



Carma's Commentary

If all of your childhood dreams had come true, would you be living life as you are today? In his book, *The Last Lecture*, Randy Pausch talks about achieving his childhood dreams and how it impacted those around him. His simple stories have hidden lessons for all of us.

Achieving a childhood dream is a wonderful thing. However, achieving our childhood dreams with the wellbeing of others in mind is even better. For example, if we have a dream of being a great leader, why not expand that dream of being a great leader who elevates the feelings of wellbeing for all of those around us? If that could happen, I'm pretty sure we would far surpass our original dreams.

With our focus on the wellbeing of our residents here at The Cedars, we are trying to achieve the same thing that Randy talks about. We want the kind of staff who are considerate and thoughtful when visiting with the residents. If they can see their work with others as a way of meeting their own goals, they are usually a much happier employee.

It took me a while to realize that many of my childhood dreams were being met by the contact I have with people on this campus. One day several years ago, I suddenly realized that I loved hearing the stories that our residents had to tell. I've worked in other settings with all kinds of people, but nothing compares to dealing with the real-life issues of another human being and hearing stories about their past. Listening to the bad things that happen is just as important as the good things. It is a part of getting to know your customers because you spend every day with them. In my case, the term customer is used for both staff and residents.

Residents' family members are also considered customers, and getting to see the interactions among family members is always a big learning experience. When people come here to live, the family dynamics are usually bursting at the seams. If there has been tension over the years, it will probably come to a head when mom and dad move to a retirement community! However, I am touched by how often the family can work through those dynamics for a common cause.

Randy wrote *The Last Lecture* for his family. He was a professor at Carnegie Mellon University when he found out that he had cancer and only a few months to live. He gave his last lecture to his college students, and video taped it so his three young children could see him in his element when they were old enough to understand. He shared how he had fulfilled many of his childhood dreams, but he wasn't going to see his children grow up. He didn't dwell on the gravity of the situation. Instead, he focused on seizing the moment with every day that he had left. Those moments included loving his children and making the world a better place for those around him.

It wasn't until recent years that I started thinking about what it would take to make the world around me a better place. My childhood dreams may have been too narrowly focused to include the wellbeing of others. I now realize that to have friends I need to be a friend, and that is easier said than done. There are simply some days when I don't play well with others.

Maybe my nightly meditation should be: What did I do today to connect with the child in someone else's dream?

Carma Wall, CEO
cwall@thecedars.org

LaMonte Rothrock

VP Marketing and Sales

July has seen the heat of Kansas bearing down on us. I look forward to some relief in August along with more moisture. We have had lots of activity showing duplexes as of late, and five will soon be occupied. Our new Welcome Wagon Team will be greeting our new village community members. I also appreciate how welcoming you have been when people are visiting units. We plan to have our next Independent Living Open House soon.

As you have seen, probably heard, we have been working on roofing projects recently. The following units are set to have new roofs installed this summer and fall: 1138/1140 Darlow Drive, 1110/1112 Darlow Drive, 1004/1006 Cedars Drive, 1017/1019 Darlow Drive.

I am pleased to share that our exercise room and swimming pool issues are resolved for now. The equipment was all serviced on July 25. We do have some replacement parts coming in for one of the treadmills.

Recently several of our village residents have had phone, mail and email scams offering financial winnings if they would give them money or information. If you ever have questions regarding something you won, that seems too good to be true; please contact me.

As always, please feel free to call, email, or stop by if you wish to share your appreciation, concerns, and wishes. Have a great August.

August Birthdays:

Marilyn Anderson	Richard Koenig
Kenneth Norstrom	Lois Richards
Marguerite Schweitzer	Shirley Gans
Doris Seglem	Madonna Reynolds
Shirley Bender	Tim Baze
Alma Price	Rita Prieb
David Fruth	Howard Hall

Recycling with the Blue Tubs:

Here are the dates for the Blue Tubs and recycling this month according to McPherson Area Waste Management.

August 8

August 22

This'n That

from around The Village

August Luncheon

When: Tuesday, August 21, 12 noon
 Where: Wellness Center Banquet Room
 Hosts: Cedars Administrative Team
 Menu: Italian biggest: Pasta, red meat sauce & Alfredo sauce with chicken, salad, Italian bread, cheese cake
 Cost: \$11

Please note: Phone reservations to Diane at 241-0919 (ext 110) by Friday, Aug. 17th

You are invited to bring a donation of food for the McPherson County Food Bank.

