

Activities & Events

Fall 2017



THE EVERGREENS®

Where Community Lives®

A Continuing Care Retirement Community

Lifestyles Growing in mind, body and spirit at The Evergreens®





In the spirit of the Episcopal tradition, it is The Evergreens® mission to enhance the individual, social, emotional, spiritual, and physical well-being of our diverse community.

Table of Contents

Aquatic & Fitness Classes	2
Health: Mind, Body & Spirit	4
Games & Clubs	5
Library	7
Game Room.....	8
Classes & Lectures.....	9
Special Events: Fall 2017	14
Culinary Events & Programming	21
Putting Green	22
Religious Offerings.....	23
Additional Campus Features	24



THE EVERGREENS®

Where Community Lives®

A Continuing Care Retirement Community

Aquatic & Fitness Classes

Classes offered
by The Y as noted



YMCA OF BURLINGTON
AND CAMDEN COUNTIES

Aquatic Classes

Aquacise

Mondays, Wednesdays, Fridays – 9:00 a.m.

Pool

Using the natural resistance of water to tone/slim as you swim, this class is designed to increase strength, flexibility and cardiovascular fitness!

Open Swim with Lifeguard

Mondays and Fridays – 10:00 a.m.

Pool



General Pool Hours: 6:30 a.m. – 7:30 p.m.

Fitness Classes



Chair Yoga

Tuesdays – 11:30 a.m.
Saturdays – 10:30 a.m.

LaMonte Hall

Basic yoga postures and stretches are combined to promote physical flexibility, improve core strength, and reduce stress by relaxing the mind and body.



Senior Toning

Tuesdays – 10:30 a.m.
Thursdays – 11:30 a.m.

LaMonte Hall

All fitness levels are encouraged to participate in this group exercise class that includes functional exercises appropriate for seniors with an emphasis on balance and coordination.



Silver Sneakers® MSROM

Mondays and Wednesdays – 10:00 a.m.
Fridays – 9:30 a.m.

LaMonte Hall

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance and coordination to improve participant's functional capacities, physical fitness level and sense of well-being. Hand-held weights, elastic bands and Silver Sneakers® balls are incorporated with each class. A chair is used for seated and/or standing support, stretching and relaxation exercises.



***Please contact us at (856) 439-2062 for more information
about our aquatic and fitness programs.***

Health: Mind, Body & Spirit

Health at The Evergreens®



Our talented healthcare team is led by our onsite Medical Director Elisabeth Siegert, MD, FACP, CMD – an award winning board-certified Geriatrician and Duke Fellow. Dr. Siegert and her team of professionals work hard to ensure that our community earns five-star ratings from *The Centers for Medicare & Medicaid Services* – an honor we have held consistently since 2008.

Congratulations to Dr. Siegert for once again being recognized as a 2017 Top Physician with *South Jersey Magazine!*

Alzheimer's Association Caregiver Support Group 3rd Monday of the month – 7:00 p.m. *Private Dining Room*

Open to all caregivers within

alzheimer's  association
the compassion to care, the leadership to conquer

The Evergreens® and community at large. Sponsored by the Alzheimer's Association, this group provides support, understanding and friendship to those individuals caring for a spouse or loved one with dementia. Call Cathy Nakonetschny, MSW, LSW, CDP, the Director of Social Services at (856) 439-2036 for more information.

Games & Clubs

Games

BINGO

Wednesdays – 7:15 p.m.
LaMonte Hall

Open Bridge

Wednesdays – 1:00 p.m.
Victor Dining Room

Instructor is present for all levels
of experience.

Mah-Jongg

Fridays – 1:00 p.m.
LaMonte Hall

*Please contact us at
(856) 439-2062
for more information about
games and clubs.*



Clubs

Poetry Club with Lighthouse Hospice

2nd Wednesday of the Month – 2:00 p.m.
Library



The Evergreens® Women's Book Club

4th Thursday of the Month – 2:00 p.m.

Library

The Evergreens® Men's Book Club

Select Mondays – 3:15 p.m.

Library



SAVE THE DATE!

