

The POST

News and Events for Residents of The Berkeley

January Socials



Ladies' Social

Monday, Jan. 7 - 2 p.m. (ALGR2)



S'mores Social

Thursday, Jan. 10 - 1:30 p.m. (AL1)

Men's Social

Monday, Jan. 14 - 3 p.m. (ALGR2)



Pizza Party

Friday, Jan. 18 - 11:45 a.m. (ALCR)

JANUARY 2019



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Patriots Colony at Williamsburg

6000 Patriots Colony Drive Williamsburg, Virginia

757-220-9000

patriotscolony.org



find us on



Berkeley events

After Dinner Drinks

Wednesday, Jan. 2 5:30 p.m. (AL)



JanuaryBirthday Celebration

Tuesday, Jan. 29
1:30 p.m. (AL)



Crafty Critters

• Thursday, Jan. 3 - 2 p.m. (AL2)

Pottery painting

Williamsburg Regional Mobile Library

Thursday, Jan. 10 - 11 a.m. (AL1)

Doughnuts and Coffee

Tuesday, Jan. 1511 a.m. (AL)



Williamsburg Regional Library Talks 2 Go presents

U.S. Rail Car No. 1

Friday, Jan. 11 - 3 p.m. (GH)



Pet Therapy

Wednesday, Jan. 162 p.m. (ALCR)

Art from the Heart

• Thursday, Jan. 17 - 1:30 p.m. (ALGR2)

Happy Hour - 3:30 p.m.

- Tuesday, Jan. 1 (ALGR2)
- Thursday, Jan. 3 (ALCR)

 Performance by David Tetrault
- Tuesday, Jan. 8 (ALGR2)
- Thursday, Jan. 10 (ALCR)
 Performance by Sugar and Spice
- Tuesday, Jan. 15 (ALGR2)
- Thursday, Jan. 17 (ALGR2)
- Tuesday, Jan. 22 (ALGR2)
- Thursday, Jan. 24 (ALCR)

 Performance by James Curry
- Tuesday, Jan. 29 (ALGR2)
- Thursday, Jan. 31 (ALGR2)

Winter Tea Social

Wednesday, Jan. 301:30 p.m. (AL)



Barbara Smith presents When History Becomes Art

Wednesday, Jan. 30 - 3 p.m. (GH)

Berkeley movies

- Thursday, Jan. 3 6 p.m. (ALCR)
 Movie to be determined
- Saturday, Jan. 5 2:30 p.m. (ALCR)
 "Billy: The Early Years" (2008) J. Thomas Bailey & Dan Beene
 The early life of American Evangelist Billy Graham.
- Saturday, Jan. 12 2:30 p.m. (ALCR) "Churchill" (2017) Brian Cox & Miranda Richardson British Prime Minister Winston Churchill struggles with his severe reservations with Operation Overlord and his increasingly marginalized role in the war effort.
- Saturday, Jan. 19 2:30 p.m. (ALCR)
 "On Chesil Beach" (2017) Billy Howle & Saoirse Ronan
 In 1962 England, a young couple finds their romance leading to an awkward wedding night.
- Wednesday, Jan. 23 7 p.m. (GH) "The Last Word" (2017) Shirley MacLaine & Amanda Seyfried Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship.
- Saturday, Jan. 26 2:30 p.m. (ALCR)
 "Rudy" (1993) Sean Astin & Jon Favreau
 Rudy has always been told that he was too small to play college football. It

Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

Musical Entertainment:

- Tuesday, Jan. 1 1:15 p.m. (AL1)

 Performance by Cathy Combs, sing-along
- Tuesday, Jan. 8 7 p.m. (GH)

 Performance by the Andrew Shield Trio
- Wednesday, Jan. 9 2 p.m. (AL)
 Performance by Jon Durfee
- Tuesday, Jan. 22 2 p.m. (AL1)
 Performance by Shirley Adams
- Friday, Jan. 25 2 p.m. (AL1)
 Performance by David Tetrault, sing-along

Activity Planning Meeting

Tuesday, Jan. 15 - 1:30 p.m. (AL)

Resident & Dining Committee Meeting

Wednesday, Jan. 23 - 1:15 p.m. (SDR)

Family Meeting

Wednesday, Jan. 23 - 5:30 p.m. (ALCR)

Resident Council Meeting

Thursday, Jan. 31 - 2 p.m. (ALCR)

All residents urged to attend and participate.

BUS OUTINGS:

- Friday, Jan. 4
 11 a.m. (AL)
 Lunch at Sal's
- Monday, Jan. 14 1 p.m. (AL) Shopping trip
- Monday, Jan. 212 p.m. (AL)Scenic drive
- Monday, Jan. 281 p.m. (AL)Shopping trip



Joy Hansen 1/3
Cyndy Steinhauer 1/7
Sarah Grogan 1/11

If you want to be excluded from the birthday list, please let us know by the **15th of the month**.



