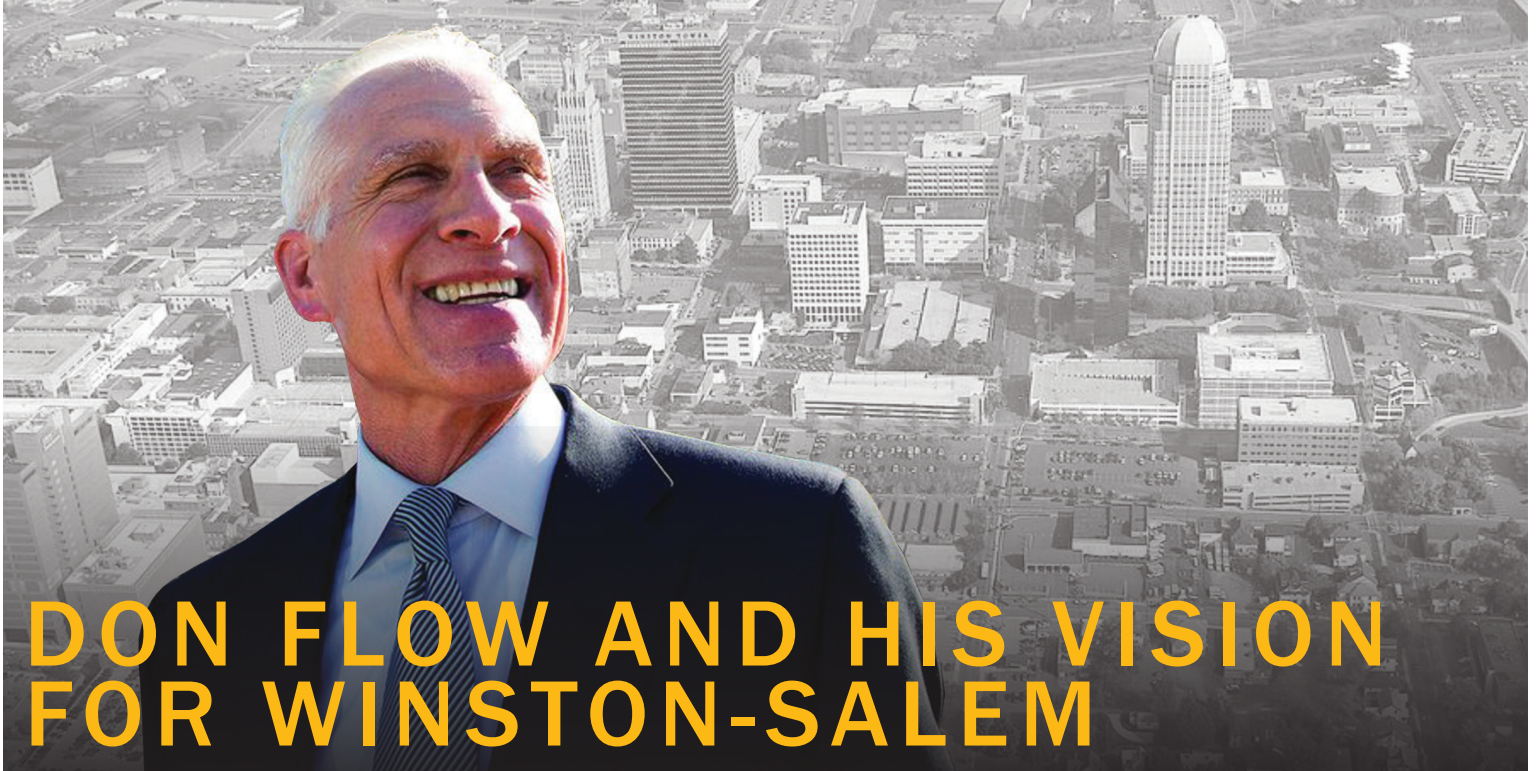




LampLighter



DON FLOW AND HIS VISION FOR WINSTON-SALEM

Embracing the role of community visionary is the make-up of our next Live and Learn speaker. Often he would ask, “How do we pool all of our resources to achieve our extraordinary potential?”

