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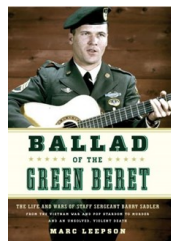
Residents' Council:

- President - Nathalie Givens 591-2368
- Vice Pres.- Larry Fischbach 591-2253

UPCOMING EVENTS



Barry Sadler's
"Ballad of the Green Beret" with
Marc Leepson



Tuesday, July 3 at 3 p.m. in the Botetourt Room. Join historian and journalist, Marc Leepson as he discusses the life and times biography of Vietnam Veteran and U.S. Army staff sergeant Barry Sadler, who wrote and performed the "Ballad of the Green Beret," a hyper-patriotic tribute to the men of the Special Forces.

Free Educational Seminar: "Neuropathy, A Natural Perspective" Thursday, July 26 1:30 p.m.—2:30 p.m. in the Botetourt Room, presented by Dr. Brian W. Scott. Find out how others living vibrant, productive lives without being shackled by this debilitating condition.



Mark your Calendars for the **9th Annual Mountain View Car Show Saturday, September 15**

10 a.m.—2 p.m. We are looking for antique, classic, import or special interest cars to be a part of this special event! Share the date with your family and friends! Registration is only \$10 in advance or \$15 the day of the show. Call Robin 591-2180 for car show questions and details. Great prizes and fun for the whole family! Volunteers needed! Call Vanessa at 2148 if interested.

JUNE

2018

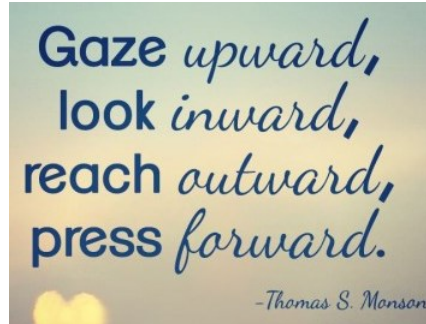
The Glebe

Blue Ridge Living

200 The Glebe Blvd, Daleville, VA 24083
Phone: 540-591-2100
Website: www.theglebe.org

LifeSpire of Virginia

Faith. Wellness. Community.



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Gleanings from The Glebe



News & views by & for residents & staff of The Glebe

RESIDENT In the Spotlight

Resident, Robbye K. Unger was inducted into the Virginia State Golf Association (VSGA) Hall of Fame on May 15,



2018. This was her second major honor for golf, having been inducted into the Virginia Sports Hall of Fame in 1997. Robbye gives her father, Admiral Ed R. King, credit for introducing her to golf. He was an athlete and played football at the Naval Academy. He believed that being good at a sport, or being good at something, was very important. Robbye tells her story this way:

Dad looked at me when I was ten and wondered what was available to our family that might afford me an arena for excellence. He said I was too slow for tennis, too chubby for swimming, and too chicken for horses; but we always had access to a naval base golf course.

He bought my first set of clubs when I was eleven and my sister Bettye was fourteen. I got the odd numbered clubs and she got the evens. Bettye lasted about two days and gave me the whole set. Dad wanted my game fully developed before I could play on any golf course or compete. The year I was eleven, I hit golf balls. When I was twelve, I continued practicing but also caddied for Dad on Saturdays to learn how to behave on the golf course. The only golf available to me was our family foursome: I played with Dad, Mom, and my brother.

When I was fourteen I played in my first national championship. I was pleased with my qualifying score of 92 until I heard that twelve-year-old Judy Torluemke shot 72. **Continued on page 8**

A Few Phone Numbers of Interest...

Better Business Bureau Serving Western VA:

1-800-533-5501 or 1-540-342-3455

AARP: 1-800-424-2277



National Association of Area Aging:

1-800-677-1116

National Do Not Call List: 1-888-382-1222

Federal Trade Commission (to report abusive phone calls or file a complaint against a company with the Federal Government):

1-877-382-4357

Medicare Hotline: 1-800-633-4227

Sundays: (MM=Mental Muscle Activities)

9:30 a.m.-Sunday Morning Bible Study-Chapel-Led by resident June Johnston.

3:45 p.m.- Vesper Services-Botetourt Room –Note time change. Details on page 11

5 p.m.-Sunday Reading-Parlor-Resident volunteers Lou Cook and Janet Miller read books to residents with low vision.

5 p.m.– Game of Dominoes-Front Lobby by the Fireplace. Come join us!

Mondays:

10 a.m.-Bible Study–Classroom- Led by Dr. Bob Moore of Bonsack Baptist

***10 a.m.-1st Mondays– Food Committee Meeting-Private Dining Room**-Meet with Food Services Management about current menu and dining experiences.

