our Cedarchest volunteers! We will have seating on the terraces for everyone to enjoy their ice cream!

Popcorn Friday

**Friday, July 19 / 1:30 p.m. / Hub**

Stop by and pick up some fresh popcorn for a Friday treat!
IN-HOUSE PROGRAMS

Classic Movie Sunday
4:00 p.m.
Prima Club Room
Please join us for a classic movie. Titles & details below.

**July 14 - Summertime:** Starring Katharine Hepburn and Rossano Brazzi. An American spinster's dream of romance finally becomes a bittersweet reality when she meets a handsome--but married--Italian man while vacationing in Venice. *PG / 1 hour and 45 minutes / 1955*

**July 21 - To Catch a Thief:** Starring Cary Grant and Grace Kelly. A retired jewel thief sets out to prove his innocence after being suspected of returning to his former occupation. *PG / 1 hour and 45 minutes / 1955*

**July 28 - Chariots of Fire:** Starring Ben Cross and Ian Charleson. Two British track athletes, one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience. *PG / 2 hours / 1981*

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.
DEI Movie Showing: Origin

**Friday, July 5 / 2:00 p.m. / Prima Club Room**

Origin is a 2023 American biographical drama film written and directed by Ava DuVernay. It is based on the life of Isabel Wilkerson as she writes the book “Caste: The Origins of Our Discontents.” Wilkerson travels throughout Germany, India and the United States to research the caste systems.

Young @ Heart Documentary

**Wednesday, July 10 / 10:00 a.m. / Prima Club Room**

Recommended by Elizabeth Scribner, join us for a documentary showing about a chorus of senior citizens from Massachusetts who cover songs by Jimi Hendrix, Coldplay, Sonic Youth and other unexpected musicians. PG / 1 hour and 45 minutes / 2007
Deluxe Movie showings are back! Join us for the showing of The Taste of Things that is based in France. Released in winter of 2024, the story of Eugenie, an esteemed cook, and Dodin, the gourmet she has been working for over the last 20 years. Growing fonder of one another, their bond turns into a romance and gives rise to delicious dishes that impress even the world's most illustrious chefs. When Dodin is faced with Eugenie's reluctance to commit to him, he decides to start cooking for her. In honor of the Olympics, join us for a French themed dessert bar full of croissants, macaroons, French pastries and more. We encourage you to sign up for catering purposes. This movie is 2 hours long.

Travel Documentary: The Secret Side of Paris

Monday, July 29 / 11:00 a.m. / Fellowship Hall

Ever wondered what is hidden in Paris' underground catacombs or how much work it takes to bake a proper Parisian baguette? Look no further; Griff Rhys Jones is climbing deep and soaring high in this city of cities, the charming, elusive, rebellious, and beautiful French capital, which has inspired many novels, songs and films. Join us as we travel to Paris together in honor of the Olympics.
IN-HOUSE PROGRAMS

**Brain Fitness Offerings**

**At-Home Weekend Packets**

**Lady-Bug Rocks**  
Friday, July 5  
8:30 a.m.  
Hub

**Summer Sunshine Packet**  
Friday, July 12  
8:30 a.m.  
Hub

**No Bake Protein Balls**  
Friday, July 19  
8:30 a.m.  
Hub

**Draw a scene through a window**  
Friday, July 26  
8:30 a.m.  
Hub

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

**Beach Party Bingo**

**Wednesday, July 17 / 2:30 p.m. / Atrium Cafe**

Beat the heat and join us for a beach-themed bingo. Let’s play bingo with beachy bingo cards and win prizes like beach essentials, summer decor and much more!

**Summer Olympics Trivia**

**Wednesday, July 31 / 11:00 a.m. / Hub**

The Olympics are here! Join Caitrin to learn more about the summer Olympics!
TRY THIS BRAIN FITNESS CHALLENGE IN HONOR OF THE SUMMER OLYMPICS!

