



## Unwrapping Local History

Most Carolina Village residents trace their roots to other areas of the United States, many of us to other countries; but we have all chosen to spend our remaining years in Henderson County. Robert Browning put it this way: "Grow old along with me. The best is yet to be—the last of life for which the first was made."

Many of our residents had the opportunity just before Christmas to attend a performance of *Unwrapping Local History*, a play by local playwright and historian Tom Orr, highlighting the contributions of 17 outstanding citizens to the local area, some of whom have direct ties to Carolina Village. Residents who attended this production are prepared for the 2017 theme of the Villager, "Let's Explore!" During the year the Village will focus on the region we call home. Since a majority of us are transplants, unfamiliar with grits and Appalachian architecture and agriculture, this is our chance to learn.

The play, which opened on the 200th anniversary of the founding of Henderson County in 1815, was a part of the introduction of the Walk of Fame. Over a year ago at the instigation of Mr. Orr, the Henderson County Board of Commissioners and the Hendersonville City Council appointed five members to a Steering



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<https://commons.wikimedia.org/w/index.php?curid=21845398>

Committee to establish a process to recognize and honor individuals who have made significant, positive, and long-lasting contributions to the quality of life in Henderson County. Dr. Amy Pace, a Village resident, was one of the five.

The play recognized citizens from many professions, backgrounds, and walks of life, but they hold in common the desire to make Hendersonville and Henderson County a better place to live. These outstanding citizens will be honored by plaques on the "Walk of Fame," which will begin on King Street between Third and Fourth Avenues East and eventually extend throughout the downtown area from the City Hall to the Historic Court House. A banquet in their honor will be held in the spring at Carolina Village.

Two of those honored in this initial class were residents at Carolina Village, Bill McKay, whose widow Frances is a current resident, and Sally Godehn. The production of the play involved other Carolina Villagers: John Arnett, son of Will and Pat Arnett did the set and lighting design; Kaye Youngblood, daughter of Ken

and Joyce Youngblood was in charge of visual images; Carol Ann Baber Surette, daughter of Larry and Annette Baber, did the costumes; Granddad's Apples, owned by the son of Bob and Virginia Lancaster, provided apples for the "goodie pokes" distributed to the audience.

What is a "goodie poke"? Imagine the early 1900s here in Henderson County. Folks did not have a lot of money, but somehow the churches managed to provide a small bag containing an apple, and orange, hard candy, and a few nuts for each child. This tradition, passed down to some of the churches even today, is only one of many we will explore in 2017.



Amy Pace



Bill McKay



Sally Godehn

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## Independent Living Support Changes

*Submitted by Velda Capps, RN, Director of Health Services*

Since 2009, Melissa Rodriguez, RN, has supervised the ILS program. The ILS program helps residents be able to remain in their apartment/cottage as long as possible. As of December 5, 2016, Carol Wetmore, RN will be the supervisor of the ILS department. Carol has been working in our ILS department for the past year. Prior to working with ILS she worked as an RN in the Care Center for several years. Carol will be working from 10am - 6pm Monday - Thursday and from 7am - 3pm on Friday. She will be available to see residents from 4pm - 5pm Monday - Thursday.

Melissa Rodriguez will be the Resident Nurse; she will be on duty Monday - Friday from 7am - 3pm. We will be increasing the days and hours that she will be available to do laboratory tests, blood pressure checks, dressing changes, etc. Laboratory Days will be Tuesday, Wednesday, and Thursday from 8am-9am. Dressing changes etc., will be Tuesday, Wednesday, and Thursday from 10am - 11am. Blood Pressure checks etc. will be Tuesday, Wednesday, and Thursday from 1pm - 2pm. She will be available to make non-routine calls and visits as well. This will allow the ILS staff to hopefully remain on schedule. Melissa will remain in the same office. If you need to see her, we ask that you try to do so at the designated times that she will be available.

We feel as though this change will provide more time for Melissa to speak with you if you have a question or a need, and that it will also allow more time for ILS to help residents that may need some type of assistance routinely.

## 1985 – Das Bird *Submitted by Charles Hofacker*

It was May of 1985 and we were enjoying a rest in a quiet park outside Zuffenhausen, with Marcel and Clare Bolle, our friends from Trumbull, who owned a house in Germany. Clare had assured us that very few birds were to be found in Germany, which of course proved to be incorrect. However, on this particular day it proved to be true.



By Andreas Trepte - Own work, CC BY-SA 2.5, <https://commons.wikimedia.org/w/index.php?curid=16110223>

We had been resting a while and just enjoying the spring day when a middle-aged woman came strolling down the path that was directly in front of us. She was, perhaps fifty feet away, when a blackbird landed on the ledge near her and began pecking around for food of some sort. Our hosts had no idea what this bird was called, either in German or English. Kathy, who never met a person she wouldn't speak to, got up and approached the woman with a "Was is das bird?" and waited hopefully for an answer. The woman kindly supplied a name, "blackbird," and continued on her way. Kathy reported this to us and Clare's comment was "She must have been a very smart woman to understand your German, Kathy."