By purchasing the GMAC building, Don Flow was able to answer the questions and show others what extraordinary potential means. Open spaces filled with interesting contemporary art, breathtaking views of the Blue Ridge, a conference center that is accessible to any company to use – all overflowing with vibrant entrepreneurial activity.

Don Flow, the man with the automotive network bearing his name, outlined a plan to turn the former GMAC building into a center for entrepreneurial growth, one that would steer the city’s effort to attract and retain college-educated young people to the area. “We have 60,000 college students in the Triad and no place to come start a company,” Flow said. “We have prominent people from all over the United States sending their kids here to Triad colleges. Our goal is to retain them, to give them a place to come work, a place

to start companies and a place to imagine the future.” This latest venture promises to breathe new life into an entire city block.

Pursuing the socioeconomic impetus of Winston-Salem is his mantra. Flow’s GMAC project is only one piece of his visionary network. He remains the spark that brings together people to recruit new corporations or to invest in the Whitaker Park Development Authority or to lead the charge to land major cultural and sports events such as the W/S Open Tennis tournament.

Live and Learn Presents Special Guest Don Flow

Thursday, January 17

4:00 PM, Piner Hall

Reception to follow



Welcome Newcomers!

Martha Honaker

303 McPherson

Sally Simpson

3304 Asbury Place

Sylvia Sylvester

804 Strickland Place

Edith Teague

1202 Asbury Place

SOUPER SUPER BOWL VIEWING PARTY

**Sunday, February 3 in Piner Hall
The Big Game on the Big Screen!**

Meal begins at 6:00 PM.

Kick off is at 6:30 PM

Come join us for appetizers, choice of soups, salad and dressings. During the game visit our Super Bowl Snack Stadium for a variety of sweet and savory snacks. Don't forget to stop by the cash bar to wet your whistle! Cost \$5.00. RSVP by January 28 via Wellzesta or Annie, the Concierge, at ext. 1210.

Your account will be charged

Questions?

Contact Janice Lutz-Vanhoy at ext. 1266.



WAKE FOREST
UNIVERSITY

LIFELONG LEARNING SPRING 2019

Why Business? Creating Value in a Humane and Just Society

January 29 – March 5 | Tuesdays 5:30 -7:30 PM
Wake Downtown, 455 Vine Street, Bldg 605, Rm 1616

Europe in the Interwar Years: From Versailles to Danzig

January 30 – March 6 | 5:30 – 7:30 pm

Class will meet on

January 30, February 6, 13, 18, 26, March 6
Kulynych Aud, Byrum Welcome Ctr, WFU Campus

Constitutional Law: Rights & Liberties

February 7 – March 14 | Thursdays 1 – 3 pm

Brookstown Campus

The Book of Psalms: Poetry and Spirituality

March 8 – April 12 | Fridays 10 am – noon

Brookstown Campus

Making Modern American Art

March 12 – April 16 | Tuesdays 11 am – noon

Reynalda House Museum of American Art

Leonardo & Michelangelo in Their Time

March 18 – April 22 | Mondays 1 – 3 pm

Brookstown Campus

Wine Stories:

History, Myths, Regions and Trends

March 25 – April 29 | Mondays 5:30 – 7:30 pm

Footnote, 634 W. Fourth Street, Suite 120

- Short personal enrichment courses with faculty
- \$125 per course unless otherwise noted. Discount if enroll in more than one course. \$70 annual membership fee (waived for WFU graduates & WFU retirees)
- Special: All NEW lifelong Learning members will have annual membership fee waived for spring 2019 term

For more information or to register online, visit:

lifelongwake.wfu.edu. Call (336) 758-5232

or email ***lifelonglearning@wfu.edu***

January Events

Tuesday, January 1
Happy New Year's Day!

