

The Informer December 2017

A Wellness & Leisure Publication of Cedarfield a Pinnacle Living Property



Jefferson Christmas Tea

Come join us for one of Richmond's favorite holiday traditions- Christmas Tea at the Jefferson Hotel. While there, we'll enjoy delicious pastries, scones, finger sandwiches and, of course, flavored hot teas, under the magnificent Tiffany stained glass of the beautifully decorated Palm Court lobby.

Christmas will be all around us as we take in the holiday sights that the Jefferson has to offer. After tea, we'll have time to browse the gift shops or just mingle in the lavish lobby while enjoying the splendor of our city's grandest hotel.

Wednesday, December 20

Departs TC at 11:30 AM

Cost of trip is \$47 plus transportation fee.

Sign up with Amanda by Monday, December 11.

No refund after deadline.

IL Trip Level II.



Christmas Tree Decorating

Wednesday, December 6

Start your holidays out with some Christmas music while we decorate the Independent Living Parkview Entrance Christmas trees.

First and Second floor Residents will begin to decorate the 1st floor tree and mantel at 1:00 PM.

Third and Fourth floor Residents will begin decorating the 3rd floor tree and mantel at 3rd Floor PVE at 1:00 PM.

All residents are encouraged to bring some of their own ornaments to add to the trees.

Grab your neighbor and come join in the fun! Light refreshments served.



A Holiday Show, presented by David Fisk and Anne O'Byrne



Join David Fisk, Executive Director of the Richmond Symphony, and Anne O'Byrne, opera singer and vocal coach at the University of Richmond, as they perform a holiday show to take us into the New Year.

Monday, December 11

7:30 PM

Fellowship Hall

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IL TRIPS



Holiday Lights Tour

Bring your holiday cheer and join us as we travel around enjoying the beautiful Tacky Lights and Christmas scenes around Richmond's West End on a James River bus.

Monday, December 4

Bus Departs promptly at 6:30 PM

Trip is free, no transportation fee.

Hot Chocolate and cookies in the Town Center 6:00 PM for those attending.

IL Trip Level I. This is a riding trip.



VA Hospital

Please join us at the McGuire Veterans Hospital for their monthly Parkinson's Disease Research Education and Clinical Center (PADRECC) support group meeting.

The topic this month is Speech Therapy: Voice Exercises for PD and Singing.

We will stay for some holiday refreshments and cheer after the presentation.

Thursday, December 7

Departs TC at 12:00 PM

Trip is free.

Sign up with Amanda at 474-8881.

IL Trip Level I.

If you have any questions, please feel free to contact Haila Duncan or Georgia Brown



University of Richmond Candlelight Service of Lessons & Carols

In partnership with the Department of Music, the Chaplaincy will hold the 44th annual Candlelight Festival of Lessons and Carols in Cannon Memorial Chapel. The university's Schola Cantorum and Women's Chorale will present new and familiar Christmas carols and anthems in the tradition of the Festival of Nine Lessons and Carols that was first held at King's College Chapel in Cambridge, England, on Christmas Eve 1918. The services conclude with the lighting of candles by the congregation and the singing of Silent Night.

Sunday, December 10

Departs TC at 7:00 PM

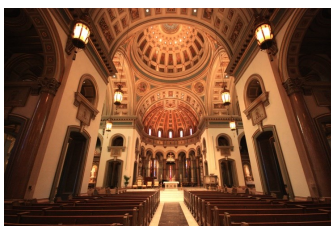
Trip is free, transportation fee applies.

Sign up with Amanda. IL Trip Level I.



Sacred Heart Concert and Luncheon

Join us for a holiday concert featuring soloists from the Cathedral of the Sacred Heart, organized by the director of Music and Liturgy, Mr. Daniel B. Sañez.



Monday, December 11

Departs TC at 10:00 AM

Concert and lunch are free, transportation fee applies.

Sign up with Amanda at 474-8881.

IL Trip Level I.