August birthstone: Gladiolus

August flower: Peridot and Sardonyx

The Month of August is:

Admit You're Happy Month
 Family Fun Month
 National Eye Exam Month
 National Catfish Month
 National Golf Month
 Peach Month
 Water Quality Month
 National Picnic Month

August Fun Facts:

August 1, 1944 – Ann Frank penned the last entry into her diary.

August 2 1776 – In Philadelphia most of the 55 members of the Continental Congress signed

the parchment copy of the Declaration of Independence.

August 3 1492 – Columbus set sail from Palos, Spain.

August 4, 1901 – Jazz trumpeter Louis Armstrong was born in New Orleans, Louisiana.

August 6, 1945 – The first Atomic Bomb was dropped over the center of Hiroshima.

August 6, 1965 – The Voting Right Acts of 1965 was signed into law by President Lyndon B. Johnson.

August 9, 1974 – Richard M. Nixon resigned the presidency as a result of the Watergate scandal, becoming the only U.S. President ever to resign.

August 13, 1961 – The Berlin Wall came into existence after the East German government closed the border between the east and west sectors of Berlin to discourage emigration to the West.

August 14, 1935 – President Roosevelt signed the Social Security Act.

August 16, 1896 – Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush.

August 27, 1910 – Mother Teresa was born in Skopje, Yugoslavia. She founded a religious order of nuns in Calcutta, India, and spent her life working to help the sick and poor of India.

August 29, 1991 – Following the unsuccessful coup of August 19-21, the Soviet Communist Party was suspended, thus ending the institution that ruled Soviet Russia for nearly 75 years.

August Events

LaMonte Rothrock, contact person unless otherwise indicated.

August 2 - Ice Cream Sandwich day

August 4 – National Chocolate Chip Cookie Day

Classical Guitar Recital

Thursday, Aug. 2 – 3 p.m.

Kristin Anguiano will be performing a senior recital for The Cedars community on August 2nd at 10 a.m. before going off to college in a few weeks. Come down to the conference center and support this local talent. She will be performing classical works by York, Brescianello, and Pernambuco.

Kristin is a classical guitarist and local artist. She is a graduate of McPherson High School. She also plays the viola and is a former member of the Salina Youth Symphony and the McPherson High School Orchestra and currently performs with the Hutchinson Symphony and will be studying visual arts at Hutchinson Community College this fall.

August 3 – Grab Some Nuts Day

August 3 - National Watermelon Day

First Friday at The Cedars

August 3 – 3 p.m. WCC

Athletics Jeopardy

Bulldog Jeopardy hosted by McPherson College Athletic Director, Andrew Ehling, will feature categories such as KCAC Champs, Coaches, Hall of Fame, NAIA All-Americans and MVPs, and College History. McPherson College Athletics has experienced recent success by finishing fifth in the KCAC Commissioner Cup and boasting three KCAC Championships, nine All-Americans, and 32 Daktronics NAIA Scholar-Athletes. On top of that fifteen programs were honored by NAIA with Scholar Team Award. Ehling will be accompanied by McPherson College Coaches and Staff.

Joe Dickhudt

“Apollo Project in Perspective”

Tuesday, Aug. 7 - 7:00

Joe Dickhudt has been a Professor of Technology and Auto Restoration at McPherson College for 14 years. He is coming to our campus to talk about “looking back 50 years at the Lunar Space Program and what it took to put a man on the moon.”

Prof. Dickhudt had the privilege of working on the Apollo Program, starting with Apollo 1 in 1965 as a lead system engineer doing Space Craft Acceptance Checkout and Evaluation of Apollo service and command modules as they were being built “on the line” in Downey, California. After the Apollo Program, he spent much of his career designing and building aircraft flight test systems for NASA, Navy, and Air Force avionics systems, including the B-2 Stealth Bomber. He served 20 years as vice-president of systems and engineering development for Computer Sciences Corporation (a Fortune 500 company) in Fairfax, Virginia before joining the faculty at McPherson in 2004.

In addition to being an avid collector of antique and vintage cars and motorcycles, Professor Dickhudt is a licensed sports pilot who flies a vintage 1939 Taylorcraft airplane, and who may be seen on occasion flying a Powered Parachute ultralight in the skies over McPherson.