Wednesday, January 2
Christmas Undecorating Begins

5:30 PM

Caregiver Support Group
Annie's Kitchen, 2nd Floor Asbury Place

Contact Laura-Lee Jones at ext. 1382 for more information.

7:00 PM

Vespers: *Letting Go*
Piner Hall

Thursday, January 3
Christmas Undecorating

3:00 PM

Holy Communion with St. Paul's Episcopal
Annie's Kitchen, Asbury Place

Friday, January 4
Christmas Undecorating

8:00 AM–12:00 PM

Healthy Holiday Challenge Final Weigh In
Ball Room, Tomlinson Fitness Center

Drop in for your final weigh in for the Healthy Holiday Challenge! How successful were you in keeping off those dreaded Holiday pounds?

3:00 PM

Cooking Demonstration with Daniel and Alice
Piner Hall

Join Daniel and Alice for fantastic healthy choices to lighten up the New Year.

Friday, January 4 (*cont.*)

4:00 PM

Hymn Sing with Dr. Beth Maison-Pierre
Promenade, Asbury Place

Join us for an old-fashioned hymn sing.

7:00 PM

Friday Night Movie with Jim Shertzer
Piner Hall

The Lodger

(1927) (NR) Considered the first "Hitchcock" film. Silent with music. In HD. (90 minutes). See Wellzesta for details.

Saturday, January 5

1:00 PM

Saturday Movie Matinee
Piner Hall

The Family Stone

(2005) Dermot Mulroney, Sarah Jessica Parker. (103 minutes). See Wellzesta for details.

Sunday, January 6

11:00 AM

Communion
Robinson Hall

2:15 PM – Leaving Berrier Front Lobby

3:00 PM – Program Start

Winston-Salem Symphony
Stevens Center

Transportation for ticket holders for those who met RSVP deadline in December.

6:30 PM

Worship Service led by Rev. Dr. Carl Manuel
from Burkhead UMC
Piner Hall

Monday, January 7

7:00 PM

Foreign Film Series with Jim Shertzer
Piner Hall

The 39 Steps

(1935) (NR) The best-known of Hitchcock's British films. (86 minutes). See Wellzesta for details.

Tuesday, January 8

6:45 PM – Leaving Berrier Front Lobby

7:30 PM – Program Start

Winston-Salem Symphony
Stevens Center

Transportation for ticket holders for those who met RSVP deadline in December.

7:00 PM

Keyboardist Keith Byrd
Piner Hall



Keith performs genres of Jazz standards from the 40's, 50's, and 60's, and also Motown, Beach music and contemporary Christian, Gospel and original compositions. Keith has performed and toured with numerous artists and bands nationally and internationally since 1983, appearing with artists such as Natalie Cole, Peabo Bryson, the O'Jays, and Ashford & Simpson. Come and take a musical ride with him!

Wednesday, January 9

2:00 PM

Sugar Shock 101 & Registration
Ball Room, Tomlinson Fitness Center

Are you finding yourself addicted to sweets after the holidays? Do you need a kick-start to a healthy 2019? Sugar Shock is back! Join fellow residents and Artists for 10 days without added sugar or artificial sweeteners! Yes, this means no candy, cookies, soda, diet soda, sweet tea, BBQ sauce, flavored yogurt or even mints and chewing gum! It sounds intimidating, but with the daily guidance from your Wellness Arts team and encouragement from each other, we can do this together! You will receive daily emails with encouraging words, fun facts, exercise tips, motivation and a suggested meal plan. Your Dining Arts team is on board to help you successfully navigate Lakeside and keep you on track for these 10 days.

7:00 PM

Spiritual Arts Presents First Wednesdays!
Spiritual Health with Rev. Sheryl Wells
Piner Hall

We Remember



Bonnie Lynch

January 21, 1934 – November 21, 2018

Ruby Beshears

July 14, 1925 – November 23, 2018

Mary Helms

November 9, 1935 – November 30, 2018

Isabell Stephens

September 19, 1927 – November 30, 2018

Linda Hassell

November 26, 1949 – December 4, 2018

Esther Schindler

March 24, 1920 – December 9, 2018

Fred Neithamer

March 5, 1923 – December 17, 2018

Thursday, January 10

12:00 PM

Ladies Chat: My Favorite Things
Ball Room, Tomlison Fitness Center

Come share your favorite book. Lunch included at \$12.00/person. RSVP by January 7 via Wellzesta. Questions? Contact Suzy at ext. 1227.