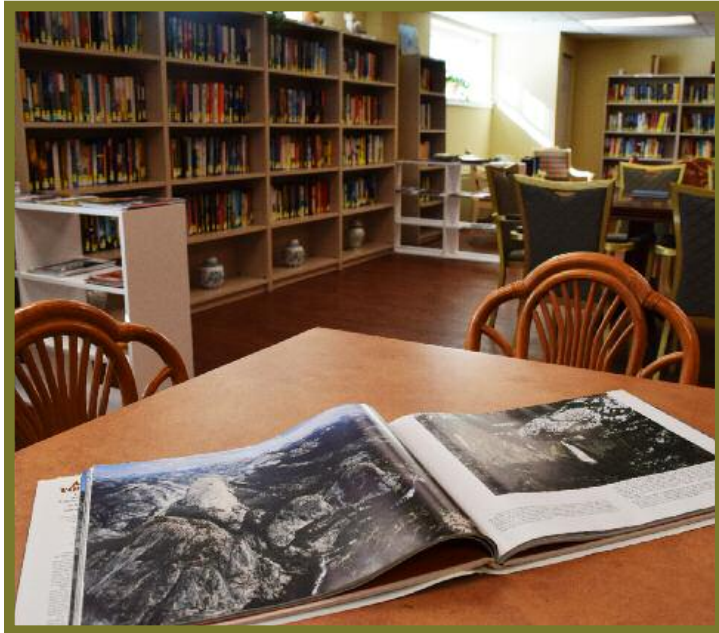
**18th Annual Resident
Christmas Program**

Friday, December 15th – 7:00 p.m.
LaMonte Hall

**The Evergreens Resident Choir directed
and accompanied by David C. Little**
Rehearsals: Saturdays, October 7th – December 9th
10:00 a.m.
LaMonte Hall

Library

Our resident-run Library is open 24/7, and features a variety of books – from recent best-sellers to classic and reference books. The Library boasts tables and reading “nooks” for avid readers, as well as multimedia areas for video lectures, films and research needs.



Game Room

Our newly unveiled Game Room is the perfect spot on campus for residents to gather, relax and socialize! The Game Room is located next to the Library and open 24/7. It boasts a full-length shuffleboard table, as well as a ping pong table and billiards table for the enjoyment of all.



Classes & Lectures

The Evergreens® Acting Studio

Wednesdays – 10:00 a.m.

LaMonte Hall

Learn various acting techniques, theater styles, emotions and expression, and more! This workshop is for EVERYONE so join us today! Directed by Philly Senior Stage – bringing the thrill of theatre to senior adults!

Creative Arts Class

1st and 3rd Thursday of the month – 10:00 a.m.

Creative Arts Studio

A bi-weekly program that works with all types of mediums – ceramics, pottery, watercolor, jewelry making and more. All levels of experience are welcome.

Music Appreciation Class

2nd Tuesday of the month – 1:30 p.m.

LaMonte Hall

Education class taught by pianist Jeffrey Uhlig. Features videos and live music about the history of music – exploring genres, composers and a variety of concert presentations.

Acrylic Painting

1st Wednesday of the month – 1:00 p.m.

2nd and 4th Thursday of the month – 1:00 p.m.

Creative Arts Studio

Learn how to paint – still life, floral arrangements and landscape scenes – while providing guidance and technical support. All levels of experience are welcome.

Social Dance Class

Fridays – 11:00 a.m.

LaMonte Hall

Instructed by professional ballroom dance champion and judge Carol Clark, this social step class teaches a combination of ballroom dance and line dance. All are welcome and no partner is needed.



**Music Lecture Series: Famous
Songwriting Teams of Broadway**
Second Thursday of the month – 10:00 a.m.
Victor Dining Room



Presented by versatile entertainer Steven Pollack, this monthly lecture series focuses on famous creators of popular Broadway music:

September: Tom Jones & Harvey Schmidt – composers of *The Fantasticks*, *110 in the Shade*, *I Do! I Do!* and more.

October: Lee Adams & Charles Strouse – creators of *Bye Bye Birdie*, *Applause*, *Annie* and more.

November: Eubie Blake & Noble Sissle – creators of *Shuffle Along*.