Later on during this trip we met the blackbird again, a robin-size bird and totally black except for a bright yellow bill. Interestingly, the blackbird's habitat mirrors that of the American robin, and can be found actively looking for worms and insects in lawns and gardens just as its American cousin. And, of course, it is the crossword puzzle "blackbird" - ami!

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## The Sands of Time *submitted by Chaplain Don Taws*

One of my favorite hymns starts like this: "The sands of time are sinking, the dawn of heaven breaks..."

I think it is appropriate at the beginning of a new year to contemplate that the sand in the hour glass of our lives is running low. I say this not with regret or sadness, but with the joy of remembering the life God has given us, and the promise of a new life when the glass is empty. Of the sweet thoughts of our spouses, our children and our children's children and of days of laughter and joy, though mixed with times of sorrow and loss. Of friends past and present! What an amazing thing is it to live on this planet with the ability to think and praise the God who made us. If the Bible is true (as I believe it is), then this mortal life, through faith in God, blossoms into eternal life! The hour glass is filled anew, never to run out.

That is why we can look forward to the end of this phase of mortality and see ahead the immortal life God offers us. God's Son, whose birth we just celebrated, has gone ahead to prepare that glory yet to be revealed.

Is all this just wishful thinking? Many think so, but this is the promise that our Creator has given us, in His holy word. So we should not fear when the last grains of sand fall.....God is faithful who has promised through His Son, that whoever believes in Him HAS eternal life! That hymn I quoted ends like this: "Dark, dark, hath been the midnight, but day-spring is at hand. And glory, glory dwelleth in Emmanuel's land."

May God bless you in this year of our Lord, 2017!

"I have two kids with birthdays during December along with Christmas! This really helps."

"I'm going to spoil my wife; she just got out of the hospital"

"I'm buying all of my family's Christmas."  
"I am paying off airline tickets"

"College Tuition"  
"Presents for my Mom"  
"I'm paying bills"

## Thank you residents! Your generous gifts make a big difference.

"I am getting my Grandkids Christmas"  
"I need new tires"

"I'm giving it to my sister"

"Putting it toward house payments"

*From Carolina Village employees*

"I bought my twin sister a gift she has been wanting"

"I put it towards Adopt-a-resident here at Carolina Village"

"Presents for my mom"

"We support a family at our church; so the money is going to them"

"A roof on my home"

"I gave it to my wife. It is our wedding anniversary, and we are going out to eat and to a movie"

## Did you know?

Carolina Village is a 501(c)3 non-profit organization that depends on the generosity of our residents and the community to enhance the lives of all current and future Villagers. Find out all the ways to support the Village throughout the year, contact Phyllis Smith at (828) 692-6275 ext 274 or [phyllis@carolinavillage.com](mailto:phyllis@carolinavillage.com).



Carolina Village is a non-profit 501(c)3



# Education News

It has been several years since the Education Committee has canvassed residents to determine where interests lie and what types of programs would have most appeal. We really want to know! All new residents who have moved into Carolina Village during calendar years 2015 and 2016 will be receiving special invitations to attend an **Education Forum on Monday, January 23**, in the Education Room. Others are welcome to attend and provide input.



The Education Committee will be discussing the types of programs presently offered and soliciting input from attendees about preferences about future offerings.

The Religion and Philosophy Committee over the past few years has been pursuing study of the history of Christianity and Comparative Religion. A **new course on the Apostle Paul** will begin on **Wednesday, January 4, at 2pm** in the theater on Main Street. This will be a three-month, in-depth study of Paul, his journeys, and his writings. Please note the new hour for this course. New members of the class are welcome as we begin this new course.

Friday nights will also see the launching of a new **12-week course on Alexander the Great**. These DVD sessions will start on **Friday, January 6, at 7pm** in the Village Hall.

The Science Committee will continue its course of study on the **Joy of Science on Tuesday, January 3 at 2pm** and each Tuesday throughout January. Watch the Education bulletin board to the left of the hostess station in the Fireplace Lounge for weekly topics.

Three special offerings by the Art Committee in January will appeal to both the hands-on artists and the art "appreciators" at the Village. The special series on the **Dutch Masters** will continue in the theater on **Tuesdays at 10am** throughout the month. **Adult coloring** classes will meet from **2-4pm** in the Arts and Crafts Room on **Monday, January 16**. Classes in **making greeting cards** will meet on **January 23 and 30 from 1-4pm** in the Arts and Crafts Room.

After a busy Christmas season the music and reader's theater groups are taking the month of January off for recuperation.