12:00 PM

Men's Club
Sandra J. Doran, Interim President
Salem Academy and College
Piner Hall

Ms. Doran brings considerable experience to Salem in the critical areas of strategic planning, fundraising, student recruitment, team-building, and fiscal discipline, and she is recognized as a thought leader in higher education. She has firsthand knowledge of the unique challenges faced by women's liberal arts colleges – having served as Chief of Staff, Vice President, and General Counsel at Lesley University.

Friday, January 11

4:00 PM

Hymn Sing with Dr. Beth Maison-Pierre
Promenade, Asbury Place

Join us for an old-fashioned hymn sing.

7:00 PM

Friday Night Movie with Jim Shertzer
Piner Hall



Sabotage

(1936). Hitchcock's adaptation of Joseph Conrad's novel *Secret Agent*. (76 minutes). See Wellzesta for details.

Saturday, January 12

1:00 PM

Saturday Movie Matinee
Piner Hall

Rocky

(1976) Sylvester Stallone, Talia Shire, Burt Young. (120 minutes). See Wellzesta for details.

Sunday, January 13

11:00 AM

Morning Worship
Robinson Hall

3:30 PM – Leaving Berrier Front Lobby

4:00 PM – Program Start

Movie Screening: *Abundant Acreage Available*
Centenary UMC

Join the writer/director, Angus MacLaclan for the screening of his film at Centenary. He will guide us through the moralistic and spiritual aspects of the film. See January 20 for info about the second screening. RSVP by January 8. Free.

6:30 PM

Worship Service led by Rev. Wes McLeod
from Hickory Ridge UMC
Piner Hall

Monday, January 14

9:30 AM – Leaving Berrier Front Lobby

International Civil Rights Center & Museum Tour
Greensboro

The International Civil Rights Center & Museum is an archival center, collecting museum and teaching facility devoted to the international struggle for civil and human rights. The Museum celebrates the nonviolent protests of the 1960 Greensboro sit-ins that served as a catalyst in the civil rights movement. Cost \$10.00. RSVP by January 8 via Wellzesta or call Annie, the Concierge, at ext. 1210.

Monday, January 14 *(cont.)*

3:00 PM

**Caregivers & Coffee with Suzy
Clubhouse**

What does the new year hold? Come join fellow caregivers for encouragement and support.

7:00 PM

**Bingo
Multipurpose Room, 3rd Floor Corpening**

Note new location!

Tuesday, January 15

7:00 PM

**UNCSA Strings
Piner Hall**

Join the UNCSA Strings as they perform Dvorák's famous String Quintet No.2, Op.77. The group is comprised of Sarah Harrigan, violin; Sarah Kissinger, violin; Joohyun Lee, viola; Gustavo Antoniacomi, cello; and Victor Stahoviak, bass.

Wednesday, January 16

4:00 PM

**Guest Speaker: Sherri Moore
from Trellis Supportive Care
(formerly Kate B. Reynolds Hospice Home)
Piner Hall**

Learn more about the compassionate care available at Trellis, including hospice, palliative, and bereavement services. Team members will discuss hospice myths, the differences between hospice and palliative services, when is the right time to consider care, and how these services can be used while living at Arbor Acres. Information will be provided on volunteer opportunities at Trellis. Cookies and hot cider will be served.

Wednesday, January 16 *(cont.)*

7:00 PM

**Vespers: God and Dreams
led by Rev. Kelly Carpenter, Green Street UMC
Piner Hall**

The Reverend Kelly Carpenter will lead us as we learn more about how God uses our dreams. We will be watching a movie.

