



The Glebe Contacts:

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Marshall Moore

Residents' Council:

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

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



UPCOMING EVENTS



Mark your calendars and sign up early for Oktoberfest at Smith Mountain Lake!

Saturday, October 13th. Bus leaves at 11:30 a.m. and returns around 3:30 p.m. The festival will include live entertainment by The Sauerkraut Band and the local Saengerbund, who will perform authentic German-style music in traditional Bavarian clothing. Our very own Hilde Spitz will be performing with the Saengerbund band. Enjoy browsing artisan crafters handmade wares and merchandise, German games and an Oktoberfest-style Strongman contest! Cost is only \$5 for admission if you register by October 4th. This event is not "Scooter Friendly".

The Glebe Annual Memorial Service will be held Saturday, October 20 at 2 p.m. in the Botetourt room. This is a wonderful opportunity to show our love and respect for those Glebe family who have gone before us!



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.



The Glebe

Blue Ridge Living

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

LifeSpire

Faith. Wellness. Community.



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Gleanings from The Glebe



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

1st Annual Memorial Green Short Game Golf Tournament and Luau

Come join in the fun October 5 and 6!

Watch your friends and neighbors compete for top tournament prize -

Dinner for 8 in the Private Dining Room!

Team Tee Times October 5

9 a.m.– Sam Long Team
(Sponsored by Robbye Unger)
10 a.m.– Waldren/Brugh Team
11 a.m.– Pamelý Renga Team

Team Tee Times October 6

9 a.m.– Hilde Spitz Team
10 a.m.– Janet Miller Team
11 a.m.– Con Mays Team
12 p.m. Practice and lunch break
1 p.m.– Kevin Smith/Justin Barham Team
2 p.m.– Stateson Homes Team
3 p.m.– Larry Fischbach Team
4 p.m.– John Rader Davenport & Co Team
5 p.m.– Ellen D-Ardenne Sponsored Team
7 p.m.– Raffle Drawing on Patio

Raffle Tickets will be sold September 1 thru October 6
See Bob Copenhaver, Janet Miller, Cathy Watson, Charlotte Yeatts, and Robbye Unger for tickets!



Community Luau

Saturday, October 6

4:30 p.m. to 6:30 p.m.

Pig Roast and all the fixings.

Register in the Events book!

Music by Stephen Ward

3 Tickets for \$5, 8 Tickets for \$10 and \$20 tickets for \$20.
You do not need to be present to win!

All funds raised will go to The Glebe Endowed Benevolence Fund.
For questions, call Robin Ward.

Sundays:

** = Occurs Monthly

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 –See details on page 11

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

Mondays:

10 a.m.-Bible Study–Classroom F309– Led by Dr. Bob Moore of Bonsack Baptist. Resident Stuart Carlton will be leading the study for two weeks while Dr. Moore is on mission.

****10 a.m.- Food Committee Meeting-Private Dining Room-**Meeting is September 10 instead of the normal first Mondays, due to the holiday. Meet with Food Services Management about current menu and dining experiences.

1 p.m. to 3 p.m.– Dana Belle Kinzie's Art Class– Art Studio-Begins September 10 and runs through March. Residents who are interested in participating must register and attend a meeting in the art studio on Friday, September 7 at 1 p.m. For question, call Dana Belle.

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)

7 p.m.-BINGO-Botetourt Room-BINGO CANCELLED SEPTEMBER 3, LABOR DAY. 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:

****10:30 a.m. Second Tuesday-Memoir Writers-Classroom** -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

8:45 a.m.-Prayer Chapel-Parlor-Led by resident Carole Edwards. Join Carole and friends for a quick prayer session after your morning coffee.