**Be Alive**  
**As Long As You Live**



# HAPPY Birthday



## Birthday Party • January 18

Join us at Noon in the Dining Room

Please remember to RSVP to Betty

**MUST RSVP TO ATTEND**

- 1 Barbara Davenport
- 1 Catherine Szendrey
- 2 Nancy Randall
- 3 Jane Ragan
- 3 Elaine Keefe
- 3 Katharine Taylor
- 4 Ruth Mills
- 4 Ellen Welker
- 5 Dorothy Managan
- 6 Jean Silver
- 7 James Manning
- 9 Pat Calhoun
- 9 Barbara Herdina
- 9 Jim Rafferty

- 11 Anne Stroup
- 13 Ruth Dykstra
- 14 Paula Dillman
- 16 Barbara Ward
- 16 Ken Youngblood
- 17 Don Soula
- 18 Erika Tracey
- 18 Gerry Warren
- 19 Maree Murphy
- 21 Pat Collins
- 22 Marguerite Martin
- 22 Brenda McGregor
- 22 Maree Wick
- 23 Frank Shaw

- 23 Mary Jane Swanson
- 23 Shelia Wilson
- 24 Sallie King
- 25 Virginia Lancaster
- 25 Roberta Swanson
- 26 Beryl Helling
- 26 Mary Wood
- 27 Ray Billett
- 28 Chip Berning
- 28 Nona Schmook
- 29 Ellen Healy
- 31 Denise Parks
- 31 Marty Zigovsky

## January Vespers

*Submitted by Religious Life Committee*

- 1 Don Taws - Chaplain  
Sonja Tonneson - accompanist
- 8 Elliott Gordon - Baptist  
Othella Elliott - accompanist
- 15 Chuck Evans - Presbyterian  
Carolyn Evans - accompanist
- 22 Ron Glass - Alliance  
Cindy Glass - accompanist
- 29 Steve Mirich - Presbyterian  
Beth Taws - accompanist



## Happy Anniversary

- 9 Luther & Carolyn Sorrell
- 18 Bob & Virginia Lancaster
- 24 Lee & Agnes Jones
- 28 Gib & Nancy Campbell
- 30 Ron & Sherri Metzger

## In Memoriam



- |                  |                   |
|------------------|-------------------|
| Bill McClain     | November 22, 2016 |
| Geraldine Davies | December 9, 2016  |
| Howard Cox       | December 15, 2016 |
| Joan Fitzpatrick | December 20, 2016 |

## In-Village Special Activities

- 5 Th Reading Buddies, Ed. Room, 9:30-10:30am
- 10 Tu Computer Club, Ed Room, 2pm
- 10 Tu "My Life in Music" by Rebecca Brake, VH, 7pm
- 11 We Linus Blanket Display, Lounge, 9:30am-2:30 pm
- 16 Mo Blue Ridge Humane Society with Friends, Main Street., 1-2:30pm, refreshments
- 17 Tu Wine & Cheese Social, Main Street, 1:30-3pm
- 19 Th Kevin's Town Hall, VH, 2pm
- 23 Mo Welcome Reception, New Residents, Lounge, 10am. Meet & Greet each other
- 24 Tu Bluegrass Band, Evening of Fun & Laughter, VH, 7pm
- 25 We Bingo, Card Room, 2pm
- 30 Mo Seeing Impaired Meeting, Mag. Room CC Bus at Front, 1:30 pm
- 31 Sa Bring in New Year with BINGO, VH, 7pm

## Out-of-Village Trips

- 9 Mo Asheville Mall/ Tops, depart 10am
- 12 Th Lunch Chili's, depart 10:30 am

Watch board for tour of Sierra Nevada Brewery and additional trips.

Trips scheduled weather permitting.

## Saturday Night Movies

7pm in Village Hall

- 7 Broadway Melody of 1940
- 14 Brian's Song
- 21 1776 Broadway Musical
- 28 Julie & Julia

## Tuesday Entertainment for January

*Submitted by the Program Committee*

Be sure to put these two dates on your calendar: **January 10 and January 24**, Village Hall, 7p.m.

On January 10, we have a special program, presented by internationally acclaimed educator and performer, Rebecca Brake. Rebecca studied piano at the Canberra School of Music in Australia. She is well known throughout Australia, and has received numerous awards for her many performances. Rebecca has performed at many important events throughout Australia, featuring several at the Australian Parliament House and Embassies. A native of Australia, Rebecca now resides in Hendersonville with her husband, Jonathan, and their two children, Hannah and Charlie. Jonathan, an accomplished violinist, may accompany his wife on some of the musical interpretations. We may even be entertained by 10-year-old Charlie, his mom's favorite "page turner" and a beginning violinist as well. You won't want to miss this exceptional program of music.