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BOXING
CANOEING
CRICKET
CROQUET
CYCLING
DIVING
EQUESTRIAN
FENCING
FIELD HOCKEY
FOOTBALL
GOLF
GYMNASTICS
HANDBALL

JUDO
KARATE
LACROSSE
POLO
RACKETS
ROWING
RUGBY
SAILING
SKATEBOARDING
SOFTWARE
SQUASH

SURFING
SWIMMING
TABLE TENNIS
TAEKWONDO
TEEN
TRIATHLON
TUG OF WAR
Volleyball
WATER POLO
WEIGHTLIFTING
WRESTLING
IN-HOUSE PROGRAMS

Intellectual Growth Offerings

Libby McNamee: Civil War Richmond: Paris in Miniature

Monday, July 8 / 2:30 p.m. / Fellowship Hall
Learn how Richmond transformed from the prospective “Paris in Miniature” into an overcrowded cauldron of starving women and children, wounded soldiers, Union prisoners, and refugees plagued by inflation and food shortages. Learn about the Women’s Bread Riot and Union spy Elizabeth Van Lew, who masterminded the Richmond underground spy ring and reported directly to Grant. Feel the horror of the burning of Richmond as it fell. On to Richmond we go! Hurrah! Libby McNamee is a lawyer, speaker, and award-winning author of two upper-middle-grade historical novels, "Susanna's Midnight Ride: The Girl Who Won the Revolutionary War" and "Dolley Madison and the War of 1812: America's First Lady."

Steve Nelson: Worxhub Workshop 101

Tuesday, July 9 / 1:30 p.m. / Fellowship Hall
Join us for an informative lecture about Worxhub from our interim Maintenance Director, Steve Nelson. We encourage you to stop by to learn how to use WorxHub. This presentation will show residents how to easily track and manage their work orders with the latest information.
IN-HOUSE PROGRAMS

**Intellectual Growth Offerings**

**Essential Oils Lecture**

**Tuesday, July 16 / 1:00 - 2:00 p.m. / Fellowship Hall**

Sharon Wayne will be here to share her vast knowledge of essential oils and "metabolic enhancers" with a presentation of performance muscle and energy enhancement. Drawing from proven science that athletic teams use to help their athletes perform to their highest abilities with cures that have been used for centuries and have become mainstream in this modern world. Sharon will teach us all about mixology of oil that depending on the amount of drops that are used, you can have a cooling spray or a powerful natural pain reliever with astonishing results. Sharon is a RN and a leader in the Doterra Essential Oil Company.

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**Fellowship Hall Hearing Loop Talk**

**Date and Time: To Be Determined**

As the Fellowship Hall renovation comes to a close, we will be holding a talk with Productive AV once the sound system is complete. They will give us more information about the sound system in general as well as the hearing loop that is installed. This will the the time to ask questions and learn how to use the hearing loop for all of the future programs in the Fellowship Hall. Please look on Channel 974 for the date and time of this lecture.
Science Museum: Anatomy of Happiness Exhibit
Tuesday, July 2

1:30 p.m. depart Town Center.

$19.00 Trip Fee + $4.00 Transportation Fee.

Monday, July 1, 12:15 p.m. deadline.

Return to Cedarfield by 4:30 p.m.

Trip Level II

Sign up Required.

Discover what lies beneath the skin. Happiness has an impact on our mind and body, influencing our movements, perceptions, sensations, mood and more. Through hundreds of human specimens called plastinates, explore how anatomy is involved in happiness and how positive or negative emotions can affect health. Discover the complexity, resilience and vulnerability of what lies beneath the skin. Gain a new understanding of the human body and an appreciation for how hard it works to execute all its functions.

BODY WORLDS: The Anatomy of Happiness was created by Gunther von Hagens' BODY WORLDS & Institute for Plastination based in Germany. They believe when people understand how the body works and how to make choices that have a positive impact on bodies, all who see a BODY WORLDS exhibition will be more likely to choose a healthy lifestyle.