2:30 p.m.-Line Dancing Class- Exercise Room-Join dance instructor Jennifer Simmons.

This class is fun and keeps you moving! It also improves your balance & endurance! (MM)

3:30 p.m.– Beginners Line Dancing Class-Exercise Room– Come join Jennifer for a 45 minute class and learn the basic steps of line dancing. If you always wanted to learn, now is the time! Class will begin June 11. (MM)

7 p.m.-BINGO-Botetourt Room-Join your friends for this fun game of chance!

Coordinated by resident, Gerry Wilson.

2nd & 4th Mondays-Glebe Singers-Botetourt Room– Led by resident Dr. Max Bertholf.

Tuesdays:

***11 a.m. First Tuesday– Meditation in the Classroom**– Led by Wellness Director, Rachel Burks. This month will feature another style of walking meditation. If the weather is nice, we will go outdoors so be sure to wear good walking shoes and bring a jacket and sunglasses.

***11 a.m. Second Tuesday-Memoir Writers-Private Dining Room**-This group meets and shares stories they have written to help guide them on the legacy writing process. Come join us! Bring your written stories to share with the group! (MM)

2 p.m.-3 p.m.– 1st & 3rd Tuesdays– Bookmobile visits the front circle.

1 p.m.-Spinning Threads-Craft Room-This group knits and crochets together to create amazing hats, scarves, and many other items for charities, family, and friends.

2 p.m.– Beginners & Refreshers Bridge– Front Lobby (MM) Resident-led by Susanne Barnett & Ruth Bokun.

7 p.m.-Party Bridge-Classroom-Led by resident volunteer Eula Rosenberger. Please contact Eula to join. Seasoned players are welcome. (MM)

Wednesdays:

9 a.m.-Prayer Chapel-Parlor-Led by resident Carole Edwards. Join Carole and friends for a quick prayer session after your morning coffee.

***9 a.m.– Last Wednesday– Coffee & Conversations with Ellen**-Sign up is required in the Events book located in the front lobby.

11 a.m.- Wellness Walks– Health Care Lobby– Combine exercise and volunteering to help our neighbors in Assisted Living and Health Care enjoy fresh air and sunshine.

Environmental Wellness at The Glebe

Our facilities team is always working hard to maintain an environment that supports optimal wellbeing for residents at The Glebe. This team is another great example of Vibrance at The Glebe as they support wellbeing through all four Vibrance Pillars:

Joy - We experience joy as we take in our beautiful surroundings here at The Glebe. The facilities team works hard to ensure attractive landscaping and interior decorating.

Growth - The Glebe facilities team is always looking to improve our energy efficiency and reduce waste. Some recent improvements that were made or are in the process of being made include:

- ◊ *Updating lighting with energy efficient LED lights—installing these lights in the stairwells alone has resulted in saving about \$14,000 per year in energy costs over traditional lighting.*
- ◊ *Installing motion sensing devices in the Glebe stairwells that bring the lighting down to 10% when no active motion is sensed.*
- ◊ *Initiating a recycling program that has effectively reduced The Glebe's landfill waste by about two thirds. This team also offers recycling pickup for cottage residences.*
- ◊ *Switching to a “green” salt that is a more environmentally friendly option for walkways and roadways in the face of winter weather.*

Community - The facilities team helps to maintain safe and pleasant environments that allow us to enjoy community activities, feel “at home”, and experience a sense of security. Staff and residents work together to ensure a safe environment by reporting and remedying hazards.

Purpose - You can help improve our environmental wellness by participating in the recycling program, turning off your lights and TV when you aren't using them, and adopting other energy-saving practices in your home. Contact Donald Grabowski, Facilities Director, at 2136 to learn more!



Left to Right: Ken Breeding, Art Kassebaum, Donald Grabowski, Greg Clarke, Daniel Tingler

THIS or THAT

"Take care of your body. It's the only place you have to live."

-Jim Rohn



Group Fitness VS Solo Exercise

We all know how good exercise can be for the body, mind, and spirit, but did you know you might be able to gain even greater benefits from exercising in a group?

When you participate in group exercise, you know you're engaging in a safe and effective workout. Group fitness instructors specifically design each class to help you reach certain health and fitness goals. They will also give you proper cuing and instructions throughout the class to ensure you are completing each exercise appropriately. This makes group exercise a great option not just for beginners, but for anyone who wants a well-rounded workout. Additionally, many people find that committing to a group fitness class holds them accountable to a more consistent exercise routine.