On January 24, one of our favorite bluegrass bands, Foxfire, will be here to perform some well-known bluegrass songs, a bit of gospel music, and bantering between musicians who love to perform together! If you are a fan of bluegrass music, this is an evening not to be missed. If you are not sure whether or not you are a fan of bluegrass, come anyway! This promises to be an evening of fun and laughter! Yes, they are really good! We will look forward to seeing you there.

# JANUARY



Be alive as long as you live!

- Emotional Wellness
- Environmental Wellness
- Intellectual Wellness
- Nutritional Wellness
- Physical Wellness
- Social Wellness
- Spiritual Wellness
- Vocational Wellness

- ACR = Arts & Crafts Room
- AR = Aerobics Room
- CDR = Card Room
- CH = Chapel
- DR = Dining Room
- EC = Education Center
- FE = Front Entrance
- FPL = Fireplace Lounge
- CCMR = Care Center  
Magnolia Room
- PA = Parlor
- PPR/LDR = Ping Pong Room  
Line Dancing Room
- TH = Media/Theater Room
- TP = Therapy Pool
- VH = Village Hall
- YB = Youngblood Business  
Office

| SUNDAY   | MONDAY  | TUESDAY  |
|--|---|--|
| <p>1</p> <p>11am: Quaker<br/>Worship Group (CH)</p> <p>2pm- <b>NEW!! Upstairs,<br/>Downstairs series</b> (TH)</p> <p>3:45pm: Vespers<br/>(VH)</p>  | <p>2</p> <p>9am: Dr. Ellis,<br/>psychologist (YB)</p> <p>10am: <b>Art Series- The<br/>Dutch Masters</b> (TH)</p> <p>11am: <b>Line Dancing</b><br/>(LDR)</p> <p>2pm: <b>Science Series<br/>The Joy of Science</b></p>  |  |
| <p>8</p> <p>11am: Quaker<br/>Worship Group (CH)</p> <p>2pm- <b>NEW!! Upstairs,<br/>Downstairs series</b> (TH)</p> <p>3:45pm: Vespers<br/>(VH)</p>  | <p>9</p> <p>Dep 10am: <b>Asheville<br/>Mall/Tops</b> (FE)</p> <p>10am: <b>Music Series-<br/>How Music Developed,<br/>Robert Hudson</b> (TH)</p> <p>2:30pm: <b>Series-<br/>Upstairs, Downstairs</b><br/>(TH)</p>   | <p>9am: Dr. Ellis,<br/>psychologist (YB)</p> <p>10am: <b>Art Series- The Dutch<br/>Masters</b> (TH)</p> <p>11am: <b>Line Dancing</b> (LDR)</p> <p>2pm: <b>Computer Club</b> (EC)</p> <p>2pm: <b>Science Series -<br/>The Joy of Science</b> (TH)</p> <p>7pm: <b>My Life in Music Reel<br/>Brake- Violin and piano</b> (VH)</p> |
| <p>15</p> <p>11am: Quaker<br/>Worship Group (CH)</p> <p>2pm- <b>NEW!! Upstairs,<br/>Downstairs series</b> (TH)</p> <p>3:45pm: Vespers<br/>(VH)</p> | <p>16</p> <p>10am: <b>Music Series-<br/>How Music Developed,<br/>Robert Hudson</b> (TH)</p> <p>1pm: <b>Blue Ridge Humane<br/>Society w/ Furry Friends</b><br/>(Main St)</p> <p>2pm: <b>Adult Coloring<br/>Workshop</b> (ACR)</p> <p>2:30pm: <b>Series-<br/>Upstairs, Downstairs</b> (TH)</p>  | <p>9am: Dr. Ellis,<br/>psychologist (YB)</p> <p>10am: <b>Art Series- The<br/>Dutch Masters</b> (TH)</p> <p>11am: <b>Line Dancing</b></p> <p>1:30pm: <b>Wine and<br/>Cheese Social</b> (Main)</p> <p>2pm: <b>Science Series<br/>The Joy of Science</b> (T)</p>  |
| <p>22</p> <p>11am: Quaker<br/>Worship Group (CH)</p> <p>2pm- <b>NEW!! Upstairs,<br/>Downstairs series</b> (TH)</p> <p>3:45pm: Vespers<br/>(VH)</p> | <p>23</p> <p>10am: <b>Music Series-<br/>How Music Developed,<br/>Robert Hudson</b> (TH)</p> <p>10am: <b>Welcome Reception,<br/>New Residents</b> (FPL)</p> <p>1pm: <b>Greeting Cards w/ Eve<br/>Hall</b> (ACR)</p> <p>2pm: <b>Special Education<br/>Forum- All Welcome</b> (EC)</p> <p>2:30pm: <b>Series-<br/>Upstairs, Downstairs</b> (TH)</p> | <p>9am: Dr. Ellis,<br/>psychologist (YB)</p> <p>10am: <b>Art Series- The<br/>Dutch Masters</b> (TH)</p> <p>11am: <b>Line Dancing</b></p> <p>2pm: <b>Science Series<br/>The Joy of Science</b> (T)</p> <p>7pm: <b>Foxfire Bluegrass<br/>Band</b> (VH)</p>   |
| <p>29</p> <p>11am: Quaker<br/>Worship Group (CH)</p> <p>2pm- <b>NEW!! Upstairs,<br/>Downstairs series</b> (TH)</p> <p>3:45pm: Vespers<br/>(VH)</p> | <p>30</p> <p>10am: <b>Music Series-<br/>How Music Developed,<br/>Robert Hudson</b> (TH)</p> <p>1pm: <b>Greeting Cards<br/>w/ Eve Hall</b> (ACR)</p> <p>Dep 1:30pm: <b>Seeing<br/>Impaired Meeting</b> (FE)</p> <p>2:30pm: <b>Series-<br/>Upstairs, Downstairs</b> (TH)</p>  | <p>9am: Dr. Ellis,<br/>psychologist (YB)</p> <p>10am: <b>Art Series- The<br/>Dutch Masters</b> (TH)</p> <p>11am: <b>Line Dancing</b></p> <p>2pm: <b>Science Series<br/>The Joy of Science</b> (T)</p> <p>7pm: <b>Bring in the New<br/>Year with BINGO</b> (VH)</p>   |