Now, doesn't Joe sound like someone you'd like to meet? Come to the Wellness Center on Tuesday, August 7, at 7:00 to learn from him. His program will bring back memories as he reviews the space program we've lived through.

We'll have refreshments. *Thanks for your donations which help with our expenses.*

>>If you'd like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by 5:00 that day.

Needle-Crafters

Wednesday, Aug. 8 2 p.m.

Come to the South Down Under Room (912½ Cedars Drive) if you are interested in making hand-crafted shawls, scarves, pocket prayer cloths, or other remembrances for persons needing encouragement because of illness or bereavement. Bring your questions and hand-work ideas. Contact person: Vera Ellwood 504-5030.

August 9 – Book Lovers Day

Movie Night

“The Greatest Showman”

Thursday, Aug. 9 - 7:00

Did you go to a three-ring circus when you were a kid? Then you just might be interested in this month’s movie.

We’re watching a musical which celebrates the birth of show business and tells of P.T. Barnum, a man with vision who rose from nothing to create a spectacle that became a worldwide sensation known as The Greatest Show on Earth. This musical centers around Barnum’s creation of the three-ring circus and his relationship with Swedish songbird Jenny Lind. “The Greatest Showman” is a PG-rated 2017 movie.

Invite your friends and neighbors for an evening at the movies. The price is right!!! We’ll have popcorn and other goodies. *Thanks for your donations which help with expenses.*

>>If you’d like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by 5:00 that day.

August 10 – National S’mores Day

August 12 – Presidential Joke Day

August 13 – Left-Handers Day

August 15- Relaxation Day

August 16 - National Tell A Joke Day

August 10 - National Potato Day

August 20 – World Mosquito Day

August 21 – Senior citizens day

Encompass Health will present “Senior Home Saftey” on August 15, 11:15 a.m. Wellness Center.

Due to home accidents being a major source of injury to those over the age of 65, it is important to keep your environment safe. Home accidents may include broken bones, burns, falls, bruising and medication overdoses. Staying safe in your home is key for fall prevention and preventing injury so that you can stay functionally independent, living life to its fullest.

Youth Vocal Concert

Thursday, Aug. 23 – 7 p.m.

The United Center Youth Group is coming to The Cedars to sing for you for about 30 minutes! If you are not familiar with the Holderman Mennonite church, they do not use the piano, and these young adults sing in 4 part harmony and are looking forward to sharing their hearts through song. The group will be providing homemade cookies so don’t miss this program!

August 27 – Global Forgiveness Day

Book Club

Monday, August 27 - 3:00

Wellness Center

Have you been reading a good book lately that you’d like to share with others? The book club meets Monday, August 27, at 3:00 in the Wellness Center in the Quiet Room just off the coffee shop. Everyone is welcome.

Community Classroom

Tuesday, Aug. 28 - 10:30 a.m.

Join Angels Care Home Health and The Cedars for our Community Classroom topic of the month: “Conquering Diabetes.” A complimentary blood pressure check is available.

Jim and Cindy Griggs

“Galapagos Islands”

Tuesday, Aug. 28 - 7:00

It’s time to have Jim and Cindy Griggs come and share about a trip they’ve taken and are willing to share through beautiful pictures.

Explore the Galapagos Islands with Jim & Cindy Griggs! Remote and virtually undisturbed, this paradise off the coast of Ecuador lies atop a seamount of its volcanic origins. See what makes Opportunity to once again explore this marvelous string of islands, and they did not hesitate. Come share in what draws so many people to this archipelago in the Pacific.

Everyone is welcome to come to the Wellness Center on Tuesday, August 28, to go on this trip with Jim and Cindy. Be sure to remind your neighbors, so they don't miss this opportunity to learn about another part of the world. You won't want to miss it. (*We'll have refreshments. Thank you for your donations.*)

>>If you'd like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by 5:00 that day.

BUNCO

Thursday, Aug. 30 - 3:00

Ask Miriam Hoover or Rex Selack about playing BUNCO!!! They come and have fun, and we want to make sure you feel welcome to join us. We'll meet in the Coffee Shop at the Wellness Center on Thursday, August 30 at 3:00. This is a simple dice game, and you don't need the experience to play. You might just need to get out and be with other people. Come on over. Everyone is invited and welcome.