**Video Lecture Series
“World War II: A Military
and Social History”**
Mondays – 2:00 p.m.
Victor Dining Room

This 30-lecture DVD course examines the greatest conflict in human history, the Second World War. These lectures will focus on the macro-events of the war and its leading political and military figures, as well as how the war was actually experienced by workers, soldiers in the field, and the civilian population at home. In addition, you will explore the origins and consequences of the war, the role of economic factors in explaining its origins and development, and its impact on culture and society.



LIFE (Learning Is For Everyone) at Rowan College at Burlington County at The Evergreens



We are excited to continue our new relationship with Rowan College at Burlington County! The following classes will be offered at The Evergreens® for Fall 2017 for registered LIFE members:

Early American Women's History Tuesdays, September 19th – October 31st 10:00 am – 11:30 a.m. • LaMonte Hall

Overview of Early American Women's History which progresses from the early 1800's through the Women's Rights Convention in Seneca Falls to the 19th Amendment. Learn about the courageous women including African American women who led the 72 year fight that earned women the right to vote.

Biblical Literacy I Tuesdays, October 3 – October 24 10:00 a.m. – 11:30 a.m.

Victor Dining Room

This series will provide an introduction to some basics of the Hebrew Scriptures (Old Testament) including its formation and major divisions, as well as some key characters and themes. Please bring a Bible – combined Old Testament and New Testament will be fine.

Basic Photography Thursdays, October 12th – October 26th 10:00 a.m. – 11:00 a.m.

Victor Dining Room

Learn very basic photography concepts including composition, depth of field, and more. Please bring your camera and camera instructions to the class.

Confronting Mortality: A Seminar on the Afterlife Wednesdays, November 1st – November 15th 1:30 p.m. – 3:30 p.m.

LaMonte Hall

A study done at Oxford estimated 70% of people have experienced at least one paranormal event in their lives. We'll look at the vast range of testimonial evidence going back centuries and explore how surprisingly common are near death and out of body events, ghost sightings, premonitions, etc.

***Pre-registration is required for these courses.
Please contact us at (856) 439-2062 for more information.***

October is National Breast Cancer Awareness Month!

2017 Making Strides Against Breast Cancer Walk

Sunday, October 22nd

Cooper River Park – Pennsauken, NJ



Ross' Racers was formed in 2008 in memory of Mary Ellen Ross, former Vice President of Health Services at The Evergreens, who lost her battle with breast cancer. Since then, The Evergreens has participated in the Making Strides Against Breast Cancer Walk to help support the American Cancer Society's fight against cancer, as well as raise awareness.

If interested in supporting Ross' Racers or participating with our team, please contact us at (856) 439-2062 for more information.



2017 Making Strides Against Breast Cancer Walk



Special Events: Fall 2017

Stillwaters Gospel Band
Tuesday, September 5th – 7:00 p.m.
LaMonte Hall

Musicians performing upbeat gospel and bluegrass music.



Pianist David C. Little presents
“Ballads & Rags”
Friday, September 8th – 7:00 p.m.
LaMonte Hall

This program is a selection of popular music from 1899 to 2006, arranged for piano.



Afternoon Recitals Featuring
Pianist Lee Milhous
& Guest Musicians
Sunday, September 10th & 24th
Sunday, October 8th & 22nd
Sunday, November 5th & 19th
1:15 p.m. – *Great Hall*

**Taize Prayer Service with Laudate Chorale
Tuesday, September 19th – 7:00 p.m.**

LaMonte Hall

Taize is Christian prayer that is chanted using simple repetitive words, refrains and melodies.

Taize music highlights simple phrases, usually lines from Psalms or other pieces of Scripture, repeated or sung in canon. The repetition is designed to help meditation and prayer. It is wonderfully prayerful and a musical experience everyone can participate in.



Gloucester City String Band

Tuesday, September 26th – 7:00 p.m.

LaMonte Hall

Possessing hundreds of years of musical expertise among them, the Gloucester City String Band offers up a lively orchestral - like concert with timeless appeal in the Philadelphia style.



Lectures-In-Song: "He Wrote That?! Some Unfamiliar Names Attached to Some Very Familiar Songs"

Presented by Singer/Pianist/Narrator Fred Miller

Thursday, September 21st – 7:15 p.m.

LaMonte Hall

Please contact us at (856) 439-2062 to make reservations for these special events.