Thursday, January 17

2:30 PM

**Dream Works
led by Rev. Kelly Carpenter, Green Street UMC
Jean Steelman Chapel**



The Reverend Kelly Carpenter will lead as we explore and learn more about our dreams, and what God reveals to us in dreams.

4:00 PM

**Live and Learn Presents Don Flow
Piner Hall**

See front page for details.

Friday, January 18

9:30 AM – Leaving Berrier Front Lobby

10:00 AM – Event Start

Senior Games Kickoff

Ball Room, Tomlinson Fitness Center

RSVP by January 14 via Wellzesta. See Fitness page for details. Contact Suzy, ext. 1227, with questions.

Friday, January 18 (cont.)

4:00 PM

Hymn Sing with Dr. Beth Maison-Pierre
Promenade, Asbury Place

Join us for an old-fashioned hymn sing.

7:00 PM

Friday Night Movie with Jim Shertzer
Piner Hall



Young and Innocent

(1937)(NR) Hitchcock's *Young and Innocent* follows an innocent framed for murder. In HD. (83 minutes). See Wellzesta for details.

Saturday, January 19

1:00 PM

Saturday Movie Matinee
Piner Hall

Same Time, Next Year

(1978) Alan Alda, Ellen Burstyn. (119 minutes).
See Wellzesta for details.

Sunday, January 20

11:00 AM

Morning Worship
Robinson Hall

Sunday, January 20 (cont.)

3:30 PM – Leaving Berrier Front Lobby

4:00 PM – Program Start

Movie Screening: *Junebug*
Centenary UMC



Join the writer/director, Angus MacLaclan for the second screening of one of his films at Centenary. He will guide us through the moralistic and spiritual aspects of the film. RSVP by January 15 via Wellzesta or call Annie, the Concierge, at ext. 1210. Free.

6:30 PM

Old Fashioned Hymn Sing
with Coffee and Homemade Cookies
Piner Hall

Dr. Beth Maison-Pierre leading hymns.

Monday, January 21

Martin Luther King, Jr. Day

Take a moment to visit the posters of MLK Jr. quotes along the Lakeside hallway and reflect upon the impact Dr. King had on our country.



Tuesday, January 22

7:00 PM

Vocalist, Connor Graeber

The Great American Songbook

Piner Hall

Connor Graeber is a Charlotte-born crooner known best for his sense of humor, infectious charisma and smooth vocals. From a very young age, Connor was heavily influenced by the music of Frank Sinatra, Tony Bennett, Dean Martin, and Johnny Mathis. Currently a junior at WFU, Connor recently auditioned for the reality TV show "America's Got Talent."

Wednesday, January 23

7:00 PM

Vespers: Prayer Service & Communion

Piner Hall

Thursday, January 24

2:30 PM

Dream Works

led by Rev. Kelly Carpenter, Green Street UMC

Jean Steelman Chapel

See details on January 17 event.

Friday, January 25

4:00 PM

Hymn Sing with Dr. Beth Maison-Pierre

Promenade, Asbury Place

Join us for an old-fashioned hymn sing.

Friday, January 25 (cont.)

7:00 PM

Friday Night Movie with Jim Shertzer

Piner Hall

The Lady Vanishes



(1938) (NR) One of the last films Hitchcock made in England before coming to Hollywood. In HD. (96 minutes). See Wellzesta for details.

Saturday, January 26

1:00 PM

Saturday Movie Matinee

Piner Hall



Back to the Future

(1985) Michael J. Fox, Christopher Lloyd. (116 minutes). See Wellzesta for details.

Sunday, January 27

11:00 AM

Morning Worship

Robinson Hall

Sunday, January 27 (cont.)

2:15 PM – Leaving Berrier Front Lobby

3:00 PM – Program Start

Mozart's Birthday Concert

UNCSA, Watson Hall



Faculty Artists come together in a program of chamber music by Wolfgang Amadeus Mozart in celebration of his 263rd birthday. Since 1978, this annual celebration has been among the most popular of UNCSA offerings. Cost \$22.00, plus tax & fees. RSVP by January 10 via Wellzesta or call Annie, the Concierge, at ext. 1210.