“Good Neighbors” Revisited

Good Neighbors (GN) is a simple but important *communications tool* that provides Glebe independent residents with the ability to notify their friends and neighbors of issues that deprive them of participating in Glebe life on a daily basis. This may be the result of an illness, a fall, scheduled or unscheduled surgery, or any other “life altering event”. Residents who participate in GN want to be informed of friends and neighbors in our community who are experiencing some difficulties that would otherwise be unknown to them. **To become a GN, one fills out a form available at the front desk or from Kay Schmeding. Completed forms should be returned to Kay (3036) who will then forward the e-mail address to the GN “communicator”.** Watch for more detailed information coming soon in your mailboxes from Hilde Spitz, your GN Messenger. (Pictures below taken by Charlotte Yeatts)



*Life is
BETTER
when you
DANCE*



THIS or THAT



*“Take care of
your body.
It’s the only
place you have
to live.”
-Jim Rohn*

Elliptical or Treadmill

The treadmill is an excellent choice if you’re looking for a cardiovascular workout that allows you to practice or improve your walking. You are able to control your speed and incline, allowing you to easily track your progress over time. For some people, the treadmill may present certain challenges. Those with a history of knee pain may not enjoy the treadmill as the impact may create or aggravate knee pain. Also, exercising on the treadmill could be difficult for those with balance issues and/or who are brand new to using a treadmill. Matching the speed of the belt under your feet takes some coordination, which can distract you from maintaining your balance. Luckily, most treadmills have handrails on the side to hold onto if needed, but when in doubt, have your balance tested before using a treadmill and start slowly.

The elliptical is a great choice for cardiovascular exercise that involves the upper and lower body, with less joint impact. An optional feature on most elliptical machines is to hold onto moveable arms which allow the load to be distributed across the whole body when you pull/push on the arm handles while you move your feet. This could be good for people who are looking to activate their arm and back muscles during their cardio session. An elliptical has no set speed, so you can go your own pace as desired without adjusting the machine. However, the elliptical can pose an access challenge, particularly if it’s a piece you enter from the side versus from the rear. While some are designed better than others,, getting on and off the machine could be intimidating to a first time user. Be sure to ask for an equipment orientation before starting.

Balance issues, knee or other lower body joint pain are a few important things to consider when choosing between the two. Safely try both with assistance from fitness staff, and then make the best decision for you and your workout goals.



July
Wellness
Center Visits
1,830

****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. 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 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 F309-Led by resident Leon Jennings. Advanced players are welcome! (MM)

****2 p.m. First Wednesday- Karen Carter’s Documentary Club– Parlor**– (MM) Refer to Special Events section page 4 for details.

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

11 a.m.-Brain Fitness- Classroom—Exercise your brain and challenge your mind with a variety of fun and challenging puzzles using visual and mental concepts to keep your brain active. (MM)

****2:30 p.m. -Alzheimer’s Support Group-Parlor– 2nd Thursday of the month**- 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.- Investment Forum-Game Room-3rd Friday of the month**- Interested in making investments? This forum will raise your awareness of investment options and trends. Led by local finance professionals. (MM)

11 a.m. Book Club– Private Dining Room-4th Friday of the month. 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– Try your hand at this fun game!

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.

Page 4Special Events(In Order By Date)

Labor Day Special Mid-day Meal– Monday, September 3 in Allegheny and Botetourt rooms.—The meal is served from 12 noon to 2 p.m. Please call the reservation line at 2163 as usual to make your reservation. In addition, the café will be closed on Labor Day.

Legacy Glebe Club Informational Meeting– Tuesday, September 4 at 12:30 in the Botetourt Room– Come learn about this outstanding opportunity for a unique volunteer experience where you can have a positive impact on the youth of our community and increase your sense of well-being. Veteran club members are encouraged to attend.

Karen Carter’s Documentary Club– Wednesday, September 5 2:30 p.m. in the Parlor- Jennifer Siebel Newson in this month’s feature, *Miss Representation* examines how women are portrayed by the mainstream media. Focus is more on beauty and sexuality instead of intellect and talent.

Technology to Make Your Life Easier– Thursday, September 6 at 11 a.m. in the Botetourt Room– Rollie Edwards from Generation Solutions will share with us how technology can help organize, simplify and save you money.