Philly Senior Stage presents
"I Get a Kick Out of You" featuring
Sarah Louise Kirk & Jeff McDonnell
Sunday, September 10th – 7:00 p.m.
LaMonte Hall

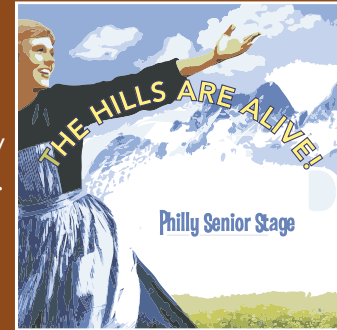
With a dozen songs - every one of them familiar and charming - there isn't a more toe-tapping, shoulder-swaying, head-bobbing musical score which includes *Anything Goes*, *You're the Top*, *Friendship*, *It's Delovely*, and, of course, *I Get a Kick Out of You*. It's the classic plot of 'boy meets girl, by loses girl and boy gets girl' in the end.

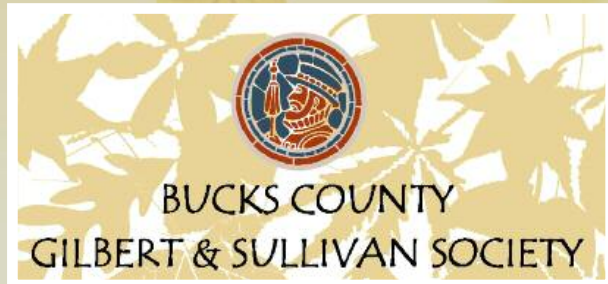


Directed by Robb Hutter,
Philly Senior Stage brings
the thrill of theatre to
senior adults!

Philly Senior Stage presents
Hills Are Alive!
Friday, November 3rd – 7:00 p.m.
LaMonte Hall

Philly Senior Stage's concert adaptation celebrating the music and heartwarming story of the Von Trapp family. Delight in the show's standards such as *Edelweiss*, *My Favorite Things* and *Doe Re Me!*





The Bucks County Gilbert & Sullivan Society Autumn Cabaret

Sunday, October 1st – 7:00 p.m.

LaMonte Hall

Featuring favorite musical pieces by Gilbert & Sullivan and Broadway composers, accompanied by piano.



Double Play Flute & Tuba presents “Song and Dance” Featuring Flutist Amy Ridings and Tubist Patrick Sciannella

Tuesday, October 10th – 7:15 p.m.

LaMonte Hall

As the world’s only full-time professional flute and tuba duo, their repertoire “covers” a span of 300 years! This husband and wife team has performed together for over 27 years; entertaining and educating audiences in 45 states, the District of Columbia and Mexico. Flutist Amy Ridings is a graduate of the Oberlin Conservatory; Tubist Patrick Sciannella holds degrees from the Eastman School of Music. This year marks their 28th season as Double Play Flute and Tuba and 27th as a married couple!

Special Events with Pianist Jeffrey Uhlig

The following special events feature Jeffrey Uhlig on the piano:



Jeffrey Uhlig is a favorite among residents of The Evergreens®. He has performed with many outstanding singers and instrumentalists including members of The Philadelphia Orchestra, The New York Philharmonic and The Metropolitan Opera.

Our Three Tenors featuring Mackenzie Whitney, Daniel Bates and Jim Shubin with Pianist Jeffrey Uhlig
Saturday, September 16th – 7:15 p.m.

LaMonte Hall

Featuring selections from Opera to Broadway.





Elina Lang, Cello
Jeffrey Lang, French Horn
Jeffrey Uhlig, Piano
Sunday, October 15th – 2:00 p.m.
LaMonte Hall

The Art of the Piano Duet
featuring Yu Xi Wang & Jeffrey Uhlig
Friday, November 17th – 7:15 p.m.
LaMonte Hall

Featuring music by Mozart, Ravel and Dvorak.