6:30 PM

Worship Service led by Sr. Pr, Rev. Glen Kinken

from Centenary UMC

with The Shepherd Singers

Piner Hall

Monday, January 28

9:00 AM

Adult Library Outreach Book Exchange

Mary Dalton Library

Please remember to return your Adult Outreach Library books to the library by 9:00 AM in your book bag, and return at noon to pick up your new books. **NOTE: If you have picked up books from the long shelf in front of the window and from the Adult Library outreach collection, please return them. We are missing several books that are now overdue.** Do you have a question about the Forsyth Adult Outreach program? Contact Janice at ext. 1266 or 336-748-4646.

Monday, January 28 (cont.)

7:00 PM

Bingo

Multipurpose Room, 4th Floor Corpening

Note new location!

Tuesday, January 29

7:00 PM

Guest Speaker: Author Charlie Lovett

Hosted by the Arbor Acres Book Club

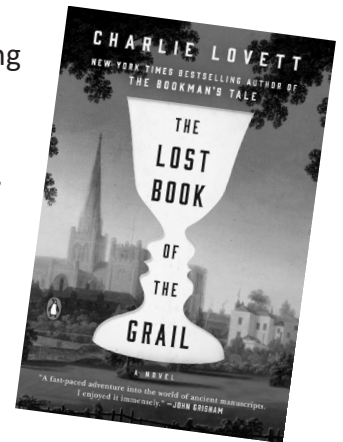
Piner Hall

New York Times best-selling

author Charlie Lovett will discuss his recent novel, *The Lost Book of the Grail*,

a historical mystery set in the English cathedral city of Barchester. Arthur Prescott is a bibliophile who is set in his ways and loves the peace of the cathedral library, but when

a young American arrives to digitize his beloved medieval manuscripts, sparks fly and the two are soon involved in a quest to solve a 1500-year-old mystery. Lovett will explore the history of ancient manuscripts and lost legends in this illustrated talk. Lovett is the former president of Bookmarks, former Writer-in-Residence at Summit School, and a one-time antiquarian bookseller. His plays for children have been performed in over 4500 productions worldwide and his novels have been translated into languages from Norwegian to Japanese. His parents, Bob and Miriam, recently moved to Arbor Acres.



Thursday, January 31

2:00 PM

Self Defense Class with Ginger Gallagher

Ball Room, Tomlinson Fitness Center

See Fitness page for details. RSVP via Wellzesta. Questions? Contact Suzy at ext. 1227.

RSVP Events-At-A-Glance

These events require registration, a ticket purchase and/or a transportation reservation. Please RSVP via Wellzesta or contact Annie Lawson, Concierge, at ext. 1210 before the deadline.

Please indicate if no ticket is needed when requesting transportation only.

Cloverdale Shopping

Tuesday, January 15, Leave 1:00 PM
Tuesday, January 29, Leave 1:00 PM
RSVP by January 13 and 27, respectively.

Thruway Shopping

Tuesday, January 8, Leave 1:00 PM
Tuesday, January 22, Leave 1:00 PM
RSVP by January 6 and 20, respectively.

WalMart Shopping

Thursday, January 24, Leave 1:00 PM
RSVP by January 23.

Winston-Salem Symphony

Sunday, January 6, Leave 2:15 PM, Start 3:00 PM
Tuesday, January 8, Leave 6:45 PM, Start 7:30 PM
Transportation for ticket holders. RSVP by Dec. 30.

Centenary UMC: *Abundant Acreage Available*

Sun., January 13, Leave 3:30 PM, Program 4:00 PM
RSVP by January 8. Free.

GSO Int'l Civil Rights Ctr & Museum Tour

Monday, January 14, Leave 9:30 AM
Cost \$10.00. RSVP by January 8.

Centenary UMC: *Junebug*

Sun., January 20, Leave 3:30 PM, Program 4:00 PM
RSVP by January 15. Free.