You also benefit from the social aspect of group fitness classes – you can meet new people, catch up with friends, and feel greater energy from your connection with the group. Did you know that older adults who experience higher levels of social connectedness have a reduced risk of experiencing emotional health problems like anxiety and depression? Being a part of a group can really uplift your spirits! Furthermore, group fitness can benefit your cognitive health as you learn new exercises and engage your mind to follow cues.

For some people, however, group fitness may not be the best option. If you have trouble fitting a group fitness class into your schedule, it's much better to exercise alone at a time that works best for you than to not exercise at all. Additionally, if you have an injury or a specific health challenge that drastically limits your participation in group fitness, it might be best to work one-on-one with a personal trainer or complete exercises prescribed by your physical therapist on your own. You NEVER want to push through an exercise that causes pain just because that exercise is being taught in a class. Finally, most people will not meet the general recommendations of exercising for at least 30 minutes on 5 days each week by only attending group fitness classes. Instead, consider trying to fit two or three classes into your schedule each week, and completing the remaining recommended time on your own.



April
Wellness
Center Visits

1,856

Wednesdays continued:

***11 a.m. 3rd Wednesday– Residents Council– Botetourt Room–** All Residents are encouraged to attend!

***11 a.m. Last Wednesday– Episcopal Services-Parlor–** See page 11 for details.

12 p.m. 1st & 3rd Wednesday– Daleville/Fincastle Lions Club– Game Room– Drop by and join the Lion's Club for lunch to learn about community programs and initiatives.

1 p.m.-Duplicate Bridge-Classroom–Led by resident Leon Jennings. Advanced players are welcome! (MM)

***2 p.m. First Wednesday- Karen Carter's Documentary Club– Parlor–** Showing *Broken Rainbow*. This documentary won an Academy Award for the best documentary feature and follows the rich culture and history of the Navajo as they take their protest to Congress of the machination of energy companies. (MM)

2:30 p.m.-Wii Bowling- Exercise Room–Led by resident Janet Miller. Join resident bowlers and show your virtual bowling skills! Join us for some friendly competition!

7 p.m.-Card Games-Front Lobby by Fireplace–Join our card sharks and challenge them with your card playing skills! Each Wednesday in the front lobby area. (MM)

Thursdays:

Brain Fitness will not meet during the months of June or July but will resume in August.

We encourage you to utilize the Dakim Brainfitness program. Copies of Brain Fitness puzzles to keep your brain active are available in the library for you to complete on your own or with friends. See page 10 for information about Dakim. (MM)

***2:30 p.m.-2nd Thursdays- Alzheimer's Support Group-Parlor–** Join this support group led by Health Services Staff to provide support for those dealing with Alzheimer's in their family.

Fridays:

7 p.m.-Film of the Week-Botetourt Room–See movie selection details on page 9. Movie suggestions are welcome! Suggestions can be dropped off in the designated pigeon hole located at the mailboxes, labeled "Movie Committee."

***9:30 a.m.– 3rd Fridays-Investment Forum-Game Room–** Interested in making investments? This forum will raise your awareness of investment options and trends. Led by local finance professionals. (MM)

11 a.m. 4th Fridays- Book Club– Private Dining Room–Do you enjoy reading? We read a book each month and then come together to discuss it. Come join us! Large print and audio books are available.

Saturdays:

10 a.m.-Indoor Bocce Ball-Exercise Room–This game requires players to roll a set number of balls, pitching from one side to another, trying to get them as close as possible to the target ball.

1:30 p.m.-Ping Pong-Exercise Room–Drop by and play Ping Pong with your friends!

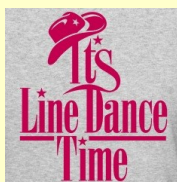
3 p.m.-Corn Hole-Exercise Room–Enjoy this classic game of bean (corn) bag toss.



Gladius-Christian Classical and Spanish Guitarist– Monday, June 4 at 1 p.m. in the Botetourt Room. Inspired by great composers, Spanish guitar maestros, and much more, this musical mad scientist fuses the elements into a refreshing formula-evoking the Spanish spirit, yet distinctly unorthodox, mixing influences ranging from classical to rock and beyond. Gladius will not only share his incredible musical talent with us but also his story of immense perseverance in spite of a debilitating condition that left him with crippling nerve damage hindering the dexterity of both hands. Come and hear this amazing young man!

Glebe Scholar– Dr. Holt Merchant- “Robert E. Lee: Then and Now”- Tuesday, June 5 at 11 a.m. in the Botetourt Room-The talk will consist of an account of Lee’s life and career with an emphasis on religion, an aspect of his life that is less known than his military career. Dr. Merchant is a graduate and retired professor of Washington and Lee University.