After Dinner Happy Hour– Thursday, September 6 at 7:15 p.m. on the Café Patio– Enjoy the outdoor weather on the patio listening to live music and socializing with your friends. Drinks are available for purchase. (Rain location is in the Botetourt Room)

Community Update on the new Botetourt YMCA located in the Daleville Town Center– Friday, September 7 at 11 a.m. in the Botetourt Room- Meet Tricia Reynolds the new Branch Executive of the Y, opening in October. She will share with us various programs and opportunities the Y will offer. She is also eager to learn from us how the Y can have a positive impact on our community through future senior programs.

Dana Belle Kinzie’s Art Class Meeting– Friday, September 7 at 1 p.m. in the Art Studio– Residents interested in attending weekly art classes each Monday beginning September 10 are encouraged to attend this first meeting. There are limited spaces available.

Show Tunes at The Glebe– Saturday, September 9 at 2 p.m. in the Botetourt Room- Join Sopranos, Marianne Sandborg, and Patricia Clevenger, along with pianist, Deanne Vance as they perform familiar show tunes. Hear songs from "I Hate Music", "La Boheme" and "Les Miserables". Don't miss this wonderful concert! Reception following in the parlor.

Happy Grandparents Day! Sunday, September 9

New Resident Meet and Greet Ice Cream Social– Wednesday, September 12 at 12:30 p.m. on the Café Patio– Come and meet your new Glebe neighbors, enjoy ice cream and live music by Bob Peckman.

Art with Alex– Recycling Art Project two fold class– Thursday, September 13 and 27 at 1 p.m. in the Classroom– Alex will share about artists who recycle materials to make their art and the class will follow suit! Limited to 12 spots so be sure to register in the Events book.

Artist Gallery Reception Featuring Lynda Young– Friday, September 14 at 3:30 p.m. in the Classroom– Refer to page 10 for details.

9th Annual Mountain View Car Show– Saturday, September 15 10 a.m. to 2 p.m. in the Front Circle– A great opportunity to see beautiful cars and meet the owners. Volunteers

Featured FitnessPage 13

Exercise of the Month - Seated Piriformis Stretch

1. Begin by sitting on the edge of the chair with your feet flat on the floor

2. Sit up tall and cross your left leg over the right so that your left ankle rests on your right thigh, just before the knee.

3. Place your left hand on top of your left thigh and gently press your left leg down towards the floor.


4. Hold this position for 10-30 seconds before stretching the opposite leg.

5. Breathe naturally while holding the stretch

* To increase the intensity, lean forward keeping your back straight. As you lean forward bend your elbows while continuing to press on your leg.

*Do not do this stretch if you have had a hip replacement. Consult with your doctor before performing it.

* This stretch can also be performed on the floor.



JulyFit 15

Linda GastPete BainJackie WerbSuzanne BarnettBob Allen

Margaret Anne AllenPatsy ParkerDot FingerMark DeardorffJuanita Fox

Carol SeddonPeggy OverstreetPeggy JeansFrances BrownKen Benjamin

Brain Fitness

Complete these common phrases:

The darkest hour

Give a man a fish

A bird in the hand

Absence makes the heart

Beauty is in the

A chain is only

Imitation is

Make hay while

Welcome to our new Wellness Director—Derek Rohrig

We are pleased to announce that NIFS has hired a new Wellness Director. Derek Rohrig has accepted the position and will assume the full-time Wellness Director schedule beginning Tuesday, September 4.

Derek has been a long-time employee of NIFS managing a fitness center in Roanoke where he has 6+ years of management experience, and we are confident in his ability to advance the vision for Vibrance at The Glebe. Read on to learn more about Derek.



Education and Certifications:

- Bowling Green State University**
B.E., Exercise Science
- American College of Sports Medicine**
Certified Exercise Physiologist
Certified Personal Trainer
- Aerobics and Fitness Association of America**
Primary Group Exercise
- American Red Cross**
CPR/AED/First Aid

Areas of Specialization:

I can’t lift one weight for you, I can’t sweat one drop for you, but I can be there to help guide you every step of the way. I understand that life gets in the way of our best plans so I teach you how to be flexible while still working towards your goals.