IL TRIPS

You must sign up for all trips with
Amanda at 474-8881. Page 3



Salisbury Presbyterian Christmas Concert



Join us as we enjoy holiday music from The Jubilation Choir, under the direction of Paul Honaker. They will present their concert entitled "Welcome to Our House".

Tuesday, December 12

Departs TC at 9:45 AM

Trip is free, transportation fee applies.

Sign up with Amanda.

IL Trip Level I.



Science Museum of Virginia Lunch Break Science

Pack a lunch and join us! **Upbeat Wavebeats: Music and Sympathetic Vibration for All!** is presented by Antonio Garcia, Director, Virginia Commonwealth University Jazz Studies Program.

Wednesday, December 13

Departs TC at 11:15 AM, returns by 1:45 PM

Trip is free plus transportation fee.

Sign up with Amanda.

IL Trip Level I.



JCC's Jewish Family Theatre Presents.... *Once Upon a Mattress*

Once Upon a Mattress is a musical comedy reinterpretation of the Hans Christian Andersen fairy tale *The Princess and the Pea* with music by Mary Rodgers, lyrics by Marshall Barer, and book by Jay Thompson, Dean Fuller, and Marshall Barer. If you thought you knew the story of *The Princess and the Pea*, you may be in for a walloping surprise! Carried on a wave of wonderful songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the familiar classic of royal courtship and comeuppance provides for some side-splitting shenanigans. Chances are you'll never look at fairy tales quite the same way again!

Thursday, December 14

Departs TC at 6:45 PM

Trip is free plus transportation fee. Space is limited. Sign up with Amanda. IL Trip Level I.



Christmas with the Richmond Pops



Come to Altria Theatre and enjoy the sounds of the season with the Richmond Pops Band.

Tuesday, December 19

Departs TC at 6:15 PM

Trip is free, plus transportation fee.

Space is limited.

Sign up with Amanda at 474-8881.

IL Trip Level I.



Dinner at Demi's

This new restaurant on Richmond's Northside is a Mediterranean Kitchen that serves classic dishes from Greece, Italy, Spain, and Turkey. Family owned by the Tsamouras family, this restaurant is cleanly decorated with a delectable menu. Come enjoy dinner with us!

Thursday, December 28

Departs TC at 5:00 PM

Cost of trip is your meal plus transportation fee.

Sign up with Amanda by Monday, December 25.

IL Trip Level II.

Trip Reminders

3D Printing Workshop at

Libbie Mill Library

Thursday, November 30

Departs TC at 2:00 PM

IL Trip Level II.

Trip is full.

Glorious Christmas Nights

Friday, December 1

Departs TC at 6:30 PM

IL Trip Level I.

Trip is full.

The Bizarre Bazaar

Friday, December 1

Departs TC at 1:00 PM

IL Trip Level III

Trip is full

Lunch at Smithfield Station

with Fashion Show

Tuesday, December 5

Departs TC at 9:30 AM

IL Trip Level II.

Trip is full.

Series Subscriptions Reminders

Symphony Pops

Saturday, December 2~ 7:15 PM

VA Rep Theatre

Thursday, December 7~ 6:15 PM

Broadway in Richmond

Friday, December 8~ 7:00 PM

Hanover Tavern

Sunday, December 17~ 1:00 PM

Thursday, December 21~ 7:00 PM

Cancellations after 12:00 noon the day of the performance unless otherwise noted will incur the \$4 transportation fee.

Munford Jewelers



The Holidays are upon us! Munford Jewelry Buyers will be offering JEWELRY for sale on Wednesdays, in addition to offering jewelry repairs. Come see what TREASURES will be offered to start your holiday shopping off with a BANG!

****Cash, check, credit cards accepted****

Wednesdays in December

9:00 AM– 11:00 AM

Club Cedar*

* Please note the permanent change in location



Short Pump Symphonette, Christmas Mother

Join us as we introduce the 2017 Henrico Christmas Mother, Gay Rudis, and our knitters present their supply of warm fuzzy caps knitted for those in need.

The presentation will be followed by a concert from Short Pump Symphonette. This amazing 20-piece orchestra will be playing a wonderful mix of holiday music.