|    | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|----|---|--|---|--|
| 3  | 4<br>11am: Healing Service w/ St. James (CH)<br>2pm: Religion Series- <i>The Apostle Paul</i> (EC)  | 5<br>9am: Dr. Ellis, psychologist (YB)<br>9:30am: Reading Buddies (EC)<br>10:30am: Bible Study (VH)<br>1pm: <i>Movie, Captain Phillips</i> (TH)<br>2pm: Acrylic Painting w/ Lynnina (ACR)  | 6<br>10am: <i>Caregiver Support Group</i> (CH)<br>7 pm: <i>Alexander the Great</i> (VH) | 7<br>New Art Exhibit in the Residents' Gallery<br>7 pm: <i>Movie, Broadway Melody of 1940</i> (VH) |
| 10 | 11<br>10am: <i>Linus Blanket Display</i> (FPL)<br>12:30pm: <i>Transition Support Group Meeting</i> (YB)<br>1:30pm: Chaplain Sallie, Chapel (CH)<br>2pm: Religion Series- <i>The Apostle Paul</i> (EC) | 12<br>9am: Dr. Ellis, psychologist (YB)<br>Dep 10:30am: <i>Lunch, Chili's</i> (FE)<br>10:30am: Bible Study (VH)<br>1pm: <i>Movie, The Flamingo Kid</i> (TH)<br>2pm: Acrylic Painting w/ Lynnina (ACR)<br>7pm: <i>Early Detection of Alzheimer's. 10 warning signs</i> (VH) | 13<br>7 pm: <i>Alexander the Great</i> (VH)   | 14<br>7 pm: <i>Movie, Brian's Song</i> (VH)  |
| 17 | 18<br>12pm: <i>January Birthday Party</i> (DR)<br>2pm: Religion Series- <i>The Apostle Paul</i> (EC)  | 19<br>9am: Dr. Ellis, psychologist (YB)<br>10:30am: Bible Study (VH)<br><i>No Movie Today</i><br>2pm: Acrylic Painting w/ Lynnina (ACR)<br>2pm: Kevin's Town Hall Meeting (VH)   | 20<br>7 pm: <i>Alexander the Great</i> (VH)   | 21<br>7 pm: <i>Movie, 1776 Broadway Musical</i> (VH)   |
| 24 | 25<br>2pm: <i>Bingo</i> (CDR)<br>2pm: Religion Series- <i>The Apostle Paul</i> (EC)   | 26<br>9am: Dr. Ellis, psychologist (YB)<br>10:30am: Bible Study (VH)<br>1pm: <i>Movie, Ocean's Thirteen</i><br>2pm: Acrylic Painting w/ Lynnina (ACR)  | 27<br>7 pm: <i>Alexander the Great</i> (VH)   | 28<br>7 pm: <i>Movie, Julie &amp; Julia</i> (VH)   |

*January opens the box of the year  
and brings out days that are bright and clear.*



*Leland B. Jacobs*

# Wellness Classes & Monthly Activities

## Monday

- 8:30 am - NEW!! Water Tai Chi w/ Lynnna 
- 9 am - Abs/Core & Flexibility w/ Louis (AR)
- 9 am - Aqua Power w/ Lynnna (Pool)
- 9:20 am - Aqua Core & More w/ Lynnna (Pool)
- 10 am - Helen's Exercise Class (VH)
- 10 am - Just My Speed w/ Lynnna (Pool)
- 11:30 am - Ageless Grace® w/ Denise (VH)
- 2 pm - Playing Pool with Friends (Pool room)
- 2 pm - Strength Training w/ Laura (AR)
- 3 pm - Tai Chi Chih w/ Bev (AR)
- 6:45 pm - Bridge (Card Room)