UNCSA: *Mozart's Birthday Concert*

Sun., January 27, Leave at 2:15 PM, Program 3:00 PM
Cost \$22.00, plus tax & fees. RSVP by January 10.

Salem Fine Arts Ctr: *Bernstein Birthday*

Tues., February 5, Leave 6:45 PM, Program 7:30 PM
Free. RSVP by January 24.

WS Symphony Presents *Ricky Skaggs*

Saturday, February 16, Leave 6:45 PM, Start 7:30 PM
Transportation for ticket holders. RSVP by Jan. 30.

WS Theatre Alliance: *Flash Dance*

Sunday, February 17 Leave 1:15 PM, Start 2:00 PM
Cost \$18.00, plus tax & fees. RSVP by January 31.

Home Moravian: *NC Brass Band*

Sunday, February 24, Leave 2:00 PM, Start 3:00 PM
Free. RSVP by February 15.

FEbruary LOOK AHEAD

Go Red for Heart Health

Friday, February 1

Wear red today in recognition of heart health!

Inner Rhythm Choir

Sunday, February 3, 4:00 PM, Piner Hall

This group of around 20 adults with physical and mental disabilities will share their love of music. Their emphasis is helping people deal with life's challenges and experience joy in fellowship.

SOUPER Super Bowl Viewing Party

Sunday, February 3, 6:00 PM, Piner Hall

RSVP to Dining Arts by Jan. 28. See details on pg 2.

Salem Fine Arts Ctr: *Bernstein Birthday*

Tuesday, February 5

Leave at 6:45 PM, Program 7:30 PM

Rescheduled. Free. RSVP by January 24.

WS Symphony Presents *Ricky Skaggs*

Saturday, February 16

Leave at 6:45 PM, Program 7:30 PM

Transportation for ticket holders. RSVP by January 30. See Janice if you need help ordering a ticket.

WS Theatre Alliance: *Flash Dance*

Sun., Feb. 17, Leave 1:15 PM, Program 2:00 PM

Cost \$18.00, plus tax & fees. RSVP by January 31.

Home Moravian: *NC Brass Band*

Sun., Feb. 24, Leave at 2:00 PM, Program 3:00 PM

Free. RSVP by February 15.

January Birthdays

	RESIDENTS	EMPLOYEES
2 nd	Jean Alexander	
3 rd		Janis Caudle Omari Lewis
4 th		Shari Miles Martha Murphy
5 th	Judy Hartsfield	Curtina Robinson
6 th	Jo Lauerman Bill Sayers	Nalexisa Stevenson
7 th	Helen Fishman	
8 th	Peggy Burgess Nancy Hall	Max Taylor
9 th	Frank Christovich Dottie Lesniak Bill Young	
10 th		Nathaniel Mills
11 th	Julia Davis Ginny Dossinger Judy Hardy	
12 th	Archie Allen Sally Lennon Bill Satterwhite Jan Shepherd	Ric Douthit
13 th		Xitlali Avila
14 th	Eleanor Peverall	Toni Bradshaw Orielle Hope
15 th	Betty Earle Pat Toole	
16 th	Ray Branton Martha Kirby	
17 th	Eva Rodtwitt	David Cheek Annie Lawson
18 th		Amanda Cleary Jill Lawson
19 th	Rose Ellen Bowen Barbara Shull Carolyn Vaughn	Andrew Applegate Bobby Dargan
20 th	Laura Pratt	
21 st		Heidi Malecki Shyanne Smith
22 nd	John Gates Ruth Hill	
23 rd	Mary Ruth Dobbins	Emmy Dimas Kimberly Dixon Sharon Taylor
24 th		Chris West
25 th	Jerry Hunter Julie Moore	Lauren Tickle

	RESIDENTS	EMPLOYEES
26 th	Clay Manning	Myisha Everett
27 th	Tom Williamson	
28 th	Dale Cline Bill Pfefferkorn	Rex Brown Melanie Yandell
29 th	Mildred Lasecki	Barbara White
30 th	Dot Johnson	Mirciades Rivera
31 st	Aubrey Kirby	



January 15 - March 13

Basic Croquet

Tuesdays & Wednesdays

1:30-2:30 PM

Ball Room

Let's have some FUN while
the Croquet court is closed!