A trip to El Dorado

Friday, Aug. 31 - 8:00

"Elk, Oil, Eat, Balloons" trip

We have a long and interesting day planned for your field trip in August. We'll leave from the Wellness Center at 8:00.

Our first stop is near Potwin where Gayle and Don Bartel have an elk farm. Their herd stands at about 50 at this time, and we will likely see baby elk that day. Gayle will give information about raising elk for a living. I already have lots of questions: Why would people in Kansas have an

this a special place among adventure travelers, scientists, and naturalists both above and below water! After their initial trip in 2002, they knew that had to return. 2017 offered an elk farm? What is the market for elk products? Do elk use their antlers for fighting? Are the antlers lost every year and new ones grow? How do elk take care of their young? Etc. Etc. etc. (restroom available here).

Next, we'll go on to El Dorado to the Oil Museum. There will be an introduction by staff, and then we'll be on our own. The museum is geared toward the 1920s oil boom. We will learn about the economic and social impact of oil in Kansas. Bring your questions about oil production and that whole industry. There is a \$4.00 charge for the museum.

For lunch, we'll go to the Greek Stone Grill where you can order from the menu. This restaurant is known for its Mediterranean cuisine and American foods.

After lunch, we'll go to the Pioneer Balloon Company and learn about the balloon industry and what part El Dorado plays in that market. Balloons are everywhere. You can buy them at grocery stores, flower shops and lots of specialty shops. The plant in El Dorado produces the foil or Mylar balloons. They promote their balloons as a way to educate, to decorate, to celebrate, to inspire, to profit and to dream. Our contact person said this is a standing/walking tour lasting approximately one hour. No open toed or open heel shoes may be worn anywhere in the plant. Photos and cell phones are not permitted.

We'll plan to leave from the Wellness Center at 8:00 on Friday, August 31. We'll need to charge \$5.00 for transportation, and if you'd like to go along, please call Dave/Bonnie Fruth by Tuesday, August 28. You can leave a message if we're gone, and we'll get back to you to confirm. We hope you plan on joining us.

WANTED: CARD PLAYERS

Several people have mentioned that they would like to play cards and they need more people.

The group(s) might choose pinochle, pitch, hearts, rummy or hand and foot. If this sounds like something you'd like to do, call Dave Fruth (245-0674). The group could decide when and where to meet. This would be a good way to get out of the house and be involved with other people.

125-Year Celebration Picnic

All residents on The Cedars campus (health care, assisted living, village), staff members, family members, volunteers, and board members are invited to an old-fashioned picnic on Saturday, August 11, from 11:00 to 1:00.

This picnic is part of a year-long series of activities celebrating the 125th anniversary of The Cedars, which is the longest continuously operating retirement community in the state of Kansas.

The picnic will be held in a tent near the gazebo on The Cedars campus. Fried chicken, drinks, and table service will be provided. Attendees are asked to bring a potluck dish to share.

RSVP no later than NOON OF MONDAY, AUGUST 6. All those planning to attend should reply to Diane at 241-0919, ext.110

SOUND OF THE HEARTLAND ENSEMBLE

Aug. 18, 2018 – 6-7 p.m.

Cedars Conference Center

McPherson, KS

Directed by LaDonna Cheatham of McPherson this is a 21-member women's ensemble based in the Newton/Greater Wichita, KS area. Singing four-part a cappella, they promote the Barbershop art form everywhere they sing.

The ensemble travels and performs regularly, hosts a popular annual show and sponsors a cappella singing workshops for all ages. They're members of [Sweet Adelines International](#), a worldwide organization of women singers committed to advancing the musical art form of barbershop harmony through education, competition, and performance. Sweet Adelines International choruses are divided into several geographical regions. The Heart of America Region 25 is comprised of 30 choruses from seven states stretching from northwest Texas to Tennessee.

Ongoing Events

LaMonte Rothrock, contact person unless otherwise indicated

Exercise Class - WCC

Thirty-five minute exercise time from 9:00-9:35 Monday, Wednesday, and Friday mornings.

EnhanceFitness classes – WCC

With the YMCA we offer EnhanceFitness classes on Monday, Wednesday, and Friday mornings at 10:15-11:15.

Tai Chi classes – twice weekly – Fitness Ctr

Tai Chi classes will exercise in the Fitness Center each Tuesday & Thursday mornings at 11.

2nd Tuesday Coffees

August 14 at 10 a.m.

Men: at the Café for visiting, coffee, and an occasional speaker.