## Tuesday


- 9 am - Water Wave Challenge w/ Lori   
All are welcome. (Pool)
- 9:30 am - Open Studio in Arts & Crafts room
- 10 am - Aquasize for the Guys w/Lori (Pool) 
- 10 am - Men's Book Club, first Tuesday
- 11 am - Line Dance (LDR)
- 11 am - Trivia/Jeopardy (AR)
- 2 pm - Stronger Seniors Exercise Video (AR)
- 2 pm - Playing Pool with Friends (Pool room)
- 2 pm - Pinochle (Card Room)

## Wednesday


- 8:30 am - H2O 101 w/ Nancy (Pool)
- 9 am - Advanced Abs/Core w/ Laura (AR)
- 9 am - Aqua Core & More w/ Nancy (Pool)
- 10 am - Aquasize w/Nancy (Pool)
- 10 am - Tai Chi Chih w/ Bev (AR)
- 11 am - Balance Class w/ Laura (VH)
- 11 am - Healing Service with St. James,  
first Wednesday (Chapel)
- 12:30 pm - Chaplain Sallie's "Grace-ious"  
Meeting with Grace Lutheran, second  
Wednesday (Parlor)

- 2 pm - Ping Pong (PPR/LDR)
- 2 pm - Bingo, last Wednesday (Card Room)
- 3 pm - Stronger Seniors Exercise Video (AR)

## Thursday

- 9 am - Abs/Core & Flexibility w/Louis (AR) 
- 9 am - Just My Speed w/ Lynnna (Pool)
- 10 am - Aquasize for the Guys w/Lynnna (Pool)
- 10:30 am - Bible Study (VH)
- 11 am - Sit-n-Stretch w/Marian Soss (AR)
- 1 pm - Matinee Movie (TH)
- 2 pm - Playing Pool with Friends (Pool room)
- 3 pm - Strength Training w/Laura (AR)

## Friday

- 8:30 am - NEW!! Water Tai Chi w/ Lynnna 
- 8:45 am - Advanced Abs and Core  
w/ Laura (AR)
- 9 am - Aqua Nuts w/Lynnna (Pool)
- 10 am - H.A.R.T w/Lynnna (Pool)
- 10 am - Chair Yoga with Jennifer (AR)
- 1 pm - Cardo Wave w/ Lori (Pool)
- 2 pm - Aqua Fit w/Lori (Pool)
- 2 pm - Stronger Seniors Exercise Video (AR)
- 3 pm - Balance Class w/ Laura (VH)
- 3:30 pm - Wii Bowling (AR)

## Saturday

- 10 am - Cribbage (Card Room)

## Sunday

- 11 am - Quaker Worship Group (Chapel)
- 3 pm - Ping Pong (PPR/LDR)
- 3:45 pm - Vespers (VH)



# Water Classes



**New Class! Tai Chi:** Low intensity class, slow flowing movements incorporating mind, body and spirit.

**Stretch-N-Tone:** Low intensity moves, stretching and toning for a complete workout - all levels.

**Aqua Power:** Cardio segment, then strengthen muscle and improve balance and coordination - all levels.

**Just My Speed:** Arthritis, Strengthen muscles, flexibility & pain management - all levels.

**Aqua Fit:** Moderate to high intensity Strength & Cardio - all levels.

**Hydro Gym:** Combines stationary exercises with cross current exercises - all levels.

**Aquasize for the Guys:** A variety of formats and equipment will be used. Men only.

**Water Wave Challenge:** Use the waters natural resistance to increase cardio fitness.

**Cardio Wave:** High energy core and balance - all levels.

**H2O Challenger:** Water weight loss - all levels.

**Aqua Nuts:** Anything goes! A variety of formats and equipment will be used - all levels.

**H.A.R.T:** Focuses on posture and core muscle groups, lots of movement and fun - all levels.

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## Keep a Smile on Your Face and a Song in Your Heart!

*Author unknown, provided by Janet Bostwick*

A smile is a sign of joy.

A hug is a sign of love.

A laugh is a sign of happiness.

And a friend is like me?

Well, that's just a sign of good taste!!

We'll be friends until I am senile,

Then we'll be new friends.

## Your Feedback Is Important!

The feedback we receive from our residents and guests is important to us. Suggestion boxes are located in the Fireplace Lounge and at the entrance to the Village Hall. If you would like to submit articles, event information, or celebrations for the February newsletter, contact Phyllis Smith by Friday, January 13.