Members of the orchestra range from elementary school students to retirees.

Tuesday, December 5

7:30 PM

Fellowship Hall

Cedarfield's Movie Matinee Presents...

Santa Clause



This 1994 American Christmas fantasy family comedy film directed by John Pasquin. It is the first installment in *The Santa Clause* trilogy and it stars Tim Allen as Scott Calvin, an ordinary man who accidentally causes Santa Claus to fall from his roof on Christmas Eve. When he and his young son, Charlie, finish St. Nick's trip and deliveries, they go to the North Pole where Scott learns that he must become the new Santa and convince those he loves that he is indeed Father Christmas.

Wednesday, December 6

2:00 PM

Fellowship Hall

* Popcorn and drinks provided



Colony Shop and Holiday Cards



The Colony Shop will bring winter fashions to our Fellowship Hall. Make a purchase for yourself or find holiday gifts!

Jean Boddy will be selling her beautiful handmade cards as well!

Friday, December 15

1:00– 3:30 PM

Fellowship Hall

IN HOUSE PROGRAMS



Holiday Piano Recitals



Join us to support local piano students of these two talented teachers!

**From the students of resident,
Anne James**

Sunday, December 10
3:00 PM
Fellowship Hall

From the students of Marina Andueza

Sunday, December 17
4:30 PM
Fellowship Hall



Resident/ Team Member Christmas Party



This year the residents in ODD numbered cottages and apartments will provide the food for this festive gathering. Please bring your favorite dishes to the Fellowship Hall between 11:30 AM and 1:30 PM on December 14.

If your plate or dish is not disposable, please label it clearly with your name so that you can pick it up after 4:00 PM.

Thursday, December 14
2:00—4:00 PM
Fellowship Hall



Henrico Concert Band



This volunteer group of talented musicians perform all over the Richmond area under the direction of Randy Abernathy. Join us as they perform a Christmas concert for us!

Monday, December 18
7:30 PM
Fellowship Hall

Fizzy Bath Ball Class

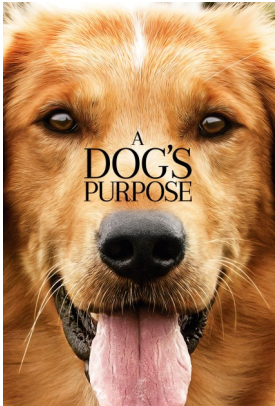


Come make a Fizzy bath ball for a gift. They have special ingredients for muscle aches and to soften your skin. You can give them as Holiday Gifts.

Tuesday, December 19
2:00 PM in the Creative Corner
Class is free. Sign up with Amanda at 474--8881 by Thursday, December 14.



Cedarfield's Movie Matinee Presents...



A Dog's Purpose

"A Dog's Purpose" shares the soulful and surprising story of one devoted dog who finds the meaning of

his own existence through the lives of the humans he teaches to laugh and love.

Wednesday, December 27

2:00 PM

Fellowship Hall

* Popcorn and drinks provided



Emme St. James



Join Emme St. James for a holiday concert as she presents all of the favorites with her warm, jazzy style.

Wednesday, December 27

7:30 PM

Fellowship Hall

Coffee Chat with Michael



Monday, December 4

10:00 AM

Sidewalk Café

Tuesday, December 12

10:00 AM

Fellowship Hall

Monday, December 18

9:30 AM

Secret Garden Villas Common Area



Sentimental Sewing Group



The Sentimental Sewing Group delivered 30 blankets and 19 receiving blankets as gifts to the St. Mary's Pediatric ICU and Cancer Center patients. This group welcomes all levels and experience levels!

Thursdays

2:30 PM in the Creative Corner

IN HOUSE PROGRAMS



EMPLOYEE CHRISTMAS FUND October 30 - December 4

Here's your chance to say "Thank you" to all the wonderful Cedarfield team members who serve us in so many ways throughout the year. You can give to the Employee Christmas Fund by placing a check or cash in one of the boxes around the building. And you can say your "thank you" in person at the annual Christmas party on Thursday, December 14.