Personal Notables:

I enjoy activity in all forms, so you will often find me outside moving around! I play several sports to stay active and enjoy hiking in the surrounding area. I believe all movement is good movement so I make excuses to move every day!

are needed! Refer to page 8 for details.

Glebe Scholar, Dr. Kenny Rowlette– Tuesday, September 18 at 3:30 p.m. in the Botetourt Room– Dr. Rowlette asked for a resident vote for this month’s topic. Thank you to those residents who took time to complete the poll and returned their vote. He will be speaking on **Civil War Oddities.** (MM)

Hearing Health Day– Wednesday, September 19 from 11 a.m. to 1 p.m. in the Game Room- The Better Hearing Center will be servicing and cleaning your current hearing aids and offer advice on how to keep them clean. They can change wax guards, batteries, and domes. They can make appointments on the spot for a follow-up in their office for a base-line hearing test. Service and offer no cost Caption Call phones for anyone with a diagnosed hearing loss. See Heather Flynn, Social Worker for questions.

Music with Family Ties– Thursday, September 20 at 7:15 p.m. in the Botetourt Room– This local bluegrass grup returns to The Glebe with toe tapping, hand clapping music that will fill your soul with spirit through the power of music.

The Legacy Glebe Club Kick Off– Friday, September 21 at 12:00 in the Allegheny room– Residents will meet their assigned sixth graders for a “get to know you” session. This is an outstanding opportunity for a unique volunteer experience where you can have a positive impact on the youth of our community and increase your sense of well-being. Call Vanessa at 2148 to learn more. We are also in the need of residents substitutes to fill in when our regular attendees are unable to attend. (MM)

Music by Silver Notes– Monday, September 24 at 11 a.m. in the Botetourt Room– Start your Monday off with music! The Silver Notes is a Senior Choir made up of retirees that was formed in 2009. Sponsored by the Bedford County Parks and Recreation Department, the Silver Notes performs at nursing homes and assisted living facilities through Bedford, Roanoke and Lynchburg, Virginia. Members enjoy singing songs from their generation and interacting with the residents through songs and props. With over 285 songs in their repertoire, there is sure to be something for everyone to enjoy!

DMV-TO GO– Tuesday, September 25 10 a.m. to 4 p.m. in the Parlor

Curator of Collections and Exhibitions, Ashley Webb from the Historical Society of Western Virginia– Tuesday, September 25 at 11 a.m. in the Botetourt Room- “Our Strength is Our People: the Life and Works of Lewis Hine” tells the story of New York social reform photographer Lewis Wickes Hine. Filled with well known and obscure photographs that Hine took throughout his career, this talk will explore how Hine became the well known photographer that he is today. Talk will include his work for the National Child Labor Committee, Ellis Island, and most notably, the building of the Empire State Building.

Trivia Challenge Fun– Tuesday, September 25 at 2 p.m. in the Botetourt room– Come and join us for this fun, friendly competition. Prizes given to the winning team! Teams register in the Events book. If you don’t have a team, show up and we will make teams!

Hearing Health Seminar– Wednesday, September 26 at 11 a.m. in the Botetourt Room– This Educational Seminar will discuss the causes of hearing loss and ways to combat and prevent hearing loss. Many topics will be covered as well as the latest advancement in

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hearing device technology. We will also have time for any questions or concerns the residents may have and would like addressed. Our speaker is a licensed Hearing Instrument Specialist and is passionate about educating and helping others and has been in the field for over twenty years! Residents are welcome to make appointments after the event for a future Baseline Hearing Test at no cost, in the clinic right down the road.