# Footlogs and River Fords

*Submitted by Jim Brittan*

One of my early memories was riding in a horse-drawn wagon as it crossed a shallow river ford. The wagon was used to move our possessions to a newly-completed house on the South side of North Mills River. This ford provided the only access to our home for wagons, agricultural machinery, and motor vehicles until the 1950s. The ford was located just below a deep pool where we could swim or fish.



There were a number of other fords on Mills River that provided convenient crossings. One located a short distance below the confluence of North and South Mills River once was used to facilitate trips to churches in lower Mills River, Dr. Greenwood's medical office, or Davenport's general store. Another river ford on South Mills River provided access to the farm of the Field family. Other fords further up the river included "Wolf Ford" near the Pink Beds. No doubt, many of them are still used by hikers, fishermen, or horseback riders in the National Forest.

Footlogs have often been constructed for use by pedestrians to avoid having to wade. I can recall several footlogs that we used on North Mills River. They were located in the vicinity of the river ford previously discussed. I used one frequently to pick up our mail or to meet the school bus to the Mills River School. Once, the footlog was destroyed by a flood, and I had to wade at the ford until a replacement was installed. Building a footlog that was safe to use was not such an easy task. We had to locate a suitable log and use a horse to drag it to the crossing site. Once it was properly placed and supported, the top side of the log was flattened and covered with one or more planks. A hand rail was then added on one side, or, in some cases, both sides of the log. One problem with our footlogs was that the log was untreated and eventually would fail due to bio-degrading.

Another early footlog that I remember quite well crossed South Mills River at a site between the Mills River Baptist Church and the Field farm. It was just downstream from the baptismal pool used by the church. It was a fairly long span with two parallel logs and was well floored with hand rails on both sides. It not only served as a crossing for the Field family and visitors but also provided a good location to try to catch redhorse fish using a cane pole and "grab hook."

There are still a few footlogs on the headwaters of Mills River, but these are largely for the convenience of recreational hikers and not as essential as they once were for farm families in the community.



# Highlights - Village Residents Council Meeting

December 14, 2016 *Submitted by Austin Hurley*

The Treasurer reported that the C.V. Residents Association General Fund had a balance of \$23,330 at the end of November. Copies of the Financial Statement were distributed and will be attached to the meeting minutes filed in the Library Notebook.

It was noted that a candidate is being sought for the Treasurer position. Several candidates are being considered.

The Employee Appreciation Fund was successful in exceeding its goal reaching a total of \$216,600. The Employee Christmas party was held on December 8 and checks were distributed in a Christmas card to 331 employees. Check amounts to all employees were based on the total hours worked in the last year. Thanks to the Hospitality Committee for provided fantastic punch and snacks to the employees. Employees have shown their appreciation first at the party and in days since. The Micronesian wait staff provided a native dance in native costume which was a real treat. This has been documented on the TV monitor in the Fireplace Lounge.

There has been a focus group of residents working with the Operations Manager to identify opportunities to reduce the cost of meals, menu production, etc. The dietary costs have exceeded income over the past year and there is a need to reduce costs rather than increase the meal cost to residents. The council is appreciative of this effort to contain costs to residents.

The Executive Director thanked the residents for the donations and noted that the employee party was great fun for everyone. He noted that the donations by residents to Toys for Tots required a large truck to come and pick up these toys.

He also noted that because of the election of a new governor, there may be some regulatory changes which could affect our operation. He will keep us informed on that issue.

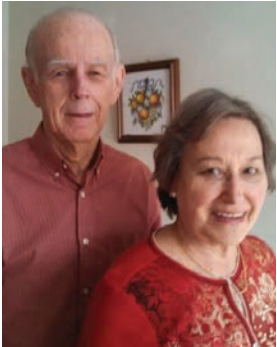
The Board of Directors is continuing to work on expansion plans for Carolina Village. A notice will be sent to persons on the Wait List to invite them to participate along with residents in a "Focus Group and Early Reservation" meeting on January 16 and 17.

The entrance to the Village Hall will be remodeled soon taking down the mail boxes and opening up this entrance. Also, there will be some updating of the Chapel at the same time.

The December meeting minutes are posted on the Bulletin Board with attachments in the main corridor and also on the E Wing Bulletin Board.



# Welcome to Carolina Village



## Dick & Mary Richter

It wasn't Spain that he requested for his overseas tour; it was Germany. After all, his ancestors were all German and he even had a distant relative there whom he had visited once. Besides, his Spanish vocabulary was limited to 'siesta, adios and señorita.' But that was how Providence treated Dick Richter in the Air Force. It was in Seville, the heart of Andalusia, Spain, that he was destined to meet his wife of 55 years, Mary. He was stationed there for two and a half years and met her on the Air Force Base in Seville, where she was working at a travel agency.