Please be generous when you make your contribution.

Checks should be made to the "Employee Christmas Fund".



The Wellness and Leisure team want to wish everyone a happy and healthy holiday season!

Enjoy time spent with friends and family.

Fellowship Hall Sound System



The sound system will be upgraded to a state of the art sound system in the New Year. Look for a temporary system to be put into place in the month of December until the new system arrives!



Legend of the Poinsettia

At The Cultural Arts Center, Glen Allen



The annual Holiday production of the Latin Ballet of Virginia, *The Legend of the Poinsettia*, is based on the Mexican legend of a young girl who discovers the true spirit of giving.

Join us for a performance with talented dancers that connects the Hispanic/ Latin American culture with innovative and immersive dance.

Thursday, January 4

Departs TC at 9:45 AM

Cost is \$24 plus transportation fee. Space is limited.

Sign up with Amanda by Thursday, December 28. No refund after deadline. IL Trip Level I.



E-Book Library Class

Did you know that you can download free e-books, e-audiobooks, magazines, movies and music from the Henrico County Public Library? This class will cover how to use your e-readers, tablets, smartphones and computers to enjoy a great read or watch a blockbuster movie instantly, and will include plenty of hands-on help time. Please bring your device's login and passwords (including those for Amazon, if you have a kindle), as well as your Henrico Library card number, to ensure success. If you do not have a library card, one can be issued to you at the class.

Friday, January 5

2:00 PM in the Conference Room

Class is free. Sign up with Amanda at 474-8881. Space is limited.



What's All the Flutter?

Cedarfield's Butterfly-Habitat Garden Gears up for Spring



Join Beth Burrell, horticulturalist, to learn about the interesting plants that will attract butterflies, moths, bees, and birds to the garden. The newly planted Butterfly-Habitat Garden (surrounding the trailer rear of Town Center) offers plant diversity and continuous bloom that will attract our butterfly and nectar-loving friends from early spring to late fall.

Wednesday, January 17

2:00 PM

Fellowship Hall



Alzheimer's Association



THANK YOU to all residents and team members who contributed to the Alzheimer's Association! At a vendor fair in November, Sue Hillard sold \$400 in fused glass, putting our grand total raised to:

\$18,053.56



Cedarchest Holiday Hours

Sales (10:30 AM– 1:30 PM)

The **ONLY** Sales Day in December will be
December 7

We will be **CLOSED** on **Dec. 21**

Receiving (10:00– 11:30 AM)

We will be **OPEN** for Receiving Days on
Dec. 14 & Dec. 28



Holiday Giving Opportunities

Baskets of Cheer

Every holiday season, Family Lifeline collects friendly baskets of cheer for seniors in our community who are experiencing loneliness and isolation around the holiday season. Drop off your completed Baskets of Cheer to the decorated Christmas box located outside of the in-house IL mail room (near the large wall-mounted TV and courtyard access door)

BY 5:00 PM on December 4

Toy Collection

The same organization (Family Lifeline) will also accept donations of children's toys. If you would rather donate a children's book or toy (must be NEW), please place it in the same **collection box**.



Candle Lighting Service



We will be offering a Candle Lighting service to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon.

This is based on a global event that will be occurring at that time and date sponsored by Compassionate Friends.

Sunday, December 10

7:00 PM in the Fellowship Hall

Thank you to all volunteers who helped make a difference in our Cedarfield community and beyond in the Greater Richmond area.

Your thoughtful acts make an impact on the lives of others!





The 2017 Cedarfield Christmas Collection

A collection of stories written by Cedarfield residents and team members will be available throughout the building during the first week of December. Be sure to pick-up your copy.



Rejoicing in Hope

This special Advent study led by Ginger Moses is for all Cedarfield residents.

Wednesdays beginning November 29 through December 20

2:00 PM in Peppermint Lounge (3rd floor, near B-wing)
Sign-up with Amanda Kelly.