Women: at WCC Coffee Shop. Pick up your coffee cup, stop by your neighbor's door and join other Village women for coffee & goodies.

China Painting—SDUR

Every Thursday morning the China Painters paint in the South Down Under Room from 9-11 a.m. There will be fun and helpful persons to get you started and loving china painting.

Van to Dillons or WalMart

We take a van on Thursdays on alternate weeks to WalMart or Dillon's, leaving at 9:30 a.m. and returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. If you are interested in going on the van, let Diane Goldberg know (241-0919 ext. 110) before 9 a.m. each Thursday so she can know the number of people going and reserve a van.

Swim and Pool Activities

If you want to use the pool and do not have a partner, let Diane know, and he can help you find someone. For safety reasons, we must always have two people in the pool at the same time.

Pool – Every Thursday come to the North Down Under Room at 3 p.m. and invite your friends to join you for a round of Pool.

Village Breakfast – August 9 & 23

Enjoy a made-to-order omelet with a variety of sides at 8:15 a.m. in the Cedars Café for only \$5. Noon lunches are also served at the Café Sunday through Friday. The noon menu is available daily by phoning The Cedars (241-0919 x300) after 10 a.m. Menus may change according to a number of guests.

Friday Morning Coffees

Take your coffee break each Friday morning from 9:30-10:30 at The Courts for fun and good fellowship with residents there.

Using the Wii

The Wii game is set up in the WCC fitness room ready to play every day.

Documents to be shredded

Villagers can bring documents that need to be shredded at any time to Diane Goldberg's office in the Wellness Conference Center. **Don't** take your documents to either the Business office or Assisted Living.

This is a service that The Cedars provides for us. (Document shred is for items containing personal information that you don't want others to get)

Recyclable paper, cards, magazines or newspapers can be dumped into your blue recycle cans or the recycling container in the NE corner of the rocked parking lot at The Wellness Center.

Some Small Groups at The Cedars

Wednesdays: Village Study

On break for summer

4th Monday

Book Club

3:00 – WCC

Getting to Know our Neighbors in Cedars Village

Jay and Marilee Keagle moved to 1245 Darlow Drive in Cedars Village in September 2017. Jay was raised in Canton, KS, and Marilee was raised in McPherson. Her maiden name was Kemp, and her parents owned and operated Kemp's Restaurant on the west side of town where Marilee worked as a youngster.

Marilee graduated from McPherson High in 1955, and she and Jay were married in 1956. Neither pursued high education but instead began work right away. Marilee worked for Southwest Bell Telephone as an operator until 1976 when the local office closed. For a few years, she worked at a drug store until it closed. Then she worked as a ward clerk in the geriatric hospital unit until it closed. So, Marilee thinks of herself as being “the closer.”

For seven and a half years, she worked in medical records at the hospital; then she moved to x-ray for seven and a half years.

Jay began his career at United Dairy and worked there for fifteen years. He delivered milk to homes. Marilee remembers occasionally accompanying him on his early-morning route where housewives would prepare breakfast for them. When the dairy closed, Jay worked for CertainTeed (now known as American Specialty) in quality control for 28 years.

Married for 62 years, Jay and Marilee have four daughters: Debbie, Lori, Kelly, and Stephanie. Together, the girls have seven children. The Keagles have ten great-grandchildren.

Evident in the living room is an impressive collection of 145 Hummel figurines. Another lifelong interest of Marilee's is traveling. She and Jay love going to the Rocky Mountains in Colorado, especially to Estes Park. They have visited both Alaska and Hawaii. Together, they liked the garden when they were house owners, and Jay kept an immaculate lawn and yard. Jay was accomplished at refinishing furniture and coached kids' baseball for years. Some of his players are now sixty years old.

Presently Jay, who takes a blood thinner, is at the Cedar House because of a bump that caused an extensive bleed in his leg. He is benefiting from a product called Wound Vac which is attached to the leg and does “vacuum” the waste from the wound. Marilee expects him to return home shortly when Home Health assists them in the continued care he needs.

Marilee's favorite movie is “Dirty Dancing,” and she thinks she has seen it 75 times. The second favorite is “Pretty Woman.” When she listens to music, it is country western or light instrumental classical. And she longs to taste again her mother's pan-fried chicken, mashed potatoes, and cream gravy.