Join us for a self-guided tour of this exhibit. You will be able to visit other exhibits while we are there. Rollator Accessible.
Queens Tea Library Room

Wednesday, July 3

11:30 a.m. depart Town Center.

$40.00 Trip Fee + $4.00 Transportation Fee.

Return to Cedarfield by 2:30 p.m.

Trip Level II

Monday, July 1, 12:15 p.m. deadline.

Sign up Required.

Join us for an afternoon tea in downtown Richmond. The Queen’s Tea Library Room is elegant yet has comfortable antique furnishings to fill the beautiful space. During our 2-hour experience, we will have a tasting of 4 teas while enjoying a tea tray of delectable foods all from the Richmond area. Due to the size of the tea room, our group will be split up into two parties. Rollator accessible.

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. If you are not on the bus list, you will not be guaranteed a ride. Please call Mariyah Robinson at 804-474-8881 to ensure your seat on the bus. $4.00 Transportation Fee. Trip Level II

Forum 2024/2025 Series Tickets

Wednesday, July 17

10 am to 11am

Admin Conference Room
Morning Trip to Chesterfield: County Museum, Old Jail and Magnolia Grange House

Thursday, July 11

9:15 a.m. depart Town Center.

$10.00 Trip Fee + $4.00 Transportation Fee.

Return to Cedarfield by 12:30 p.m.

Trip Level III

Friday, July 5, 12:15 p.m. deadline.

Sign up Required.
We will begin our day at the Chesterfield County Museum for a 60-minute guided tour. Chesterfield County Museum is a replica of the 1750 Courthouse and features 400 years of the county's history, a reproduction of a general store and exhibits on Native American culture, early English settlements, the Revolutionary and Civil Wars and the first iron and coal mines in North America. Following our tour of the museum, we will briefly visit the first level of the old jail.

After this tour, we will move to the next 60-minute tour of the Magnolia Grange House. Magnolia Grange is an elegant Federal Period home built in 1822 named for the circle of magnolia trees that once graced its front lawns. Listed on the National Register of Historic Places, Magnolia Grange’s distinctive architectural features include elaborate ceiling motifs, a half-turn open carved stairway and hand-painted scenic wallpaper produced by Zuber, a French manufacturer. The formal ground floor rooms exhibit intricately carved mantels, doorways and window frames. Upstairs, the rooms have been furnished according to the era of each of the families who lived in the home. Join us for this historical tour of Chesterfield. This trip has a lot of walking and stairs are involved, please dress accordingly.
IL TRIPS

Parsons Cause Series: Thomas Jefferson
Saturday, July 13
8:45 a.m. depart Town Center.
$4.00 Transportation Fee.
Return to Cedarfield by 12:00 p.m.
Trip Level III
Sign up Required.

Let's take a trip to the Hanover Courthouse to see a reenactment of Thomas Jefferson's life. The author of the Declaration of Independence, the architect of the Virginia Statute on Religious Freedom, and the founder of the University of Virginia discusses the election of 1824 and its lessons for the future. The presenter is Bill Parker and he has been interpreting Mr. Jefferson since 1984 and has portrayed him at Colonial Williamsburg since 1993. Bill has appeared as Mr. Jefferson at the White House and the Palace of Versailles. He has also portrayed Mr. Jefferson on programs on ABC, NBC, CBS and PBS.

Ronald McDonald Volunteer Trip
Tuesday, July 16
8:30 a.m. depart Town Center.
$4.00 Transportation Fee.
Return to Cedarfield by 11:00 a.m.
Trip Level II
Sign up Required.

Join us for a morning of volunteerism. Help make lunches for residents staying at the Ronald McDonald House. This trip is limited to 5 volunteers. Please note there are a few stairs to go up into the home but there is a railing.
Copper Fox Distillery Tour & Tasting

Friday, July 19
12:15 p.m. depart Town Center.
$15.00 Trip Fee + $4.00 Transportation Fee.
Return to Cedarfield by 4:00 p.m.
Friday, July 12, 12:15 p.m. deadline.
Trip Level III
Sign up Required.

The Williamsburg Distillery is located in the uniquely renovated Lord Paget Hotel. The Copper Fox is one of only five distilleries in the United States with a working malting floor. The tour provides a behind-the-scenes glimpse of their production areas where guests will learn about distillery production, how they make award-winning whisky and spirits, and the history of their uniquely renovated hotel property in Williamsburg. The tour ends in their Speakeasy tasting room where you can enjoy tasting flights and handcrafted cocktails. The tour takes approximately one hour. Your trip fee includes your tour and pre-purchased tasting snacks in the Speakeasy. All beverage purchases in the Speakeasy are Dutch Treat. Copper Fox spirits and swag available for purchase in their retail shop.

Save $2 on a flight when you go on the tour.
Kenilworth Aquatic Gardens Tour DC

Monday, July 22
8:00 a.m. depart Town Center.
Return to Cedarfield by 4:30 p.m.
$25.00 Fee.
Monday, July 15, 12:15 p.m. deadline.
Trip Level III
Sign up Required.

Kenilworth Aquatic Gardens is a one-of-a-kind destination within Anacostia Park and it is a hidden gem in Washington, DC. The summer lotus and lily blossoms are a “must see” during their peak blooming period in July, not unlike viewing the cherry blossoms in the spring. Box Lunch and a chartered bus are included in the trip fee.

Wear comfortable shoes for walking on uneven terrain and dress for hot weather. The Oxon Hill Farm is next door to the gardens and they have animals. If we have time after, lunch we will stop by and visit the animals.
IL TRIPS

VMFA Lunch at Amuse and an hour on your own

Tuesday, July 23

11:00 a.m. depart Town Center.

$4.00 Transportation Fee.

Return to Cedarfield by 2:30 p.m.

Trip Level II

Sign up Required.

Join us at the VMFA for lunch at Amuse from 11:30-12:45 (or The Best Cafe), and 1 hour on your own in the museum or join the free docent-guided tour at 1pm. Lunch is Dutch Treat. Please specify your lunch choice when registering. Please also give your VMFA member number when you sign up. Rollator accessible.

Babylon Micro-Farms Tour

Wednesday, July 24

9:30 a.m. depart Town Center.

Return to Cedarfield by 12:00 p.m.

$4.00 Transportation Fee.

Trip Level III

Sign up Required.

Babylon Micro-Farms, is a company that makes indoor, hydroponic farming systems located in Scott’s Addition. With the interest of bringing one to Cedarfield, join us for a 1-hour guided tour of the headquarters and to learn more about this system.
Can Can Lunch Outing

Friday, July 26
11:00 a.m. depart Town Center.
$4.00 Transportation Fee.
Return to Cedarfield by 2:30 p.m.
Trip Level I
Sign up Required.

In honor of the Olympics, join us for an afternoon in Carytown at the Can Can Brasserie. Enjoy Parisian-style food in a classic bistro setting with dark wood, tiles and mirrors. **Lunch is Dutch Treat.**

Powhatan Home & Garden Tour

Tuesday, July 30
9:30 a.m. depart Town Center.
Return to Cedarfield by 2:30 p.m.
$4.00 Transportation Fee.
Trip Level III
Sign up Required.

Back by popular demand! Carolyn Neurohr, one of our Pinnacle Advantage members, will open her historic home and gardens to us. We will learn about various places such as Martha Jefferson's grandfather's home, French's Tavern, also known as Swan's Creek Plantation, Indian Camp, Harris's Store, and The Coleman Place. The two-story, frame building complex is in five distinct sections, with the earliest dated to about 1730. A boxed lunch will be provided. Please note: This trip is very popular and has a long waitlist; we will continue to offer this trip all summer to accommodate the waitlist.
Crafts & Creations Group: Summer Fruit Coasters

Thursday, July 11 / 3:30 - 4:30 p.m. / Creative Expression Studio / Sign up Required.

Summer is here! Join James to make fruit themed wooden coasters to rest your summer beverage on or to give as a gift.

Organic Solutions / DIY Soothing Foot Scrub / Georgia

Tuesday, July 23 / 2:00-3:30 p.m. / Creative Expression Studio / Sign up Required.

This month we are letting our feet get the attention they deserve.

If you've been wondering how to get smooth skin, exfoliation is your answer. It helps clear the way for the healthy skin underneath to take center stage by relieving stress, combating foot odor and callouses and moisturizing the skin.

Art Studio Classes

Monday Fused Glass-Class time extended!

Fused Glass Class is every Monday from 1-5pm.

Beginners class time: 1-3:00pm.

Intermediate/Advanced class is from 3:00-5pm.

Join Maddie to make a summer or nautical themed piece, or make anything else you can dream up! No registration required for fused glass, just drop in! Class fee of $5 per class or $15/month.
Tuesday Art Workshop: Drawing Architecture
Tuesdays, July 2, 9, 16, 10:00 am - 12:00 pm
Creative Expression Studio, no fee
Fri, June 28, 12:15 pm, registration deadline.
Christopher will be here for 3 weeks in July to continue to teach drawing in these workshops. Come for one week or both, beginners to advanced are welcome!
Draw in any medium of your choice.

Stained Glass Class
Tuesdays, July 2, 9, 16, 1:00 pm - 3:00 pm
Creative Expression Studio, no fee
Fri, June 28, 12:15 pm, registration deadline.
Join Mary Lu Winger Bennett to learn how to make a stained glass work of art. Begin with one of our class projects or your own beginner idea for free. All first time student supplies are provided by the art studio. Class meets the first three Tuesdays of each month, each session is 2 months long. It will take you about two months (six classes) to complete a beginner project.

Oil Painting and Pastels
Every Wednesday from 9:30-12pm.
No fee and no registration required.
Join artist Nancy Tucker to learn to paint in oils or acrylics or draw in oil pastels.
Clay Classes

All Levels Watercolors

Crafts class with Ginna
Mural Update

Keep an eye out in the first floor alcove in B-wing for our ‘Spring at Cedarfield’ mural. We made great progress at our June paint and sip; we had over 35 painters participate!

Christmas in July!

Tuesday, July 30, 1:00-3:30 p.m.

Creative Expression Studio

Tuesday, July 23, 12:15 pm deadline.

Sign up Required.

Volunteer to help create our 2nd annual Cedarfield Christmas ornament! We will be rolling clay slabs and cutting out cardinals in this first workshop. Once fired, we will have a second glazing workshop. This was a great earner for our Holiday Sale last year as we sold out of the dogwood ornaments. Come be a part of this tradition! Sponsored by the Resident Art Council.

The Faith, Kay and Susan show!

Make sure to check out the new exhibit in dining and Prima Club room of oil and watercolor paintings by Faith Kauders, Kay Wallace and Susan Hutcheson. The exhibit will run July 1-Sept 6. To purchase a painting, please contact the artist directly.
Olympic Games Paris 2024

Opening Ceremony July 26 - Closing Ceremony August 11

Training Sessions

Fridays, July 5, 12, 19
1:00 p.m. - 3:00 p.m.

Let’s Move and Celebrate
The Olympic Games are the greatest stage in sport for everyone involved and for everyone interested in sport, excitement and entertainment. Everyone comes together from different sports and cultures.

Let’s talk about your Olympic sport and make a training plan to reach your goal for an Olympic medal.

Looking Ahead to Mark Your Calendar

Let’s Celebrate Movement
Track & Field Events
Sunday, September 8

The National Senior Games exists today as a nonprofit organization dedicated to promoting the benefits of competitive sports, physical fitness and active aging to adults ages 50+.
NSG is a 20+ sport, biennial competition for men and women 50 and over, is the largest qualified multi-sport event in the world for seniors.
**Pickleball Lessons Success**

Pickleball lessons with Lynne DeWet were worthy of a gold medal.