Lenten Devotionals

Writers are needed for our 2018 Lenten Devotional. For more information and guidelines, contact Florence Brooks at 474-8853. The deadline for all submissions is Wednesday, January 5.



Trinity Gathering

Members of Trinity United Methodist Church invite you to join them for fellowship, refreshments, music and a short devotion.

All Cedarfield residents are invited.

Tuesday, December 12

3:30 PM in the Cedar Woods Great Room



Men's Coffee

The men of Cedarfield are invited to get together for casual conversations over coffee. Please join us to share stories and connect with other men of Cedarfield. Pastries, fruit and coffee will be provided. The group meets regularly on the 2nd Friday each month. For more info contact EunSung Kim.

Friday, December 8

10:00 AM Club Cedar



Tuesday Morning Bible Study

The Bible and Handel's *Messiah*
led by Rev. Myra Nagel,
United Church of Christ minister and
Cedarfield resident

The words of Handel's beloved *Messiah* come straight from the Bible. In this study we will learn more about the biblical passages that Handel set to music.

Tuesdays, November 21– December 19

10:00 AM– 11:00 AM

Conference Room



Service of Lessons and Carols

A Cedarfield tradition - the singing of Christmas Carols, the reading of the Christmas story and the lighting of candles.

Tuesday, December 19

4:00 PM in the Fellowship Hall

Then, as part of this Bible Study, the Cedarfield bus will take us to a performance of the "Christmas Messiah" at Grace Baptist Church. Our last session, December 19, will give us time to reflect on the whole experience.

Friday, December 15

Departs TC at 6:45 PM

Tickets for the Messiah are \$10. Sign up with Amanda at 474-8881 by Tuesday, December 5. No refund after deadline. For more information, contact Florence Brooks at 474-8853.



Roman Catholic Eucharist
(provided by St. Mary's Catholic)

Thursday, December 21

11:00 AM in the Town Center Chapel



Clay Class



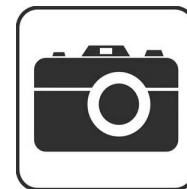
Join us in December to make a handmade Ikebana vase from clay. We'll use slabs and texture mats to construct vases in a variety of shapes and sizes. We'll add a flower frog after firing so you can display single or small arrangements for your holiday guests. This would also make a lovely gift for family and friends.

No experience required, and all materials will be provided.

Wednesdays during clay class
1:30 PM in the Creative Corner



Photography Club



Come discuss and learn from others who enjoy taking pictures!

Friday, December 8
2:30 PM in the Creative Corner



Glass Specialty Class– Holiday Ornaments



Join us this month in the creative corner for HOLIDAY ORNAMENTS! Melted snowmen, glass Christmas lights, Rudolf and friends will all be created this month with colorful glass! Bring your smiles as we listen to holiday music, share the holiday joy, and spread good cheer throughout our community. All levels welcome!

Mondays in December
10:00 AM– 12:00 PM
Creative Corner
No class on Christmas Day

Ongoing Schedule

Please check the schedule on the window of the Creative Corner for the specific daily schedule and join us for one of our regular classes!

Monday: *Glass Specialty Class (10-12)*
Guided Glass Studio (2-4)

Wednesday: *Oil Class (10-12)*
Clay Class (1:30– 3:30)

Thursday: *Watercolor (10-12)*
Sentimental Sewing (2:30– 3:30)

Open Studio available when class or club is not in session.



Craft Club Fridays with Terry



We will be painting Snowman Mason Jars that you can use as a cookie jar, or place a tealight candle within for a beautiful glow! While we wait for paints to dry, we will also paint some pretty wooden ornaments that you can keep or share!
'Tis the season for FUN!!