Line Dance Party– Wednesday, June 6 at 7 p.m. in the Botetourt Room– Join Instructor, Jennifer Simmons along with Billy’s Barn line dancers and our very own Glebe Liners as they demonstrate some of the most popular and fun line dances of today. Have some fun and join in the dance after the demonstration. Due to the increased interest, an additional Beginners Line Dance Class will be added to our programs on Mondays, beginning June 11 from 3:30 p.m. to 4:15 p.m. in the Exercise room.



Basic Technology Help-Thursday, June 7 11 a.m. to 2 p.m. in the Classroom–Do you need help navigating your smart phone, tablet or lap top? Sign up for 45 minute time slots in the Events book for one on one assistance. Bring your device.



Art with Alex-Thursday, June 7 at 11 a.m. in the Art Studio– Join this fun and exciting new class where participants will enter a world of creativity and learn the art of Printmaking and Stamping! Alex is a Roanoke College graduate with majors in Art and Education. She also has a Master’s degree in Art Education. The cost of the class is free to our residents and all materials are provided. We only have twelve spots available for this class! Sign up today in the Events book!

It’s Fun To Be Sneaky!

Secret Pal (Road to Wellness Event) – Thursday, June 7 from 11 a.m. to 1 p.m. in the Café Lobby - Stop by for a few minutes to draw the name of another Glebe resident from a hat, and do something nice for them this week. We’ll provide supplies to write a kind note and give additional suggestions for acts of kindness.

After Dinner Happy Hour-Thursday, June 7 at 7:15 p.m. on the Patio- Enjoy the outdoor spring weather on the Patio listening to great live music and socializing with your friends! Light refreshments. Drinks will be available for purchase.



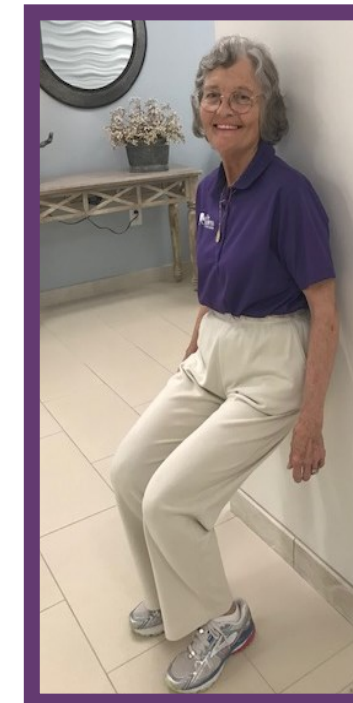
Music in the Mountains Piano Concert by Deanne Vance– Saturday, June 9 at 2 p.m. in the Botetourt Room– Deanne Vance has been an active recitalist, chamber musician and teacher. She holds a Doctor of Musical Arts degree in piano performance from the University of Michigan. Deanne has played with “Carole Edwards and Friends” for eleven years. She will be playing such favorites as Clair de lune, Moonlight Sonata, Liszt’s Widmung,

Exercise of the Month - Wall Sit

1. Begin by finding a bare spot on a wall.
2. Make sure your back is flat against the wall.
3. Set your feet about shoulder-width apart and then about 2ft out from the wall.
4. Slide your back down the wall, bending your legs until they’re in a 90 degree angle– or as close as you can get. Your knees should be directly above your ankles.
5. Hold your position (10-15 secs), while tightening your abs (but make sure to breathe!!).
6. Stand slowly, while leaning against the wall, when done.

**This exercise helps to build strength in your glutes, calves, and quadriceps (front of thigh).*

*** To add a challenge, hold weights in each hand as your complete your wall sit.*



April Fit 15



Linda Gast	Dot Finger	Mark Deardorff
Janet Miller	Bob Copenhaver	Peggy Overstreet
Caroline Huntley	Brenda Dellis	Romona Williams
Peggy Jeans	Joyce Hile	Evelyn Blake
Carol Seddon	Joyce McCall	Linda Fleshman

Brain Fitness - Golf Terminology

1. The rotational movement or spin of the ball produced by contact with the clubface
2. A score of one under par on a hole
3. A score of one over par on a hole
4. A person hired to carry clubs and provide assistance
5. The turning of the body during the backswing
6. The swing forward from the top of the backswing
7. The direction which the blades of grass grow
8. The position of the ball when it has come to rest
9. The intended path of the ball
10. The custom of hitting a second ball, without penalty, on a hole
11. The speed of the swing
12. A complete miss, also known as an “air ball”



- | | |
|--------------|--------------|
| 6. Downswing | 12. Whiff |
| 5. Coil | 11. Tempo |
| 4. Caddy | 10. Mulligan |
| 3. Bogey | 9. Line |
| 2. Birdie | 8. Lie |
| 1. Backspin | 7. Grain |

ANSWERS

Road to Wellness Challenge

A LifeSpire Community Competition
June 2 through 30

Need a little extra encouragement on your healthy living journey? Then join us for this month-long initiative where staff and residents at The Glebe work together to strengthen our culture of wellness!