Virginia Highlands Pipes and Drums Concert– Thursday, September 27 at 7 p.m. in the Botetourt Room– Returning to The Glebe stage to showcase the festive sounds of bagpipes and drums, this community favorite is based in Salem and includes our very own resident, Bob Copenhaver. They enjoy giving of their free time to promote the music and traditions of the great bagpipes and drums at area ceremonies, parades, and other special events. Don't miss this the opportunity of meeting the band members after the concert. Reception will follow in the Parlor.



Dinner and A Movie– Friday, September 28 4:30 p.m. to 8:30 p.m. in the Botetourt Room–Enjoy a German themed meal and the musical, *The Sound of Music*. Dinner seating is limited to 30. You must register in the Events book by Monday, September 17. Meal will consist of a choice of entrée, sides, dessert and beverage. Menu and choice entrée will be in the Events book once it is determined. Movie Committee members, Ivy Renga and Horst Lonitz are the lead organizers for this event.

OFF CAMPUS ROAD TRIPS

(Please note a \$3 transportation fee is charged to your account.)

Sunflower Festival at Beaver Dam Farm– Wednesday, September 5. At the patch, adults will have a lesson on sunflowers, farm animals to pet, hay rides to enjoy and sunflowers to wander through. Bus leaves at 11:30 a.m. and returns around 2 p.m. Cost is \$3 for admission. Feel free to bring yourself a packed lunch if you desire. Snacks and water will be provided.



Draper Mercantile– Friday, September 14. Bus leaves at 10 a.m. and returns around 3. A historic site and a long-standing tradition and gathering place for over 150 years in the community of Draper. We will explore the village and enjoy lunch at the newly opened "Brunch at the Merc". Shop for unique gifts and unusual finds in the village shops. Browse the selection of craft beer, wine, and local foods in the marketplace. Grab a slice of made-from-scratch pie in the bakery. Register in the Events book by Monday, September 10. Bring money for lunch and shopping. *(Resident Request)*

Spring Hollow Reservoir and Dam Tour– Friday, September 21 at 1:30 p.m.– Spring Hollow Reservoir is a 158-acre, 3.3-billion-US-gallon side-stream reservoir in Roanoke County with the largest roller-compacted concrete dam east of the Mississippi. It is now the main source of water for residents of Roanoke County. The most impressive part of the Spring Hollow tour is the view from the dam. Before 9/11, the public could access an overview (now closed) to see the reservoir. During the tour, people can walk across the top of the dam. We will take a 45 min tour through the treatment and laboratory facilities and then to the dam and reservoir (another 20-30 min).



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CHAPLAIN'S CORNER

A word from The Glebe Chaplain, Gerald Carter

Caring for our Neighbors – The (almost) Lost Art of Note Writing

Philippians 2:4 “Do not merely look out for your own personal interests, but also for the interests of others.”

Galatians 6:2 “Bear one another’s burdens, and thereby fulfill the law of Christ.”

Romans 12:10 “Be devoted to one another in brotherly love; give preference to one another in honor”

Galatians 6:9-10 “So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith. Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.”

I love to get notes from family and friends. I recently decided that being a pack rat and saving every note and letter that I received as far back as 55 years ago was not a wise collection to leave to my children. So I decided to downsize that collection. As I went through boxes and boxes of correspondence, I realized how difficult this chore was. I could not stop reading! Letters from family when I was away at school, birthday cards and Christmas cards covering years and years were samples of my hoarding. But what fun! I read about my nieces and nephews births and growing up. I read about the good wishes many people sent me at Christmas and on my birthdays. I relived days gone by and felt the love.

Every note or card gives us the opportunity to tell someone that they are important, loved and a part of our thought patterns. I am writing this to encourage you to be a part of note writing, a very personal kind of contact that will last as long as the receiver wants it to last, even up to 55 years. We are a community that cares about one another. Residents in Health Care, Assisted Living, or Independent Living would love to get a note once in a while. Try this act of kindness and see if kindness will come back to you. Take a look at the Scripture above and note that the subject matter of notes can cover other person’s interest, another’s burden, love for others, and an opportunity to do something good.

Episcopal Eucharist

Join us on **Wednesday, September 26 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!