Friday, December 15
every third Friday of the month thereafter
2:00 PM– 4:00 PM, Creative Corner



DIETITIAN'S DIGEST, vol. 35

Calcium and Bone Strength

Calcium is very important for strong bones. Not getting enough calcium puts you at increased risk for osteoporosis and fractures because your body will take calcium from your bones in order to keep the amount in your blood at a normal level. Most people associate calcium with dairy products and it is true that milk, yogurt, and cheese are good sources. However, there are other non-dairy foods that can provide calcium as well. These foods are especially important to consume if you do not tolerate or choose not to consume dairy products. These sources include dark green leafy vegetables (collard greens, turnip greens, kale, bok choy), broccoli, sardines or canned salmon, legumes, beans (soybeans, chickpeas, black beans), almonds, figs, and calcium fortified cereals and calcium fortified orange juice. It is best to spread out your consumption of calcium rich foods throughout the day in order to optimize your absorption. Another important factor in calcium absorption is getting adequate vitamin D; sources include fortified dairy products, fortified cereal, fortified orange juice, fatty fish (salmon, herring, tuna) and egg yolks. Vary your intake of calcium and vitamin D rich foods to help optimize your bone strength and decrease your risk for fractures.

BRAIN FITNESS TIP OF THE MONTH

GOOD DENTAL CARE IS CRUCIAL FOR PEOPLE WITH ALZHEIMER'S

Regular brushing and flossing of the teeth is important for all of us in order to prevent gum disease. It may be especially important for people with Alzheimer's disease, according to a new report. The study found that gum disease was linked to more rapid declines in memory and thinking skills in people in the early stages of Alzheimer's.

For the study, researchers at Kings College London and the University of Southampton in England looked at 59 men and women who had mild to moderate Alzheimer's disease. They were given tests of memory and thinking skills, and a dental hygienist assessed their dental health. All of them were also given blood tests to look for signs of body-wide inflammation, which can result from periodontal disease.

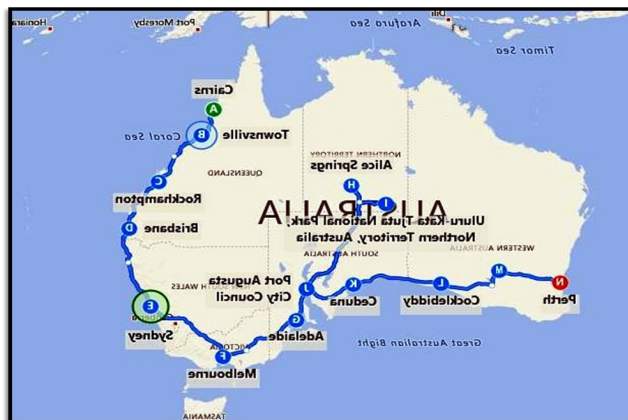
Six months later, most of the study participants were again given assessments of dental and cognitive health.

The researchers found that those who had gum disease at the start of the study had a six-fold increase in the rate of mental decline over the ensuing six months. Their memories faded faster during this time, and they scored lower on cognitive tests.

Those with dental disease also had higher levels of proteins involved in the inflammatory response in their blood compared to those who had good dental health. Inflammation has increasingly been linked to heart disease and a variety of chronic health problems, including Alzheimer's and other forms of dementia.



WALK ACROSS AUSTRALIA 6 WEEK CHALLENGE STARTS JAN 1, 2018



Last spring we counted our daily steps and successfully walked from Virginia to California and BACK! Our next journey is taking us across Australia. Follow resident team progress through 970 where we will learn interesting facts about the Land Down Under! Our total trip is 6162 miles which we are sure to finish up by February 10. Weekly log sheets will be available in the in-house mailroom So that you can track your steps which will be converted to miles. You can track steps through your phone, fitbit or pedometer.

Please sign up so that we can include everyone on our exciting journey.

SIGN UP BEFORE DECEMBER 20 with Elizabeth 474-8884

We have a limited number of pedometers to borrow so please advise Elizabeth when you sign up if you need one.



**INDOOR WALKING GROUP WILL BEGIN TUES/THURS MORNINGS
IN JANUARY**

Details will be provided in January. This is a perfect opportunity to get those steps in as part of the WALK ACROSS AUSTRALIA CHALLENGE

SIGN UP FOR THE NEXT 6 WEEK SESSION OF TAI CHI

Begins December 14.