***Please contact us at (856) 439-2062 to make
reservations for these special events.***



James Correnti, Piano
Tuesday, October 24th – 7:00 p.m.
LaMonte Hall



Philly Gaslight presents
Kate and Randy Do the Holidays
Thursday, November 30th – 7:00 p.m.
LaMonte Hall

Kate Casano plays piano and accordion and began her musical career as a steamboat calliope player. Randy is a soulful bass-baritone who loves moving audiences with and leading sing-alongs on great holiday classics like *Good King Wenceslas*, *Oh Holy Night*, and *It Came Upon a Midnight Clear*. Kate will dazzle you with her Ragtime piano stylings on *Dance of the Sugarplum Fairy*, and Randy will share the moving story of the World War I Christmas Truce in *Christmas in the Trenches*.

Dining Services: Culinary Events & Programming

Be Healthy with Beth **2nd Friday of the month – 10:30 a.m.** **LaMonte Hall**

A monthly nutrition and wellness program featuring our Registered Dietitian Beth Phillips, RD, MS.



309 CHOPHOUSE at The Evergreens® **Select Saturdays** **Each Month – 4:30 to 7:00 p.m.** **Victor Dining Room**

Meats and lobster tail, the 309 CHOPHOUSE's ever-changing, seasonal à la carte menu is sure to offer diners delicious fare to please any palate. Seating is limited and reservations are required.



*Please contact us at (856) 439-2062 for more information
about these culinary events and programming.*

The Evergreens® Putting Green

The Evergreens® is home to a nine-hole putting course for recreational use, weather-permitting. Additionally, the course is host to multiple Resident Putting Tournaments at various times from Spring through Fall.

Annual Tournament Schedule

Memorial Day – May

Independence Day – July

Labor Day – September

Pneumonia Open – October



Open Golf Sessions on the Putting Green

All levels of experience welcome.



*Please contact us at (856) 439-2062 for
schedule of dates and times for fall.*

Religious Offerings

The Emilie Crocker Williams Chapel

The Rev. Douglas C. Halvorsen, President & CEO

The Rev. Martin B. Lavengood, Chaplain

Sunday Service: Holy Eucharist – 11:00 a.m.

Rosary Prayer – every Tuesday at 2:00 p.m. in the Health Care Center

Morning Prayer – every Wednesday at 11:15 a.m. in the Health Care Center

Presbyterian Service – the 2nd Monday of the month at 1:00 p.m. in the Library

United Methodist Service – the 3rd Tuesday of the month at 11:00 a.m. in the Library

Shabbat Service – the 3rd Friday of the month at 1:30 p.m. in the Health Care Center

Roman Catholic Prayer Service – the 4th Sunday of the month at 10:15 a.m. in LaMonte Hall



Please contact us at (856) 439-2062 for more information about religious offerings at The Evergreens®.

Additional Campus Features

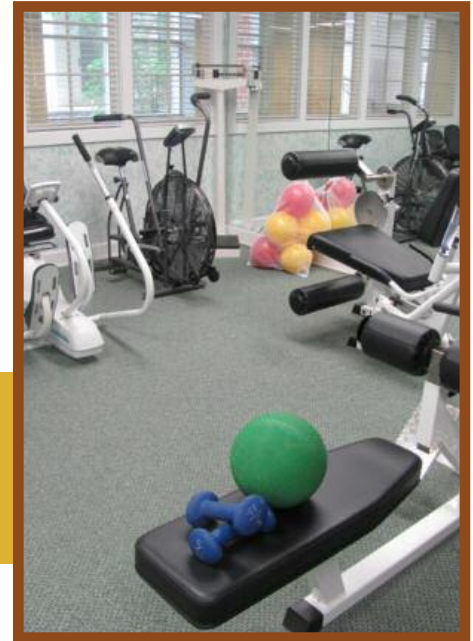


Resident Garden & Greenhouse

Our Greenhouse is open year-round for resident use. Our Resident Garden opens in late winter/early spring (March) each year, with beds/plots available to residents.

Exercise Studio & Fitness Center

Our Exercise Studio & Fitness Center feature a variety of exercise machines and fitness equipment for resident use.



Please contact (856) 439-2062 for more information about any of our Additional Campus Features at The Evergreens®.



*For more information
on any of the events
or programs listed
in this brochure,
kindly contact us at
(856) 439-2062.*



THE EVERGREENS®

Where Community Lives®

A Continuing Care Retirement Community

309 Bridgeboro Road, Moorestown, NJ
(856) 439-2000 • evergreens.org