Seven residents and two subs learned about the dink, serve, volley and much more.

*Group photo left to right: Don Branson, Bill Washburn, Barbara Rose, Art Mattox, Rickey Thornton, Jim Hodnett*

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**Pickleball Play in July**

9:00 am to 10:00 am

**Tuesdays:** July 2, 9, 16, 23, 30

and

**Thursdays:** July 11, 18, 25

Call Barbara Rose at 804-241-0950 or jandbrose@comcast.net by **Sunday, June 30** to sign-up. If there is one day you cannot play, let her know. Check the pickleball list of interested residents in the mailroom for subs.
SPIRITUALITY

Worship Experiences

Sunday Worship

Sundays, July 7*, 14, 21 and 28 /10:00 a.m. / Fellowship Hall

*Holy Communion served.

**July 28: Special Music --** The Cedarfield Worship Choir will present an anthem, *All of Me for You*, by Mary Sellars Malloy.

Service of Holy Communion and Healing Prayer

Tuesday, July 9 / 11:00 a.m. / Assisted Living Activity Room

Wednesday, July 10 / 2:00 p.m. / Chapel

This service, which is now offered in two locations, provides an atmosphere to ask for and receive healing for yourself, for others, and for the world. Both offerings are identical -- you may attend whichever service is most convenient for you.

Roman Catholic Eucharist

Thursday, July 18 / 11:00 a.m. / Chapel

Brought to us by friends at St. Mary’s Catholic Church.

Shabbat

Friday, July 12 / 2:45 p.m. / Gathering Place

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

More Worship & Other Experiences

Bible Study: The Book of Ruth

Tuesdays, July 2, 9, 23 and 30 / 10:00 a.m. / Gathering Place

Join Chaplain Trish Carter for a four-week study on the book of Ruth. Learn in just four chapters how this short story has a big message. Each week will cover one chapter.

Note: There is NO Bible Study on July 16.

Sacred Circle Dance

Tuesdays, July 9, 16, 23 and 30 / 11:00 a.m. / Gathering Place

Instructor: Joan Tipton

Patriotic Sing-Along

Tuesday, July 2 / 11:00 a.m. / Fellowship Hall

Join Elizabeth Scribner and the Cedarfield Singers for a fun and rousing sing-along of familiar patriotic songs.

Men’s Coffee

Friday, July 12 / 10:00 a.m. / Fellowship Hall

Join the men of Cedarfield for a continental breakfast, coffee, conversation, and a presentation by James Triesler, Director of Education at the Virginia War Memorial here in Richmond.

For information about any of these programs, please contact Margaret in Pastoral Services at 804-474-8892 or mernstes@pinnacleliving.org.
Marketing Articles Needed
We are looking for residents who are interested in writing short articles to be featured in our bi-monthly newsletter that will be sent to prospective residents and members on our waitlists. We are open to content suggestions with the goal of piquing reader’s interests in life at Cedarfield. If you are interested, please email Emily Adler at eadler@pinnacleliving.org.

Resident Garden Beds
A friendly reminder: Please do not take anything from the resident garden beds. Residents buy, plant and tend what they grow. The flowers, vegetables and herbs belong to them. The ONLY place you may snip a sprig of herbs is in the two raised beds painted gray and located in front of the pool area.

Livestream Calendar
We are experiencing technical difficulties with our current livestream program. We are waiting until everything is resolved and the new Fellowship Hall system is installed. Once that is complete, we will begin offering livestream programming again. Please look in the August informer for the return of the livestream calendar.
Area Meetings Reminder

All Meetings will take place on Monday, July 1 at 1:00 p.m. Assisted Living residents and Pinnacle Advantage Members are invited to attend a meeting of their choosing. Please look on Channel 974 for an updated grid of where each area is supposed to meet.