Each week of the challenge, participants will keep track of the wellness-related activities they complete on a “scorecard”. The activities range from exercising for at least ten minutes to spending ten minutes in a mindful activity such as prayer, meditation, or even completing brain games.

Each activity completed on the scorecard will count for a certain number of “points” that will go to The Glebe’s total for the week. Once everyone turns in their scorecards for the previous week, we’ll compare The Glebe’s points to points earned at our sister communities: The Chesapeake and Lakewood. Check the Road to Wellness display located in the Café Lobby each Tuesday to see which community is ahead!

In addition to completing individual tasks on your scorecard, you can earn bonus points for The Glebe when you drop by to participate for at least a few minutes in a Bonus Day event. The Bonus Day events will be held on Thursdays in June from 11 a.m. to 1 p.m. in the Café Lobby:

Week One: Secret Pal - Complete an act of kindness for a neighbor

Week Two: Thinking Putty - Create putty with aromatherapy for relaxation

Week Three: The Longest Day - Participate in games that challenge your brain

Week Four: Hydration Station - Learn about hydration and sugar in beverages

See the “Special Events” pages of this newsletter for more detailed descriptions of these events.

Stop by the Wellness Office to register for the Challenge and pick up your scorecards. Extra scorecards will be located in a “cubby” in the Fitness Center.

Help The Glebe demonstrate our commitment to living healthy and vibrant lives!

The winning community will receive a \$2,000 donation to the employee tuition or assistance fund.

Call Rachel Burks at 2152 for more information.



Bach, and many more! Residents, please register in the Events book. Please call Carole at 2465 to put your guests names on the list. A reception will follow in the Parlor. Donations will be accepted for God’s Pit Crew.


Thoroughly Wed Game-Tuesday, June 12 at 12 p.m. in the Botetourt Room– Game show host resident, Stuart Carlton will lead this hilarious version of the classic game show where couples discover how much they know (or don’t know) about their spouse. Get ready for an afternoon of laughter and fun! Appetizers will be provided. Please register to attend in the Events book located in the front lobby by Friday, June 8.



The Annual Wheel Chair Putting Tournament Wednesday, June 13 starting at 1 p.m. in the Botetourt Room– Residents and Administrative staff are invited to participate in this six hole putting course, which is laid out wall-to-wall in the Botetourt Room. All contestants will be handicapped by having to putt while seated in a furnished wheelchair with their feet on the foot supports. A play-off of the eight lowest scorers will begin for championship at 6:15 p.m. Contestants will be assigned an accomplished golfer as a caddy to help line up putts and give advice. Spectators are encouraged and welcome! The winner’s name and caddy’s name will be displayed on the Winner’s Plaque in the hallway outside the Botetourt room. To participate, register in the Events book for your preferred tee off time. A practice fairway and cup are set up outside the post office on 2nd floor, furnished with golf balls, putters, and a wheelchair, but not caddy! Give it a try!



Thinking Putty (Road to Wellness Event) – Thursday, June 14 from 11 a.m. to 1 p.m. in the Café Lobby - Stop by for a few minutes to create stress-relieving, malleable putty and add essential oils for aromatherapy. Learn additional strategies for relaxation and stress relief.

Happy Marriage Anniversary  **Invite Only– Wedding Anniversary Reception– Thursday, June 14 at 7 p.m. in the Botetourt Room**– Residents who are celebrating their 50th or more wedding anniversary this year, are invited to attend a special reception in their honor. Live music, dancing and specialty desserts will be served. RSVP in the Events book by Thursday, June 7.

Ice Cream Social and Fly Over– Friday, June 15 at 12:30 p.m. on the Café Patio Enjoy a variety of ice cream with special toppings and listen to live music from Ragtop. Wear your patriotic colors and flag pins to celebrate our Nation’s Flag! Weather permitting, Ed Huntley and his pilot friends plan to fly over The Glebe at 1 p.m.

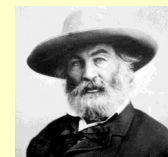


The Dedication of the Memorial Green- Monday, June 18 at 10 a.m. on site. Jonathan Cook and Ray Fisher will be present to help with the dedication and ribbon cutting ceremony. Pam Renga will offer several games and prizes after the dedication is complete. All are invited!