Come Join Us For Sunday Vespers

Services begin at 3:45 p.m. in the Botetourt room.

- Sunday, September 2– Rev. Pete Bain, Glebe Resident
- Sunday, September 9– Stephen McNally, Church of the Transfiguration
- Sunday, September 16– Rev. Al Peveral, Retired Baptist
- Sunday, September 23– Rev. Doug Sasser, Northview UMC
- September 30– Coby Kingery, The Glebe Dining Services



September on The Gallery Walk Featuring Lynda Young

Artist Reception Friday, September 14 at 3:30 p.m. in the Classroom

Lynda is the daughter-in-law of our resident, Mary Young. She and her husband, Mark, live at Smith Mountain Lake.

Lynda is a retired mathematics teacher. She has a BS degree in Mathematics from Ursinus College in Collegeville, Pennsylvania, and a Masters degree in Education of Computer Science from Nazareth College in Pittsford, New York.

Lynda began drawing and working with pastels at the age of twelve. She continued art courses through school, working in oil paints. It is there that she developed a love for the intensity of color. In 1975, she moved to Wilmington, Delaware, where she was introduced to the artist Edward L. Loper, Sr..

Edward L. Loper, Sr. created a new tradition of painting, adapted from Cezanne, Picasso, El Greco, Renoir, Tintoretto, and others studying art traditions such as cubism. His work has been called prism art, kaleidoscope or fractured light, as he breaks up the vivid colors with geometric abstracts. Whereas Picasso broke up the shapes, the Loper tradition breaks up the colors. Lynda studied oil painting with him in his studio as well as on painting excursions to Quebec, Canada and Provincetown,

Massachusetts. She has continued painting in this tradition using bold, vivid colors and full, busy canvases.

The word that comes immediately to mind after viewing her paintings is "powerful". The use of intense color and abstract underpinnings draws one into her work.

You are invited to come and talk to Lynda and hear more about her paintings during the Art Reception on Friday, September 14 at 3:30 p.m.

Submitted by Scotty Huber



Come and meet your new neighbors!
Wednesday,
September 12 at
12:30 p.m. on the
Café Patio!

A warm welcome to the following residents who moved in this past month:

Earl Johnston Apt. 4045

Sam Burchette Apt. 3002

Mike & Gisela Jackson 40 Draper

There are no steps but parts will include a grated floor. Residents need to wear closed toe shoes. We will return around 4:30. Register by Tuesday, September 18th.

Café Italia Spaghetti Dinner– Saturday, September 29 at 4 p.m.– Fincastle Fire Hall– Sponsored by St. Mark's Episcopal Church. Tickets are \$10 and can be purchased from Resident, Mahlon Kidd. Dinner includes a heaping plate of hot spaghetti with meat sauce, garden salad and dressing, garlic bread, choice of drink and delicious homemade dessert. Register by Tuesday, September 26. (Resident Request)



RSO Opening Night: Symphonic Fire- Saturday, September 29 at 6:30 p.m. at the Berglund Performing Arts Theatre- Guitarist Juan Nicolau joins Music Director David Stewart Wiley and the Roanoke Symphony Orchestra. Tickets are \$35, charged to your account. Space is limited. Register by Friday, September 21 in the Events book. Season ticket holders, please put a check by your name if you plan to ride the bus. (Resident Request)



Thank you taking time to complete the RSO surveys for the upcoming season. Below are the concerts we plan to attend in addition to

the POPS concerts.

Beethoven & Shostakovich Masterworks 2 on Sunday, November 18 at 2 p.m. at Shaftman Performance Hall at Jefferson Center.

Handel's Messiah: Holiday Special on Tuesday, November 27 at 6:30 p.m. at Shaftman Performance Hall at Jefferson Center

Holiday Brass: Destination 2 on Saturday, December 15 at 6:30 p.m. at Cave Spring United Methodist Church.