Cedarfield VaCCRA - Virginia Continuing Care Residents Association

The mission is to promote and protect the interests of CCRC residents and the people who care for them.

Please look on Channel 974 regarding information on the next program.

Save the Date: Nancy Garver’s 90th Birthday Party

Saturday, August 3 / 2:00 - 5:00 p.m. / Fellowship Hall

Nancy Garver’s family is welcoming the community to celebrate with them in August! Stop by to celebrate Nancy’s 90th trip around the sun! Please RSVP by 7/1/24 to lauracarnal0@gmail.com if you would like to come.
**French Club**

Residents have expressed interest in beginning a French Club. If you have interest in being a part of this club, please contact Caitrin Hudalla at 804-474-8758.

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**July 4th Dining Event**

Please join us in the Dining Room for extended lunch from 11:30 a.m. to 2:00 p.m. as we celebrate Independence Day. We will be featuring American Favorites in the Showcase along with our Weekly Menu and Daily Specials.

We will be accepting guests on a limited basis. The Dining Room will be open for extended hours. For this event we will not be using Table Agent. Instead, please call the hostess team directly at 474-8838, so they can manage the total number of guests.

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**Baseball Night: THANK YOU!**

Thank you to all that attended our Baseball night! We enjoyed seeing everyone there and visiting with Nutzy!
COMMUNITY INFORMATION

Services:
- Mobile Library: Tuesday, July 2 / 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, June 18 / 10:00 a.m. / 2fl B-wing
- Cedarchest Sales: Thursday, July 11 and 25 / 10:30 a.m. / 2fl B-wing
- Recycling for IL Apartments: Friday, July 5 and 19 / 2:00 p.m.
- Recycling for Cottages: Wednesday, July 10 and 24 / 8:00 a.m
- Shopping Shuttles:
  - Tuesdays at 10:00 a.m. - Kroger & Publix
  - 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:
- Town Hall Meeting: Wednesday, July 3 / 3:00 p.m. / Fellowship Hall
- Residents' Council Meeting: Wednesday, July 24 / 2:00 p.m. / Fellowship Hall

Support Groups and Residents' Clubs:
- Stronger Memory: Friday, July 5 / 10:00 a.m. / Prima Club Room
- Movement Disorder Support Group: Thursday, July 18 / 1:30 p.m. / Chatterbox
  Taylor O'Brian / Affirmation Physical Therapist / Discuss and demonstrate a daily stretching routine.
- Conversational Spanish: Monday, July 8 / 10:30 a.m. / Hub
- Low Vision Support: Monday, July 15 / 2:00 p.m. / Club Room
- Memory Support: Friday, July 26 / 11:00 a.m. / Chapel
- Coping with Loss: Monday, July 29 / 11:00 a.m. / Gathering Place
- Sign Language Club: Thursday, July 18 / 10:00 a.m. / Hub
- Book Group Book Selection Meeting: Friday, July 26 / 11:00 a.m. / Chatterbox
- Great Decisions Group: Monday, July 22 / 2:30 p.m. / Prima Club Room
Cedarfield’s gardens, as always, have been spectacular this spring, and all of the beautiful flowers have made our resident bees very happy pollinators. One benefit of happy bees is honey.

Honey is nature’s sweet treat and can have surprising health benefits. Honey is high in antioxidants, can combat inflammation, and is soothing for coughs and sore throats. There is ongoing research that honey might reduce our risk of heart disease and memory loss and reduce inflammatory gastrointestinal symptoms. Unfortunately, the idea that local honey might reduce your seasonal allergies is mostly a myth, but it probably won’t make your allergies worse, and it never hurts to support our local bees.

Keep in mind that the chemical make up of honey is very similar to sugar, and nutritionally it should be considered the same if you are counting calories or watching your blood sugar. One tablespoon of honey has 60 calories and 17g carbohydrate, but no fat and just a trace amount of protein, minerals, and fiber.