(picture submitted by Ivy Renga)

Glebe Scholar-Dr. Kenny Rowlette will present “Walt Whitman’s Civil War” in first person– Tuesday, June 19 at 3:30 in the Botetourt Room– Don’t miss this exciting and intriguing presentation. Someone in the audience will be a lucky winner and leave with a copy of Whitman’s poetry!



Special Events Continued on Next Page



Author and Veteran Journalist, Thea Rosenbaum– Tuesday, June 19 at 7 p.m. in the Botetourt Room– Thea became Germany's only woman war correspondent in Vietnam and later a producer for ARD German Television in the United States. She will share her book, *No Place for a Lady*. Don't miss meeting this extraordinary woman and her exciting story!



The Longest Day (Road to Wellness Event) – Thursday, June 21 from 11 a.m. to 3 p.m. on the Café Patio - Join us for fun and games that strengthen the brain as we celebrate The Longest Day in support of the Alzheimer's Association. The event will begin at **10:30 a.m. with a parade** throughout the community by the Joyful Noise children's

group. The parade will end at the Café Patio at 11 a.m. where we will kick off our day of games. A variety of board games, card games, puzzles, outdoor recreational games, and others will be provided. You can also sign up for a time slot in our "Clue Room" where you will work with a team to solve a mystery within 30 minutes. A food truck will be onsite for lunch, and we will be accepting donations for the Alzheimer's Association.

Horst Lonitz Travel Series: Alaska– Thursday, June 21 at 7:15 p.m. in the Botetourt Room–Horst will share his video from his visit to Alaska. Alaska is the largest and most sparsely populated U.S. state known for its diverse terrain of open spaces, mountains and forests, with abundant wildlife!

Legacy Club Feedback and Luncheon– Friday, June 22 at 12 p.m. in the Classroom– Residents who were involved in the Legacy Club program this past school year are invited to attend and give your feedback, so we can make this program even better next school year! Please RSVP in the Events book so we can prepare for the lunch. Bring your ideas and suggestions!

Hydration Station (Road to Wellness Event) – Thursday, June 28 from 11 a.m. to 1 p.m. in the Café Lobby - Stop by for a few minutes to learn about hydration, sample refreshing beverages, and discover how much sugar is lurking in your favorite drinks!



Art with Alex: Optical Art– Thursday, June 28 at 11 a.m. in the Art Studio– More information about this class will be posted outside the Art studio by Monday, June 11. We only have twelve spots available, so please register in the Events book!

Music with Family Ties– Thursday, June 28 at 7:15 p.m. in the Botetourt Room– This local bluegrass group returns to The Glebe with toe tapping, hand clapping music that will fill your soul with spirit through the power of music!

ROAD TRIPS

Mill Mountain Theatre– A Night with Andrew Lloyd Webber– Friday, June 1 Bus leaves at 6:45. Cost is \$25 deducted from your account. Deadline registration was Monday, May 21. MMT's intimate concert format encourages you to hum along to your favorite theatre music of English composer and impresario, Andrew Lloyd Webber.

The United States Coast Guard Band– Saturday, June 2 at Salem High School. Bus leaves 5:30 p.m. Cost is free but requires tickets. Registration deadline was Friday, May 25. No more tickets are available through Resident Services however if interested in attending, call Vanessa by Friday, June 1 for ticket information.

Continued on Next Page

CHAPLAIN'S CORNER

Celebrate Summer With Christ

"Summertime, and the livin' is easy" are the beginning words of a familiar song. It conjures up visions of lazy afternoons in the shade of a tree, resting by a stream of water, picnics and county fairs along with many other scenes of comfort and pleasure. It is good to take a break from fall, winter and spring routines. However, we can never take a break from God in Christ. Bible School and Summer Church Camp have long been traditions in the Christian church. As an adult, I miss those activities. Many churches still have family retreats, church picnics and other special church programs. I especially liked the word *revival* as it related to summer programs when I was growing up. I like the energy of that word. Here at The Glebe our calendar is full of activities for summer and I encourage all residents to take advantage of these programs and events.

I suggest that we consider our own private Bible School or Camp activities. Here are some ideas.

- Plan a "summer nights series" of outdoor worship and fellowship on your patio or balcony. Invite a person you do not know well and discuss a Scripture verse important to you. It is not "camp" but a nice outdoor activity.
- Invite a friend for an ice cream treat or watermelon on the patio or balcony – not exactly a picnic, but pretend that it is.
- Invite a friend to go to a Vacation Bible School closing event at a local church. Relive memories of your experience at such an event and watch young children's spiritual experience.

- For the week prior to July 4th, plan a "red, white and blue jean" day with your friends.
- Share a favorite Bible story with a friend, especially relating it to how it has influenced your life.