Mary is a native of Seville and in her teens already had a desire to learn English and travel and work in England. She had two years of college and also studied English at the British Institute in Seville.

Dick was born in a small German-speaking town in Minnesota and his family moved to Portland, Oregon while he was still young. It was there that he enlisted in the Air Force for four years and ended up in Spain.

After dating for several months they were married in Seville. They spent their one month honeymoon traveling through Spain, France, Switzerland, Germany, Austria, Liechtenstein and Luxembourg. Their first child was born in Spain.

During the Cuban Missile Crisis in October, 1962, Dick was preparing his papers for discharge, and at that time many personnel had their tours involuntarily extended for a year. He was spared that

ordeal and was allowed to fly to the states and be discharged in New Jersey. Mary joined him with the baby shortly afterwards. Thus New Jersey became their home for about thirty years. Dick studied German and Spanish at Rutgers University and also attended three summer language institutes in Germany and Spain. He taught those two languages at the high school level for more than twenty-seven years. Mary was busy at home with four children and also worked in the local libraries for about twenty years and tutored children in Spanish.

In 1992 it was time for retirement and they finally zeroed in on Hendersonville where they've been for the past 23 years. They have been involved in various volunteer projects in the area. Mary worked with the Free Clinic for about ten years as interpreter with the Latinos. Dick worked on the construction crew of Habitat for Humanity for several years. They both taught English to the Latinos at the Immaculata School for almost twenty years (ESL program), and Dick still tutors privately. Dick also volunteered with the 'Feed the Kids' program at the Boys' and Girls' Club for a few years. Mary was employed for a year at Immaculata School teaching Spanish.

While living in New Jersey and here they have enjoyed traveling, taking trips to Europe and spending a half-year sabbatical in Spain and Germany. They also travelled through many of the states and also Hawaii and parts of Canada.

Mary enjoys reading and knitting; Dick, computer (messaging online, etc.) and reading. Three days a week they frequent the YMCA, where Mary swims laps and Dick works out.

Their four children are scattered around the country: San Francisco, Pennsylvania and Long Island.

They have seven grandchildren ranging from ten to twenty-six in age. They are parishioners of Immaculate Conception Church.

Their experience here at Carolina Village has been very positive. They are very content in their newly finished and extended apartment and are impressed by how warm and friendly the residents are. In addition they have a very favorable opinion of the personnel who they feel treat them most professionally and congenially. This has made their transition as pleasant an experience as possible.



## Nancy Randall

Nancy is a farm girl and daddy's girl. Her father Hugh Randall was a farmer, City of Hendersonville School Superintendent, and for 23 years a board member for Carolina Vil-

lage. With her father, Nancy learned to farm, fly an air plane, ride a motorcycle, build a house, and many other tasks.

Nancy's first job was a summer school assistant for fifty cents per hour and then as a counselor at Green Cove Camp. She told her mother and father she was never going to teach school and never live in Hendersonville. After graduating from Hendersonville High School, Nancy went to Western Carolina University and for two years majored in pre-med planning to transfer to Chapel Hill. She had a change of heart and stayed at Western and earned an elementary education degree and a master's degree in early childhood education. Nancy has certifications in Math, Science, Reading and Technology. For 30 years she taught at Mills River, Hendersonville Junior High, Bruce Drysdale, and Dana schools. Nancy said a teaching technique is to "bribe the kids." So Nancy bribed herself. After she had a successful teaching year, which she defined as "not killing a student," she went to Hawaii for the summer.

Nancy's mother, Jean, was a 13-year resident here at Carolina Village. Why didn't your father live at Carolina Village? "Because he could not find a place to put his tractor," said Nancy. When asked why she decided to move to Carolina Village, she responded "because everyone is here, my teachers, the parents of my class mates, my friends, Kevin Parries, everyone." Nancy is our pool instructor on Wednesday mornings.

Nancy does all kinds of crafts. She is a lifelong member of First Baptist Church where she serves in the ladies' ministry crocheting and knitting. Nancy has a cat. She has been a nurses' aid at Pardee.



## Jennie Woody

Jennie told how she met her husband Dean: "In church, I saw a young handsome man with his arm in a sling. Dean was a wounded Korean War veteran and a friend of my

brother-in-law. My "yes" to his invitation for lunch after church evolved into a lifelong happy marriage, three children and seven grandchildren."

"The church was in my home town of Marion, NC, where we married. We then moved to Hendersonville where Dean worked at General Electric as a tool and die maker and in engineering. He liked golf so we bought a home in Crooked Creek. We attended First Baptist Church, and I joined the Christian Women's Club. I helped with Girl Scouts and Boy Scouts."

When Dean retired, they spent their winters at Boynton Beach, Florida. They traveled often with Christian Tours and especially liked Canada, Pennsylvania and Mackinac Island. Jennie enjoys reading.



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