Mid-Winter sessions will
be offered for beginners &
experienced players alike.

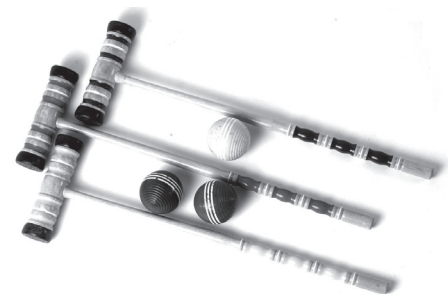
Never played?

Come give it a try!

Questions?

Contact Charles Duckett

at 336-722-2295.



Dining Events in January

RSVP for any dining event by calling 336-722-5106, Press #2 unless otherwise noted.

New Year's Day

Tuesday, January 1

Enjoy traditional Southern New Year's favorites including Roast Pork, Collard Greens & Black-Eyed Peas. The Dining Arts Department would like to wish the entire Arbor Acres community peace and prosperity in the year to come.



SOUPER Super Bowl Party

Sunday, February 3, Piner Hall
Meal 6:00 PM, Kick Off 6:30 PM

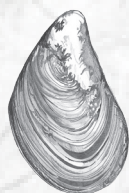


Join us for appetizers, soups & salad, as well as a Super Bowl Snack Stadium of sweet and savory snacks and a cash bar! Cost \$5.00. RSVP by January 28 via Wellzesta or Annie, the Concierge, at ext. 1210. Questions? Contact Janice at ext. 1266. Your account will be charged.

Arbor Room Dinner Specials

January 2 & January 3

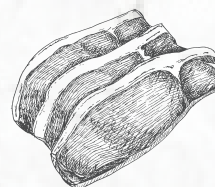
Mussels w. Chorizo – \$24



Portuguese-inspired dish w. Fresh Mussels, Spanish Chorizo, Pancetta, Tomatoes, Garlic, White Wine & Vermouth, served w. crusty French Bread.

January 23 & January 24

Dry-Aged NY Strip Steak – \$30



Grilled USDA Prime Dry-Aged NY Strip Steak w. Bleu Cheese & Toasted Walnut Maitre d' Hotel Butter, served w. Delmonico Potatoes and Creamed Spinach.

January 9 & January 10

Braised Lamb Shank – \$26

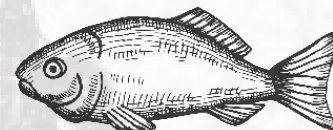
Colorado Grass-Fed Lamb Shank served w. Red Wine Lamb reduction, Garlic Mashed Potatoes & Haricots Verts.



January 30 & January 31

Creole Cast Iron Grouper – \$32

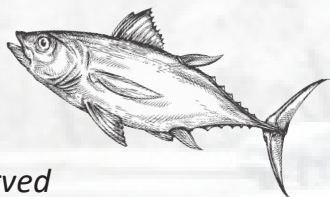
Wild-Caught Atlantic Black Grouper cast-iron seared w. Creole seasoning, served w. Red Bean Hoppin' John & Ribbon Collards.



January 16 & January 17

Winter Ahi Tuna – \$24

Pan-Seared Ahi Tuna Steak w. roasted Carrots, Brussels Sprouts & Tuscan Kale, served over Gingered Israeli Couscous.



All prices include Salad & choice of Crème Brûlée or Ice Cream Pie, and tax.



Lamplighter is published monthly by
Arbor Acres United Methodist Retirement Community
1240 Arbor Road, Winston-Salem, NC 27104

Questions? Contact Janice Lutz-Vanhoy,
Wellness Arts Coordinator, at 336-748-4646
or jlutzvanhoy@arboracres.org

The online version of Lamplighter is available at www.arboracres.org.