Try your hand at Christ focused sketches, scenes from the Bible. In keeping with healthy living, do that extra stretching exercise or take that sunset walk to marvel at God's good earth.

Let your imagination take charge and experience simple Christ related individual or small group events that will enhance your *summer livin'* to a new level.

Submitted by Gerald Carter, Chaplain

Episcopal Eucharist



Join us on **Wednesday, June 27 at 11 a.m.** in the **Parlor**. Father Willis Logan of Saint Mark's Episcopal Church in Fincastle will be preacher and celebrant. Everyone is welcome to attend!

Vespers



Sunday, June 3- Reverend Stuart Carlton, Glebe Resident

Sunday, June 10 -Bill Overstreet, Glebe Resident

Sunday, June 17-Grant Frederick, Minister of Music Bonsack Baptist Church

Sunday, June 24– Colby Kingery, Glebe Dining Services

Services begin at 3:45 p.m. in the Botetourt Room. All are welcome!

**The June Gallery Walk
Featuring Roanoke Artist,
Sybil Vaughan Witt**

Sybil Witt will continue to exhibit her paintings and prints on the Gallery Walk through out the month of June. The Art Reception held on Friday, May 11th, was a special occasion for the residents.

Sybil brought her many hand decorated eggs for all to see. She explained the intricate process and care that takes place to make each one. They were each a beautiful work of art. The residents enjoyed immensely the opportunity to listen and share Sybil's creations.

Submitted by Resident Scotty Huber

Pictures by Ivy Renga & Charlotte Yeatts



Dakim BrainFitness is a scientifically based, comprehensive, structured, brain-training program that cross-trains the brain in six essential cognitive domains to improve memory now and protect brain health long-term. This touch screen system is easy to use, and it self-adjusts the level of challenge in each cognitive domain so that every user receives a workout that is precisely matched to his or her individual abilities. If you have never used the Dakim system before and are interested in getting started, call Rachel at 2152 to get set up!

A DVD copy of "Carole and Friends" ensemble group concert is available for \$6. Call Carole at 2465 if interested.



Calling All Veterans

You have a story and we want to preserve it. Be part of Liberty University's Military Oral History Project. Dates will be scheduled here at The Glebe to participate. Contact Vanessa at 2148 for information.

Weekly Shopping Trips

Shopping Trips are available weekly. Be sure to sign up in the Activities Book in the front lobby



Every Tuesday : Botetourt Commons/ Kroger/CVS at 10 a.m.

1st Thursday (June 7) 1 p.m.-3 p.m.

Walmart and Country Corner in Bonsack

2nd Thursday (June 14) 1 p.m.-3 p.m.

Dollar Tree off Williamson Rd. Roanoke

3rd Thursday (June 21) 1 p.m.-3 p.m.

Heritage Market in Fincastle

4th Friday (June 28) 1 p.m.- 3 p.m.

Gabe's and DSW Designer Shoes at Valley View Blvd.

If you require assistance loading a scooter, please arrive 15 minutes prior to bus departure.

Shopping location suggestions are welcome!
Call Vanessa at 2148

Roanoke Valley Community Band Concert "Big Band Through the Decades"- Tuesday, June 5. Bus leaves at 6:15 p.m. Cost is free but you must register by Monday, June 4.

Ladies Night Out Dinner & a Movie- Tuesday, June 12 at 3:30 p.m.- Watching the movie, *Book Club* and afterward, dinner at Szechuan Restaurant in Salem. See Resident Pam Renga for details.

Camp Bethel Hike and Show- Friday, June 22. Bus leaves at 2 p.m. We will hike to the "Big Oak" and around the pond. Then attend "Broadway on Thin Ice" (songs that will crack you up) performed by the Jones family at the Hillside Theater. Broadway on Thin Ice is a showcase of funny Broadway songs and scenes. Wear comfortable clothes and shoes to hike in and sunscreen.

Dinner Out to Ippy's Restaurant in Rocky Mount- Tuesday, June 26. Bus leaves at 5 p.m. Known for their exceptional entrees, savory sides and live music, Ippy's has become a popular choice for those craving an entertaining dining experience. Register in the Events book by Friday, June 22. A copy of the menu is available in the Events book.

Roanoke Tours with Ernie Dale: Day Trip to North Carolina Catawba Queen Riverboat & Billy Graham Library Saturday, June 30. Registration has ended and the bus is full.

Upcoming Road Trips

Spring Hollow Reservoir & Treatment Facility Tour in July. Residents will visit the Spring Hollow facility and the lab to learn about the chemical and bacteriological tests that is conducted on the drinking water in our distribution system. We are waiting on confirmation of a date to visit. If you are interested in this trip, please register in the Events book. Date will be announced soon.