America the Beautiful: Masterworks 5 on Sunday, April 28 at 2 p.m. at Shaftman Performance Hall at Jefferson Center

Angelic Voices: From Baroque to Broadway: Destination 2 on Monday, May 6 at 5:30 at Taubman Museum of Art.

Sign up sheets will not be placed in the Events book until a month before each event.

Weekly Shopping Trips

Be sure to sign up in the Activities Book in the front lobby



Every Wednesday

Botetourt Commons/Kroger/CVS at 10 a.m.
Food Lion when requested

1st Thursday (SEPTEMBER 6)

Walmart/Country Corner/Lowes at 1 p.m.
(Bonsack)

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

Thursday weekly shopping trips have been taken off the calendar due to less than six Residents being interested in going. We will continue to visit Walmart/Country Corner/Lowes the first Thursday of each month. If there is enough interest in a particular shopping location, we will consider adding another trip. Call Vanessa at 2148 for suggestions.

Mountain View Car Show

On Saturday, September 15, there will be a grouping of antique, classic and import cars around the front loop of The Glebe participating in the 9th Annual Mountain View Car Show. The show will run from 10 am to 2 pm. We invite all residents and staff to come out and see all these beautiful cars.



Some of the makes of cars that you can expect to be on display include Chevrolet, Ford, Mercury, Cadillac, Studebaker, Chrysler, Dodge, Plymouth, MG, Jaguar, Austin Healey, and more. The cars will be displayed in each of five classes: Domestic Cars from 1900-1929, Domestic Cars from 1930-1959, Domestic Cars from 1960-1970, and Domestic Cars from 1970 to Present. There will also be a class for Imported Cars. Awards will be presented in each of these classes at the end of the show as well as a Best in Show award. These awards will be based on voting by the participants in the show. In addition, there will be special Glebe Award presented which will be voted on by residents and staff of the Glebe. The car with the most votes will win the Glebe Award. That award will be presented by one of our residents.

The awards will be handed out to the winners at the Glebe front entrance so everyone will have a chance to see which cars won which awards. The class winners will drive their cars up to the main entrance to receive their awards.

There will also be some vendors on site for the show, including a professional car detailer who will detail a car during the show so everyone can see how it is done. During the show, there will be door prizes awarded, and a 50/50 raffle. The Glebe Dining Services staff will be providing food on the front veranda.

We still need some volunteers to help with parking of the cars when they arrive as well as helping line up the class winners for awards at the end of the show. If you

would like to volunteer, please contact Vanessa Houston at 591-2148, Robin Ward at 591-2180, or Marshall Moore at 591-2171.

We hope everyone will make a point of coming out on Saturday, Sept. 15 to see all the cars and to help support this event. And be sure to get a voting ballot for the Glebe Award so you can have a part in which car wins that award. It's a great day for all and we look forward to having you join us.



(Pictures taken by Ivy Renga)

September “At The Movies”

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



September 7 **Goodbye Christopher Robin** PG, Biography/Drama-1hour 47 minutes

September 14 **Sully** PG-13, Biography/Drama- 1 hour 36 minutes

September 21 **Miracles From Heaven** PG, Biography/Drama/Family-1 hour 49 minute

September 28 **DINNER & MOIVE: “The Sound of Music” and German themed dinner.**
Limited to 30 for dinner. Register by September 17. Refer to “Special Events” page 6 for details.

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 is October 18 at 3pm in the Classroom.



“Double Trouble”



Above: Day Trip to Lexington, VA
To Right: Trip to the Balaban Center
Bottom Right: Polly won Miss Doganality with owners Joy McNabb & Ruth Bokun



FINCASTLE FESTIVAL
50th Anniversary
Arts & Crafts Festival

Happenings Around The Community

Saturday, September 22 9 a.m. to 4 p.m.
(Rain or Shine)

Botetourt Sports Complex Schedule



September 1-2 USSAA Youth Baseball Tournament
September 15-16 USA Heartland College Showcase Series
September 22-23 USA Softball “Help Save The Next Girl” Benefit Tournament