The variety of colors and flavors mainly depends on which type of flowers the bees visited, but also can be affected by processing and pasteurization. Raw honey straight from the hive is safe to eat and better retains the nutrients but may include leftover bits of pollen and hive. Processing honey filters out bacteria and impurities which may be more appealing to some.

Enjoy the rich flavor of honey wherever you may use sugar, but don’t go overboard as the health benefits probably won’t outweigh the calories. And bee sure to thank our buzzy and busy little bee friends for all of their hard work.
Cedarfield’s resident population in Independent Living is ever changing. We realize that not every trip can be for everyone. In order to serve all residents a system has been developed to help determine which trips are right for our residents as individuals. When a trip or outing is advertised on our bulletin board and 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 theatres 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).
Garden Grove residents had a busy June enjoying many musical performances including The Henrico Concert Band and Don Irwin!! We had a great Father’s Day Barbecue Luncheon with wonderful conversation and a short talk from Ravi Ravindranath about living and working in Japan for seven years! Our lunch outings continue to be popular and the fourth floor porch has been delightful for many morning trivia sessions! Our wedding social was fun and a big success as residents viewed pictures of their friends in their wedding attire from many years ago. Looking forward to July and more opportunities to connect with fellow residents and enjoy the summer weather!

Magnolia Meadows kept the parties going this past month, getting together for several birthday celebrations and a wine & cheese social! With hand massages, fun spring nail polish colors, and getting sandy with a beach-in-a-jar craft, our hands are also looking fabulous. In July we are excited to get together with our families for a summer cookout, enjoy the songs of summer with musical guests, and pull out the pool noodles for a fun twist on indoor volleyball!

Morning Glory has been brushing up on our Olympic and Paris trivia! We are excited to cheer on USA in the games! In addition to the excitement for the games we have also been enjoying our monthly pet therapy visits! We hope everyone is having a great summer!

Lavender Lane continued with the monthly Ladies Tea and Scenic Drive. We also hosted an amazing Wedding Social where we highlighted all couples while we displayed wedding photos and enjoyed wedding cake. With so many porch days we had to have a special treat to partner with the hot days, we enjoyed pina coladas and peach milkshakes to name a few. This month we also had to say goodbye to our Chef Jordan as he embarks on a new adventure working for Disney! We are so excited for him but will miss his captivating spirit. We are also excited for the Fellowship Hall to open back up to see the newly renovated space and entertain family nights again.
Hello from the Cedarfield Balcony Library. I’m on the fourth floor, above the third floor main library. Please don’t forget about me. I contain a collection of books dealing with military history, Virginia, Richmond, Nature, flowers, devotionals and religion. I have received the following new books.

**Devotionals:**
- Black Liturgies: Prayers And Meditations For Staying Human. Arthur Riley, Cole
- Sacred Intentions: Morning Inspiration to Strengthen the Spirit Based On The Jewish Wisdom Tradition, Forman - Jacobi. Rabbi Lori
- Awakening the Soul: A Book Of Daily Devotions: Morgan, John C.
- The 1 minute Devotional: 365 daily devotionals From A Jewish Perspective, Melnic, Oliver Jack
- The Prophet. Gibran, Kahill
- A Year With Rumi: Daily Readings. Barks, Coleman

**Nonfiction:**
- British Are Coming. Atkinson Rick
- George Henry Thomas: As True As Steel. Willis, Brian Steel
- Albion’s Seed: Four British Folkways In America. Fischer, David Hackett
- Robert E. lee: A Biography. thomas, Emory m.
- Braiding Sweetgrass. Kimmerer, Robin Wall

To borrow books, please use the sign out form on the clipboard on top of card catalog cabinet. To return books, please place them on the top of card catalog cabinet.
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, June 26 at 8:30 a.m. to Thursday, June 27 at 8:30 a.m. The registration binder will be back in the In-House mailroom on Thursday, June 27 by 5:00 p.m. Last names that start with the letters I&J have first priority. After I&J 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