Attic Productions presents: Nice Work If You Can Get It (musical) Thursday, July 26. Bus leaves at 6:30 p.m.- The audience is in for some surprises in this comedy set to the music of George & Ira Gershwin. Cost is \$18 or \$15 for groups of 10 or more. Register by July 9 in the Events book.



**Take Note and Vote!
Tuesday, June 12**

Dual Primary Election to

select candidates for: Democratic Party- 6th District House of Representatives and United States Senate

Republican Party- United States Senate

June 5: Last day to receive Absentee Ballot applications by mail.

June 9: Registrar's open for in-person Absentee Voting. Deadline for in-person absentee voting. 8:30-4:30

That girl is now Judy Rankin. That championship was a big eye-opener for me. I realized that I was not as good as the sixteen girls in championship flight, but I hit the ball as well as they did. I realized how much I needed to improve.

In 1963 I won the Virginia State, Maryland State, District of Columbia, and Middle Atlantic States tournaments in the same summer. No one else has simultaneously held those four titles. My practice habits were paying off.

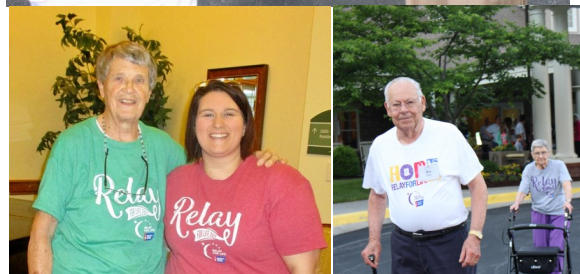
Two things were important to my parents: golf and studies. All through high school and college, I played and competed each summer but never during the school year except for family golf after church on Sunday. There was no collegiate women's golf (well before Title IX), so I concentrated on my studies at Wake Forest, graduated Phi Beta Kappa, then completed graduate studies at UVA.

My best golf was during my college summers. People often ask me why I did not turn professional—which is what my Dad wanted me to do. I told him I would try the tour for two college summers if I could remain an amateur until I decided. For those summers I played a full schedule of amateur and LPGA events. I would have made money; however, in the 1960's the tour had neither the money nor the charisma it enjoys today.

Robbye and her husband, Phillip have resided at The Glebe since August 1, 2016.



Relay for Life Resident Committee Members



Team Leader & resident Anne daCosta with our Rely for Life Representative. Resident walking for a great cause! Thank you all for participating!



The Glebe Relay for Life Committee would like to thank those who made this year's fundraiser efforts, a SUCCESS! From making chili, cornbread, and luminarias to participating in the various campus events, your generous donations allowed us to deposit \$5,250.00 to the American Cancer Society! This is the most our community has donated since we started our annual efforts in 2012! Below are area businesses who donated items as prizes toward our various events! If you have an opportunity, give them your business and tell them "Thanks" for their donations and helping support our efforts in the fight against cancer!

- Advance Auto
- Bellecino's
- Cavalier Automotive
- Cupcake Cottage
- Dominoes
- Ikenberry
- Hodge Podge
- Lentini's
- Miles of Styles
- Montgomery Embroidery and Silk Screen
- Pizza Hut
- Pilot
- Roanoke Opera
- Tinker Music
- Ballast Point
- Bojangles
- Country Cooking
- Cracker Barrell
- Food Lion
- Heritage Market
- Land of a Thousand Hills
- Outdoor Trails
- Mill Mountain Coffee
- Tap House
- Roanoke Symphony Orchestra
- Shoney's
- Tizzones



June "At The Movies"



Friday evening movies begin at 7 p.m. in the Botetourt Room.

June 1: While You Were Sleeping

June 8: Mad Money

June 15: What Did You Do in the War Daddy?

June 22: Smokey and the Bandit

June 29: The Vanishing Virginian

Residents, please place any movie suggestions in the Movie Committee "pigeon hole" near the in-house mailboxes.

Watch for descriptions of upcoming movies on the Resident Information Board.

Next movie committee meeting: June 21 at 3pm in the Classroom.



Local Community Opportunity Botetourt Sports Complex Events 160 Preston Pkwy, Troutville, VA 24175 *Concessions on Site

- June 2-3 USA Botetourt Invitational
- June 16-17 USSSA Elite Upper State Adult Slow-Pitch
- June 20-24 WBSC Senior World Cup Adult Slow-Pitch Softball Championship
- June 29-July 1 USA July 4th Youth Fast-Pitch Tournament

Touchtown-Channel 970

All calendar events and special announcements are displayed on television channel 970. Channel 970 and our community newsletters will help you stay up-to-date on program offerings and outing opportunities.