Thursdays

1:30- 2:15 PM in the Fellowship Hall

There is a \$30 fee for Jenny's class. Please sign up with Elizabeth



SPECIAL EVENTS

Bible Study

Fridays, Dec. 1, 8, 15, 29 /
11:00 AM
SGV Activity Room

Rainbow Station

Tuesday, Dec. 5 & 19 / 10:15 AM
5th: Visits to each floor
19th: Cedar Woods Great Room
With Susan Greenbaum

Morning Devotions with Florence

Mon., Dec. 4, 11, 25 / 11:00 AM
SGV Activity Room

Music with Lucky Bill

Wednesday, Dec. 6 / 2:30 PM
Cedar Woods Great Room

Harp Therapy

Friday, December 8
Sunshine Plaza: 10:30 AM
Cedar Woods: 11:00 AM

Pet Therapy Group

Monday, December 11 / 10:30 AM
Cedar Woods Great Room

Health Services Acrylic Art Class

Wednesday, Dec. 13 / 2:30 PM
SGV Activity Room

Resident Council Meeting

Monday, December 18 / 11:00 AM
Secret Garden Villas
Activity Room

Music with Billy Mitchell

Wednesday, Dec. 20 / 2:30 PM
Cedar Woods Great Room

Singing with Mrs. Claus

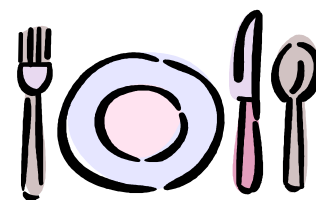
Saturday, December 23 / 2:30 PM
Sunshine Plaza Gathering Room

Secret Garden Villas & Cedar Woods Tea Party



Tuesday, December 26
3:30 PM
Cedar Woods
Common Area

Secret Garden Villas Luncheon



Wednesday, December 27
12:30 PM
Main Dining Room
A flyer will be coming out with more details.

Health Services Outing to Strange's Florist



Monday, December 11
2:00 - 3:30 PM
Board at the Cedar Woods Entrance

Health Services December Birthdays

12/16 Eleanor Blaylock
12/17 Vivien Lyle
12/17 Anettha Manuel
12/19 Thelma Greenwood
12/20 Thea Stanley
12/28 Barbara Steele
12/31 Louis Carson



SPECIAL ANNOUNCEMENTS



Coping With Loss Support Group

The Coping With Loss Support Group provides support to those who are working through various forms of grief: loss of loved one, loss of pet, loss of abilities, etc. All are welcome, including family members who do not live at Cedarfield. This is also an open group; come whenever possible.

Monday, December 18

11:30 AM in the Town Center Chapel

For more information please call Zachary at 474-8857.

Construction Corner

We are anxiously awaiting the Plan of Development to be approved by the county. They have agreed to accelerate the plantings and fence construction as the buffer from our neighbors (Health care parking lot). Once the POD is approved we may move ahead on the Wellness Building,

Household construction and Apartment Building construction. In the meantime, we are busy with Phase 1. The dining expansion is close to schedule with plans to create additional restrooms outside the former rear entrance to the dining room. Bricks are being placed on the outside of the dining expansion, and final selections are also being approved for furnishings and décor. Work continues in the new therapy space. A team has been doing wiring and demolition in that area. The construction team is busy in the new Human Resources and Training area as well.

Monthly Meetings

Town Hall Meeting

Friday, December 1

11:00 AM

Fellowship Hall

Movement Disorder

Support Group

Friday, December 1

2:00 PM

Town Center Chapel

Residents' Council

Monday, December 11

(combined meeting for
November & December)

2:00 PM

**Cedar Woods Great Room
(4th floor)**

Memory Support Group

Tuesday, December 26

10:30 AM

Town Center Chapel

Recycling pick-up will begin at

2:00 PM on December 1, 15,

and 29 for IL Apartments



Traveling?

Independent Living Residents please remember to sign out with the concierge at 474-8800 if you plan on being off campus over night.