Health & Fitness:

Shaping up

Every Monday through Friday2:30 p.m. (BG)

Walking Club

Thursday, Jan. 3,17 and 2411 a.m. (AL)



Beauty Salon Services



HAIR:

- Monday (Eleanor Calabrese)
 9:30 a.m. to 5 p.m.
- Tuesday (Darlene O'Neal)7:30 a.m. to 4 p.m.
- Friday (Darlene O'Neal) 9:30 a.m. to 4:30 p.m.

MANICURES & PEDICURES:

Wednesday (Lisa)9 a.m. to noon

Dining Schedule

7:30 a.m. Breakfast **11:30 a.m.** Lunch **4:30 p.m.** Dinner

11:30 a.m. Sunday Brunch

Rosary Group

9:30 a.m. (CH)
Led by the chaplain

Chaplain's Corner

Every Monday11 a.m. (LL)Led by the chaplain

Vespers

Every Sunday4 p.m. (GH)Sunday church service

Bingo

- Every Monday 3 p.m. (AL2)
- Every Wednesday 3 p.m. (AL2)
- Every Friday30-Minute Bingo3 p.m. (AL2)

Music Therapy

Saturday
1 p.m. (AL1)



Berkeley calendar

WEEK ONE

Tuesday, Jan. 1

New Year's Day

10:30 Open gym (BG)

11:00 Word Search game (AL)

1:15 Performance by Cathy Combs, sing-along (AL1)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

Wednesday, Jan. 2

10:30 Open gym (BG)

11:00 Un-decorating (AL)

1:30 Manicures (AL2)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

5:30 After dinner drinks (AL)

Thursday, Jan. 3

10:30 Open gym (BG)

11:00 Walking Club (AL)

2:00 Crafty Critters: *Pottery painting* (AL2)

2:30 Shaping up (BG)

3:30 Happy Hour Performance by David Tetrault (ALCR)

6:00 Movie time (ALCR) *Movie to be determined*

Friday, Jan. 4

9:30 Rosary group (CH)

10:30 Open gym (BG)

11:00 Outing: Sal's for lunch (AL)

2:30 Shaping up (BG)

3:00 30-Minute BINGO (AL2)

Saturday, Jan. 5

1:00 Music Therapy (AL1)

1:30 Facts and trivia (AL)

2:30 Movie time (ALCR) *Billy: The Early Years*

6:00 After dinner chat (AL)

WEEK TWO

Sunday, Jan. 6

7:10 Hickory Neck Episcopal Church (AL)

10:10 St. Bede's bus (AL)

4:00 Vespers (GH)

Monday, Jan. 7

10:30 Open gym (BG)

11:00 Chaplain's Corner (LL)

2:00 Ladies' Social (ALGR2)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

Tuesday, Jan. 8

10:30 Open gym (BG)

10:30 Catholic Mass (GH)

11:00 Hangman game (AL)

2:00 1:1 Visit with Emily

2:30 Lutheran Church service (CC)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

7:00 Performance by the Andrew Shield Trio (GH)

Wednesday, Jan. 9

10:30 Open gym (BG)

11:00 Taboo game (AL)

2:00 Performance by Ion Durfee (AL)

2:30 Presbyterian Church service (CC)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

Thursday, Jan. 10

10:30 Open gym (BG)

11:00 WRL short talk and mobile library visit (AL1)

1:30 S'mores Social (AL1)

2:30 Shaping up (BG)

3:30 Happy Hour

Performance by

Sugar and Spice (ALCR)

Friday, Jan. 11

9:30 Rosary group (CH)

10:30 Open gym (BG)

11:00 Friday trivia (AL)

2:30 Shaping up (BG)

3:00 WRL *Talks 2 Go* presents *U.S. Rail Car No. 1* (GH)

3:00 30-Minute BINGO (AL2)

Saturday, Jan. 12

1:00 Music Therapy (AL1)

1:30 Facts and trivia (AL)

2:30 Movie time (ALCR) Churchill

6:00 After dinner chat (AL)

Berkeley calendar

WEEK THREE

Sunday, Jan. 13

7:10 Hickory Neck Episcopal Church (AL)

10:10 St. Bede's bus (AL)

4:00 Vespers (GH)

Monday, Jan. 14

10:30 Open gym (BG)

11:00 Chaplain's Corner (LL)

1:00 Outing: Shopping trip (AL)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

3:00 Men's Social (ALGR2)

Tuesday, Jan. 15

10:30 Open gym (BG)

11:00 Doughnuts and coffee (AL)

1:30 Activity Planning Meeting (AL)

2:30 Episcopal Church service (CC)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

Wednesday, Jan. 16

10:30 Open gym (BG)

11:00 Word in a Word (AL)

2:00 Pet Therapy (ALCR)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

Thursday, Jan. 17

10:30 Open gym (BG)

11:00 Walking Club (AL)

1:30 Art from the Heart with Karen (ALGR2)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

Friday, Jan. 18

9:30 Rosary group (CH)

10:30 Open gym (BG)

11:45 Pizza Party (ALCR)

2:30 Shaping up (BG)

3:00 30-Minute BINGO (AL2)

Saturday, Jan. 19

1:00 Music Therapy (AL1)

1:30 Facts and trivia (AL)

2:30 Movie time (ALCR) On Chesil Beach

6:00 After dinner chat (AL)

WEEK FOUR

Sunday, Jan. 20

7:10 Hickory Neck Episcopal Church (AL)

10:10 St. Bede's bus (AL)

4:00 Vespers (GH)

Monday, Jan. 21

Martin Luther King, Jr. Day

10:30 Open gym (BG)

11:00 Chaplain's Corner (LL)

2:00 Outing: Scenic drive (AL)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

Tuesday, Jan. 22

10:30 Open gym (BG)

11:00 Crossword puzzle (AL)

2:00 *Performance by Shirley Adams* (AL1)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

Wednesday, Jan. 23

10:30 Open gym (BG)

11:00 Morning Mimosas (AL)

1:15 Resident and Dining Committee Meeting (SDR)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

5:30 Family Meeting (ALCR)

7:00 Movie time (GH) *The Last Word*

Thursday, Jan. 24

10:30 Open gym (BG)

11:00 Walking Club (AL)

2:00 Jigsaw puzzles (AL)

2:30 Shaping up (BG)

3:30 Happy Hour
Performance by
James Curry (ALCR)

Friday, Jan. 25

9:30 Rosary group (CH)

10:30 Open gym (BG)

11:00 Dominoes (AL)

2:00 Performance by David Tetrault, sing-along (AL1)

2:30 Shaping up (BG)

3:00 30-Minute BINGO (AL2)

Saturday, Jan. 26

1:00 Music Therapy (AL1)

1:30 Facts and trivia (AL)

2:30 Movie time (ALCR) *Rudy*

6:00 After dinner chat (AL)

WEEK FIVE

Sunday, Jan. 27

7:10 Hickory Neck Episcopal Church (AL)

10:10 St. Bede's bus (AL)

4:00 Vespers (GH)

Monday, Jan. 28

10:30 Open gym (BG)

11:00 Chaplain's Corner (LL)

1:00 Outing: Shopping trip (AL)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

(AB)

(DR)

Tuesday, Jan. 29

10:30 Open gym (BG)

11:00 Who am I? (AL)

1:30 January Birthday Social (AL)

2:30 Temple Beth El Church service (CC)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

Wednesday, Jan. 30

10:30 Open gym (BG)

11:00 Jeopardy (AL)

1:30 Winter Tea Social (AL)

2:30 Shaping up (BG)

3:00 BINGO (AL2)

3:00 Barbara Smith presents When History Becomes Art (GH)

Thursday, Jan. 31

10:30 Open gym (BG)

11:00 End of January Trivia (AL)

2:00 Resident Council Meeting (ALCR)

2:30 Shaping up (BG)

3:30 Happy Hour (ALGR2)

(AL)	Assisted Living Sitting Area
(ALL)	Assisted Living Lobby
(BC)	Berkeley Courtyard
(BG)	Berkeley Gym Second Floor
(CH)	Chapel
(CC)	Convalescent Center

Dining Room

Aerobics Studio

(GH)	Grand Hall
(LL)	Liberty Lounge
(SDR)	Small Dining Room
(AL1)	Assisted Living TV Lounge First Floor
(AL2)	Assisted Living TV Lounge Second Floor

(ALCR) Assisted Living
Community Room

(ALCR2) Assisted Living
Community Room
Second Floor

(ALGR2) Assisted Living
Game Room
Second Floor

(Fireplace Room)







JANUARY 2019

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Berkeley TELEPHONE NUMBERS

Assisted Living Director: Tammy Johnson, 585-7043

Front Desk: 220-9000

Berkeley Dining Room: 585-7001

Billing Coordinator: Megan Meyers, 585-7055

Activities Coordinator: 585-7024

Chaplain: Travis Greenman, 585-7069

Transportation: 585-7078

Fitness Manager: Sean Bush, 585-7053

Marketing Manager: Scott Hay, 585-7008