Jay has never liked pets inside the house, but he is especially fond of their grand-dog, Keva. She's a mini golden doodle which is a blend of golden retriever and poodle.

Evelyn Field and David Fruth

Getting to Know our Neighbors in Cedars Village

The newest residents of Cedars Village, **Ann, and Phil Stover**, live at 1134 Darlow Drive after three years of volunteering full time at places around the country: places like Heifer Ranch in Arkansas, houseparents at Church of the Brethren seminary in Indiana; church camp in Colorado, a mission center in Illinois, working with children in Louisville and just finished volunteering at Menaul School in Albuquerque. And they may not be done yet.

Ann's home is Haxtun, Colorado. She was raised in the same house her dad was raised on the family farm. After graduation from the University of Northern Colorado, she taught special education, worked with 4Hers and was involved in other community activities. Ann has three children. She was a parent to many foster children.

Phil has lived in many places, including McPherson. He graduated from Manhattan High School. His father taught geography at Kansas State University, and his mother worked in Adult Education. Phil continued his education at McPherson College and Washburn Law School where he graduated with a law degree. He practiced as an attorney in Quinter and Gove County where his first wife, Katy, and four daughters lived. The parents of Katy, Dave and Anne Albright, lived at the Cedars for many years.

After Katy had passed away from a 14-year battle with cancer, Phil wrote some letters to a few friends asking for help in finding another person to marry with the stipulation that she had to be someone he did not know. Following this letter Phil and Ann met. Ann and Phil married in 1999 and continued parenting foster children, adopting two foster children as their own.

A highlight of Phil and Ann's life in Quinter was starting a group home for boys called Hope House. Troubled boys were placed in the home by the state, and over a seven-year period, Hope House was home to over 100 boys.

The Stovers are glad to be moving to the Cedars as a home base to volunteer, to be a part of the McPherson Church of the Brethren, McPherson College, and the Cedars community. They also will be closer to be involved with their 14, soon to be 15, grandchildren.

Ann's favorite movie is "Hoosiers," and Phil likes "Chariots of Fire." His favorite song is "My Life Flows On" and "O Happy Day." Ann's favorite is "It is Well with my Soul." Ann's favorite food is pumpkin pie, and Phil likes any kind of food. Ann likes to do crafts, make greeting cards and do scrapbooking while Phil has some projects he wants to work on in his wood shop.

Evelyn Field and David Fruth

Chaplain's Corner

BEREAVEMENT GROUP

The latest Bereavement Group has come to a close. A new group will begin September 6, 2018. The group meets, at 1:30, weekly on Thursdays for ten weeks. If you would like more information or have questions regarding the group and the nature of grief and mourning, please feel free to contact Chaplain Chris Whitacre at 241-0919 ext 127.

VILLAGE STUDY GROUP

Stay tuned for information regarding the next Village Study Group start time and topic.

Chris Whitacre
Chaplain

In Memoriam

Lorene "Rene" Pauls

1936– 2018

June Bell

1920 – 2018

**DEVOTIONAL EVENTS
HEALTH CARE**

9 AM MUSIC

Wed 7/4 Colleen Peters
Wed 7/11
Wed 7/18 Joyce Hall
Wed 7/25 Noleen Binder

JULY 2018

*COMMUNION HCC
COMMUNION 807*

9:30 AM WORSHIP

Chris Whitacre
Tom Mayse
Tim Leaf
Chris Whitacre

AUGUST 2018

Wed 8/1 Colleen Peters
Wed 8/8 Joyce Hall
Wed 8/15
Wed 8/22
Wed 5/29 Noleen Binder

*COMMUNION HCC
COMMUNION 807*

Ami Martinez
Tom Mayse
Troy Schroeder
Tim Leaf
Chris Whitacre

SEPTEMBER 2018

Wed 9/5 Colleen Peters
Wed 9/12 Joyce Hall
Wed 9/19
Wed 9/26 Noleen Binder

*COMMUNION HCC
COMMUNION 807*

Troy Schroeder
Troy Schroeder
Tim Leaf
Chris Whitacre

Catholic Communion

Wednesdays & Thursdays

St. Joseph's

Bible Study = Thursdays -10:00 AM – Activity Rm.

-Chris Whitacre, Leader

Bible Study = Fridays

-10:00 AM – House 807

-Fr. Bob Layne, Leader

-10:30 AM – Special Care Center

-Chris Whitacre, Leader

- 3:30 PM - Walnut

-Susan Ballou, Leader

EVENTS THROUGHOUT THE CEDARS COMMUNITY

Inspirational Music

Mondays	9:30am	House 803	Jim Pauls
Wednesdays	10:00am	Chapel, House 805	Noleen Binder
Fridays	9:30am	House 805	Vera Ellwood
	9:30 am	The Courts	

Bible Study

Tuesdays	3:35pm	Magnolia	Susan Ballou
Thursdays	10:00am	Chapel, HCC Evergreen	Chris Whitacre
	4:00pm	The Courts <i>(2nd Floor Activity Room)</i>	Susan Ballou
Fridays	10:00am	Chapel, House 805 <i>(For all Houses)</i>	Tom Mayse

Village Study

Wednesdays	10:15am	HCC Chapel, Evergreen
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Local Sunday Worship Opportunities

Attend the church of your choice...

7:05am	Southern Gospel and Favorites Music	KBBE 96.7 FM
8:30am	Radio Broadcast <i>First United Methodist Church</i>	KBBE 96.7 FM
9:00am	Lutheran Hour <i>Missouri Synod</i>	KBBE 96.7 FM
10:15am	Televised Service <i>McPherson Church of the Brethren</i>	Channel 13
10:30am	Radio Broadcast <i>Free Methodist Church</i>	KBBE 96.7 FM

6:00pm **Worship** **The Courts** *(2nd Floor Activity Room)*

Susan Ballou – Assisted by: Dean Smidderks, Tom Griffith, Larry Anderson

COMMUNION = Served on second Sundays

HYMN SING = Every Fifth Sunday

Approaching the Gate

Elmer L. Hanson

Perhaps you have noticed with the passing of days
 Some things are happening.... we're changing our ways.
 We've reduced the speed with which we walk.
 I may ask you to repeat what you say when you talk.
 I may need some help when trying to recall
 The names of friends that we meet in the hall
 Have you noticed the size of the print when you read?
 The obituary page I turn to with speed.
 I am spending more time in front of the screen,
 But I may doze offcan't recall what I've seen.
 When I put on my clothes.....it'll be no surprise
 If the clothes that I like are no longer my size.
 When I put on my socks my arms are too short.
 Just one of many problems that I could report.
 When I talk with my peers we'll likely discuss
 The things we remember of the days that once was
 We tend to boast of the things we lived through
 Bragging about hardships we endured as we grew.
 I tell with some pride how I lived as a child
 Younger folks may think the stories are wild.
 That my body no longer can do what it did
 And I more frequently take pills to get rid
 Of an ache or a pain that have come on of late.
 I cannot denyI'm approaching the gate.

Elmer read this at the last Village Luncheon

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Sept. newsletter deadline: Aug 24		1 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness	2 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 3p Classical Guitar Recital 3p Pool- NDUR	3 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness 3p First Friday - Ehling	4
5	6 9a Exercise group 10:15a EnhanceFitness	7 8a * Smoke Alarm Check * 9-1 Peoples Bank Open 11a Tai Chi 7p Apollo Project	8 * Blue Tub Recycle Day * 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness 2p Needle-Crafters- SDUR	9 8:15a Village Breakfast 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 3p Pool- NDUR 7p Movie Night	10 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness	11 11-1 125 Celebration Picnic
12	13 9a Exercise group 10:15a EnhanceFitness	14 9-1 Peoples Bank Open 10a Men's Coffee 10a Women's Coffee 11a Tai Chi	15 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness 11:15a Encompass Health Care	16 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi	17 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness	18 6-7p The sound of the Heart-land Ensemble
19 3-5p Open House Independent Living	20 9a Exercise group 10:15a EnhanceFitness	21 9-1 Peoples Bank Open 11a Tai Chi 12n Village Luncheon	22 * Blue Tub Recycle Day * 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness	23 8:15a Village Breakfast 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 3p Pool- NDUR 7p Youth Vocal Concert	24 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness <u>Newsletter articles due</u>	25
26	27 9a Exercise group 10:15a EnhanceFitness 3p Book Club	28 9-1 Peoples Bank Open 10a Village Council 10:30a Community Classroom 11a Tai Chi 7p Galapagos Islands	29 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness	30 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 3p BUNCO 3p Pool- NDUR	31 8a El Dorado trip 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness	