THE OFFICIAL NEWSLETTER OF BERMUDA VILLAGE illage July . 2019

BERMUDA VILLAGE NEXT DOOR

- Website for residents that is free and easy to use
- Provides ease of COMMUNICATION and a smooth flow of INFORMATION
- ◆ Set up for BV residents only, but you have the option to view nearby neighbors as well
- For use on desktop computers, laptops, tablets and smart phones
- Log on to Bermuda Village nextdoor.com and join over 100 fellow residents who are already members
- For additional information, contact resident Thomas Brown at 336-409-5074

INDEPENDENCE DAY BUFFET

Thursday, July 4 11:30 AM – 2 PM Dining Room Cost: \$17.00

- ◆ BBQ baby back ribs; grilled hamburgers and hotdogs with all the trimmings
- Corn on the cob; collard greens; macaroni and cheese
- Watermelon salad; potato salad; coleslaw; Cobb salad; fruit display
- As is our custom, reservations are required by 2:30 PM on DAY BEFORE ANY HOLIDAY MEAL; call the Front Desk by 2:30 PM Wednesday, July 3

JULY BIRTHDAYS

Becky DeLashmutt1	George Ellis12	Audrey Grim17	Jerry Knox28
June Skibsted2	Hollister Nelson 12	Jane Knox17	Esther Jarvis29
Jim Grim4	Jacqueline Currie 12	Jobanna Miller 18	Ted Gromada30
Bill McKee6	Ev Clark16	Nancy Smith18	Sue Hungerford30
Dennis Toivonen6	Bev Kupsky16	Joyce Jones25	Barbara Pappas31
JoAnn Clarkson7			

THE JEWEL TONES

Wednesday, July 3 2 PM Living Room

- Ladies vocal ensemble
- Accompanied by piano
- Arrive early for the best seats
- ♦ Hosted by Tina Foster, Activity Director in our health center facility

IULY ANNIVERSARIES

Jean & David Reilly	2
Kyong & Benjamin King	
Doris & Arthur Munguia	
Lola & Alan Brown	15
Anna & David Laeger	



Opportunities for Spiritual Formation at Bermuda Village

CATHOLIC MASS

Monday, July 1 4 PM Chapel

HEBREW BIBLE STUDY with Dr. Karl Coke

Monday, July 8 6:30 PM Living Room

- ◆ Perspective of original language, culture, traditions of people of Israel
- ◆ Facilitated by internationally acclaimed Hebrew scholar/teacher

VILLAGE BIBLE STUDY

Thursday, July 18 1:30 PM Magnolia 1st Floor Parlor

No meeting on July 4 due to holiday; Facilitated by residents Glenn and Betty Miller

VESPERS - DEVOTIONAL SERVICES SUNDAYS AT 4:30 PM IN THE CHAPEL

July 7
Glenn Miller
Methodist
Retired

July 14
Jamie Edwards
St. Clement's
Episcopal Church

July 21 Louis Woodard Methodist Retired

July 28
Paula Northrup
Clemmons
United Methodist

CAREGIVERS' SUPPORT GROUP

Tuesday, July 2 3 PM Redbud 1st Floor Parlor

- ◆ Respectful discussion of real-life challenges related to daily care, behaviors and decisions
- ◆ Professional and personal insight
- ◆ Compassionate and empowering gathering

SINGLES' DINNER

Wednesday, July 3 6 PM Dining Room

- Designated tables for 'solo' residents, those without a consistent dining partner
- Committee issues invitation, calls for response and makes your reservation
- ◆ Nurture strong social bonds and shape our community into a welcoming place

COFFEE HOUR

Fridays, July 5 & 19 10 AM Pub

- ♦ Chef prepared treats
- ♦ Freshly brewed coffee
- ♦ Pleasant conversation
- ◆ Relaxed atmosphere

GRIEVING SUPPORT GROUP

1st and 3rd Tuesdays Monthly
1:30 PM Magnolia 1st Floor Parlor

- Grief comes to all of us, in varied ways
- ◆ Participants come to listen and share
- ◆ Take positive steps toward healing
- ◆ NO MEETING: JULY NOR AUGUST

BOOK CLUB

Thursday, July 18
10:30 A. Magnolia 1st Floor Parlor

- ♦ Standing invitation new participants
- Contact Elaine Graybeal, coordinator, at 336-941-3489 for more information

COCKTAIL HOUR

Friday, July 26 5 PM Living Room

- Purchase beverages in the Pub
- Nibble complimentary appetizers
- ◆ Sandy Beard plays ambient piano

JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 PM Catholic Mass	1:30 PM Shop Hanes Mall & Hanes Point 3 PM Caregivers' Support Group	1:30 PM Knit One, Sew Too Redbud Ist Floor Parlor 2 PM The Jewel Tones 6 PM Singles' Dinner	11:30 AM - 2 PM Independence Day Buffet	10 AM Coffee Hour 1 PM Duplicate Bridge 1:30 PM Shop Lowes Foods	6 2 PM Movie Green Book
4:30 PM Vespers Glenn Miller Methodist 6:15 PM Depart Organ Concert 7 PM Movie Green Book	2:30 PM Technology Class 6:30 PM Hebrew Bible Study	1:30 PM Shop Clemmons 1:30 PM Hearing Aid Clinic 4 PM Open Mic Poetry Reading	WATERMELON WEDNESDAY 1:30 PM Knit One, Sew Too	This date is set aside as "Cheer Up the Lonely Day." Help someone feel wanted and loved by investing your time and resources.	1:30 PM Shop Food Lion	2 PM Movie Gifted
4:30 PM Vespers Jamie Edwards Episcopal 7 PM Movie Gifted	2 PM Parlor Games Come to the Multipurpose or Living Room to play a game or work on the current puzzle	1:30 PM Shop Walmart	17 1:30 PM Knit One, Sew Too Murder Mystery BIRTHDAY NIGHT 5 PM Cocktails on Patio 6-7:30 PM Dinner	9:30 AM Tai Chi 10:30 AM Book Club 1:30 PM Village Bible Study	19 10 AM Coffee Hour 1 PM Duplicate Bridge 1:30 PM Shop Lowes Foods	20 2 PM Movie The Girl in the Spider's Web 7:15 PM Depart Hairspray Theatre Alliance
4:30 PM Vespers Louis Woodard Methodist 7 PM Movie The Girl in the Spider's Web	2:30 PM Technology Class 6:15 PM Depart Organ Concert	1:30 PM Shop Thruway & Whole Foods 5:30 PM Depart Dinner on the Town	1:30 PM Knit One, Sew Too WELCOME NEWCOMERS 5 PM Social Hour 6 PM Dinner	9:30 AM Bermuda Run Bridge Group	26 1:30 PM Shop Food Lion 5 PM Cocktail Hour	27 2 PM Movie Mamma Mia! Here We Go Again
4:30 PM Vespers Paula Northrup Methodist 7 PM Movie Mamma Mia! Here We Go Again	29 2 PM Parlor Games Come to the Multipurpose or Living Room to play a game or work on the current puzzle	1:30 PM Shop Hanes Mall & Hanes Point 2 PM Beach BINGO	WELLNESS WEDNESDAY 1:30 PM Knit One, Sew Too 4:30 PM Jay Daniels Piano & Vocals			

SOUNDS OF THE SUMMER - PIPE ORGAN CONCERTS

- Free concert series presented by an alliance of Winston-Salem organists
- ◆ Motivated by deep love for the instrument and its vast and varied repertoire
- ◆ Sign up by noon on the day before each concert for complimentary transportation

A New Creation

Sunday, July 7 6:15 PM Depart (Parkway Presbyterian)

- ◆ Casavant, Op.3107, 1971 (rebuilt 2019)
- Organists: Jonathan Williams, Susan Keck Foster, Don Armitage

Christmas in July!

Monday, July 22 6:15 PM Depart (Ardmore Baptist)

- Reuter, Op.2219, 2003
- Organists: Henry Tysinger, Susan Orgain, Reid Gilliam

HAIRSPRAY

Saturday, July 20 7:15 PM Depart (Theatre Alliance)

- ◆ 1962 in Baltimore, and the lovable plus-size teen, Tracy Turnblad, only wishes to dance on the popular "Corny Collins Show"
- ◆ When her dream comes true, Tracy is transformed from social outcast to sudden star
- ◆ She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob, Link Larkin, and integrate a TV network…all without denting her hairdo
- ◆ Winner of eight Tony Awards, including Best Musical; family-friendly show is piled bouffant-high with laughter, romance and deliriously tuneful songs
- Residents purchase their own tickets by contacting Theatre Alliance



DINNER ON THE TOWN

Tuesday, July 23 5:30 PM Depart (Dr. Brownstone's BBQ)

- ◆ Bermuda Village will provide transportation to a local eatery once a quarter when our own food service department is closed on a Tuesday evening
- ◆ For this month's destination, venture to local NC BBQ-inspired eatery that opened in the spring; please note that this informal restaurant does not offer table service
- ◆ Opened by classically trained chef, Tim Grandinetti (Spring House Restaurant), competitor on the Food Network's *Chopped: BBQ Grill Masters*
- ◆ Transportation is limited to 14 participants who can get onto and off of the bus unassisted
- ♦ You must sign up no later than noon Friday, July 19 to be included in this outing

After you purchase tickets for events on the activity calendar, please reserve transportation with the Front Desk by calling 336-998-6112.

Deadline to sign up for transportation is noon the day before an event, <u>unless otherwise noted</u>.

Sounds of the Summer 2019 FREE pipe organ concerts	A New Creation (Sunday, July 7) Christmas in July! (Monday, July 22)
Theatre Alliance Hairspray (Saturday, July 20)	336-723-7777 wstheatrealliance.org

CULTURAL SEASONS ANNOUNCED FOR 2019-2020

There is complimentary transportation (up to 14 people) to the performances noted below. Sign up with the Front Desk no later than noon on day before performance.

DAVIE ARTS COUNCIL	Liverpool Legends (Beatles)	Sat, September 14		
DAVIE ARTS COUNCIL	Tusk (Fleetwood Mac)	Sat, October 19	Shows at	
Season of Applause!	Travis LeDoyt (Young Elvis)	Sat, November 16	7:30 PM	
336-751-3000	David Osborne (Pianist to Presidents)	Sat, January 25	Depart 6:45 PM	
daviearts.org	Sherma Andrews (Aretha Franklin)	Sat, February 8		
davicarts.org	Shawn Gerhard (Garth Brooks)	Sat, April 25		
NC BRASS BAND	Brass at the Opera	Sat, September 14	Shows at	
	Christmas Wrapped in Brass	Sat, December 7	7:30 PM Depart 6:45 PM	
ncbrassband.org	Brass on the Bandstand	Sat, May 23		
	Mary, Queen of Scots Maria Stuarda (Donizetti)	Sun, October 20	2 PM Depart 1:15 PM	
PIEDMONT OPERA A Royal Season 336-725-7101 piedmontopera.org	Mary, Queen of Scots Maria Stuarda (Donizetti)	Tues, October 22	7:30 PM Depart 6:45 PM	
	The King and I (Rodgers & Hammerstein)	Sun, March 22	2 PM Depart 1:15 PM	
	The King and I (Rodgers & Hammerstein)	Tues, March 24	7:30 PM Depart 6:45 PM	
THEATRE ALLIANCE	Absolute Brightness of Leonard Pelkey	To be announced		
THEATRE ALLIANCE	Disaster!	Sat, January 18	Shows at	
feels like home 2020 Dates	Buddy	Sat, February 22	8 PM	
336-723-7777	Evita	Sat, March 21	Depart	
wstheatrealliance.org	Something Wicked This Way Comes	Fri, April 24	7:15 PM	
wsilicalicalitatice.org	Urinetown	Sat, May 16		

WAKE FOREST UNIVERSITY LIFELONG LEARNING COURSES

- ◆ Annual membership fee, required to take classes, is \$70. Fee waived for WFU retirees & graduates.
- Courses are \$125 per person, reduced to \$100 per class if individual takes multiple classes in term.
- Current course listings and descriptions posted outside the Mailroom when available.
- Residents register for courses on their own at lifelongwake.wfu.edu.
- Complimentary transportation provided ONLY if signed up by noon on day prior to class.

PLEASE WELCOME

Autumn Anderson

to our Independent Living resident support team in the position of Resident Home Liaison



Lesa Dowell to our Catered
Living admissions team
in the role of Supportive
Care Admissions Coordinator



BERMUDA VILLAGE GOLFERS

- ◆ Male & female golf group, all skill levels
- ◆ Weekly 9-hole outings at area courses
- Confirm your interest by email to Tom Irwin: tom@deeandtom.org

KNIT ONE, SEW TOO

Wednesdays
1:30 PM Redbud 1st Floor Parlor

Bring current handcrafted project

TECHNOLOGY CLASSES

Instructed by Frank Samuelson

2nd & 4th Mondays

2:30 PM Multipurpose Room

July 8: Shopping on the Web
July 22: Blue Tooth, WiFi, Ethernet

HEARING AID CLINIC

Conducted by Hearing Care Center
Tuesday, July 9
1:30 PM Redbud 1st Floor Parlor

Carol Rexrode, Hearing Instrument Specialist, provides many services

OPEN MIC POETRY READING

Tuesday, July 9 4 PM Living Room

- Participants may read an original poem or verse composed by any author
- Microphone is passed to those who bring a poem to share

WATERMELON WEDNESDAY

Wednesday, July 10
Daytime Hours LifeFit Department

- Participate in your usual workout
- Refreshing watermelon available at the conclusion of your session
- Enjoy a favorite seasonal treat

MURDER MYSTERY AT MARGARITALAND TROPICAL ISLAND RESORT

Wednesday, July 17

5 PM – 6 PM Cocktails on Magnolia Patio (Weather permitting) 6 PM – 7:30 PM Dinner in the Dining Room

- ◆ All guests arrive to the party in costume and character; wear tropical print shirts, sunglasses, grass skirts, coconut bras, floral leis, large brim hats, sandals
- ◆ Host reads introduction to the event at the cocktail hour; all guests receive envelope with information and objectives; sleuthing begins and "murder" occurs during the party
- ◆ Investigator will give instructions and present evidence before guests may accuse a culprit
- ◆ Murderer is revealed and prizes are given in a number of categories
- 8-15 residents will volunteer in advance to be the main cast for this event; **everyone** who attends will be invited to investigate and help solve the crime
- ◆ *Steel at Large* provides music to set the tone for our Birthday Night evening in the resort
- Delicious buffet prepared by our chefs provides a perfect opportunity to gather clues
- ♦ Invitations will go out by July 3rd requiring an EARLY RSVP to the Front Desk

TAI CHI

Thursday, July 18 9:30 AM Japanese Garden

- Low impact, slow and controlled movements
- Designed to increase energy flow
- Multiple health benefits, even for those with limited mobility
- ◆ Heidi Day, facilitator

WELCOME NEWCOMERS

Wednesday, July 24 5 PM Social Hour 6 PM Dinner

- Mingle with residents who moved in since February
- ◆ Social: First beverage and appetizers complimentary
- Meal is free-of-charge for newcomers only
- ◆ Dinner reservations must be made by 2:30 PM

BERMUDA RUN BRIDGE

Thursday, July 25 9:30 AM

Multipurpose Room

- ◆ Party bridge format open to Bermuda Village and Bermuda Run residents
- ◆ Reservation required with Betty Griffith by calling 336-940-2686
- ◆ Guests enjoy the weekly lunch buffet for \$14

BEACH BINGO

Tuesday, July 30 2 PM Dining Room

- ◆ Join friends for a themed edition of BINGO
- ◆ \$1 per game to play
- Bring ten dollar bills; we are not prepared to make change

WELLNESS WEDNESDAY

Wednesday, July 31 LifeFit Department

- Celebrate "Beach Day" in LifeFit
- Engaging information and activities
- Drop in during daytime hours for special treats











JAY DANIELS

Wednesday, July 31 4:30 PM Living Room

- ◆ Welcome a fine musician
- ◆ Gather around the piano to sing favorite tunes
- ◆ Enjoy an afternoon musical treat with friends

COMMUNITY MOVIES IN JULY SCREENED IN THE MULTIPURPOSE ROOM

6 th 2 PM 7 th 7 PM	Green Book 2018 Rated PG-13	An Italian-American is hired to drive a world-class Black pianist on a concert tour from Manhattan to the Deep South in the 1960s. They rely on "The Green Book" to guide them to establishments safe for African-Americans.
13 th 2 PM 14 th 7 PM	Gifted 2017 Rated PG-13	When his sister dies, bachelor Frank Adler assumes care of her 7-year-old daughter. His plans to raise her are threatened when the child reveals herself a math prodigy, and his mom suddenly gets involved.
20 th 2 PM 21 st 7 PM	The Girl in the Spider's Web 2018 Rated R	Fired from the National Security Agency, Frans Balder recruits hacker Lisbeth Salander to steal FireWall, a computer program that can access codes for nuclear weapons worldwide. Russian thugs take Lisbeth's laptop and kidnap a math whiz who can make FireWall work. Now, Lisbeth and an unlikely ally must race against time to save the boy and recover the codes to avert disaster.
27 th 2 PM 28 th 7 PM	Mamma Mia! Here We Go Again 2018 Rated PG-13	In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. Donna's best friends reassure Sophie with tales about Donna's experiences.

28 A LA CARTE BRUNCH DELIVERY DINNER OPTIONS Pan Seared Salmon with Beurre Blanc \$18.00 Brown Rice Steamed Corn and Tomatoes OR Health Center Menu \$8.95	BRUNCH BUFFET \$14.50 Shrimp and Grits Roasted Chicken with Rosemary au jus Tomato & Cheese Quiche Sausage Patites; Pancakes Sautéed Green Beans; Spinach Salad Roasted Butternut Squash Spring Peas; Fruit Salad DELIVERY DINNER OPTIONS Balsamic Chicken \$14.00 Wild Rice; Sautéed Squash OR Health Center Menu \$8.95	A LA CARTE BRUNCH DELIVERY DINNER OPTIONS Boneless Fried Chicken with Gravy \$10.00 Mashed Potatoes Broccoli OR Health Center Menu \$8.95	BRUNCH BUFFET \$14.50 Ham and Cheese Strata; Bacon Biscuits and Sausage Gravy Grilled Chicken with Honey Walnut Glaze French Toast Sticks with Syrup Apple Cinnamon Muffins Home Fries; Fruit Tart; Fruit Green Beans with Pimentos DELIVERY DINNER OPTIONS Meatloat \$14.00 Mashed Potatoes Stewed Tonatoes & Green Beans OR Health Center Menu \$8.95		Sunday
DINNER SPECIAL \$12.00 Taco Bar and Quesadilla Night	DINNER SPECIAL \$19.00 Braised Lamb Shanks Sea Salt Roasted Fingerling Potatoes Glazed Tri Color Carrots	DINNER SPECIAL \$22.00 Grilled Ribeye with Demi-glace Rosemary Garlic Confit Potatoes Asparagus	BINNER SPECIAL \$18.00 Lobster Ravioli (topped with lobster pieces) with Roasted Tomato and Basil Brown Butter Asparagus Tips	DINNER SPECIAL \$14.00 NC Trout Almandine White Wine Green Beans & Peppers Brown Rice Pilaf	Monday
30 DELIVERY DINNER OPTIONS Bacon Cheeseburger with Lettuce, Tomato and Mayonnaise \$10.00 Fries; Fruit OR Health Center Menu \$8.95	DELIVERY DINNER OPTIONS Shrimp Skewers with BBQ Glaze \$15.00 Fried Okra Baked Potato OR Health Center Menu \$8.95	DELIVERY DINNER OPTIONS Crab Cakes with Cream Sauce \$18.00 Baked Sweet Potato Snow Peas OR Health Center Menu \$8.95	Pick Catfish with Remoulade \$9.00 Fried Catfish with Remoulade \$9.00 Baked Potato Sugar Snap Peas OR Health Center Menu \$8.95	DELIVERY DINNER OPTIONS Grilled Salmon with Beurre Blanc \$18.00 Baked Potato Green Beans OR Health Center Menu \$8.95	JULY FC Tuesday
31 CHEF'S SELECTION DINNER SPECIAL To be announced at time of service	NEWCOMERS' SOCIAL Beef Bruschetta with Basil Tomato Relish and Balsamic Drizzle Prosciutto Wrapped Asparagus Bacon Wrapped Scallops NEWCOMERS' DINNER \$22.00 Pan Scared Sca Bass with Vanilla Fennel Beurre Blanc Bone in Pork Chop with Chardonnay Poached Apples Spinach, Cranberry, Goat Cheese Suffed Chicken Roulade with Red Pepper Cream Sauce Wild Rice Roasted Cauliflower and Broccoli	MURDER MYSTERY BIRTHDAY NIGHT Cocktails on Patio @ 5 PM Limited Buffet \$19.00 Almond Crusted Mahi Mahi with Coconut Lime Sauce Jerk Pork Tenderloin with Stewed Tomato Chutney Shrimp Skewers with Mango Relish Jasmine Rice; Green Beans Birthday Cake and Ice Cream Bar	CHEF'S SELECTION DINNER SPECIAL To be announced at time of service Watermelon Salad will be on the menu	SINGLES' DINNER Limited Menu \$18.00 Grilled Salmon over Wild Mushroom Ravioli with Spring Pea and Thyme Beurre Blanc Bacon Wrapped Fliet with Pearl Onion Demi-glace Pan Seared Scallops with Pesto Cream and Roasted Red Pepper Coulis Wild Rice Pilaf; Broccolini	Wednesday Wednesday
	Turkey a la King Roast Beef and Gravy Herb Butter Rice Glazed Carrots Sautied Cabbage Composed Chef Salad Artichoke/Tomato/Cucumber Salad Carrot Raisin Salad Fruit Rolls	LUNCH BUFFET \$9.99 Bourbon Glazed Pork and Apples Brown Sugar BBQ Grilled Chicken Bacon and Onion Green Beans Gouda Macaroni and Cheese Charred Skillet Com Italian Potato Salad Garden Pasta Salad House Salad	LUNCH BUFFET \$9.99 Roasted Pork Tenderloin with Red Pepper Cream Sauce Split Chicken Breast with Spinach Beurre Blanc Parmesan Orzo Pasta Roasted Zucchini and Squash Green Beans Corn Salad Egg Salad Green Salad Fruit	INDEPENDENCE DAY BUFFET \$17.00 BBQ Baby Back Ribs Grilled Burgers and Hotdogs with Lettuce, Tomato, Onion, Bacon, Cheese Selection, Mustard, Ketchup, Mayonnaise, Chili, Slaw, Sauerkraut Corn on the Cob; Collard Greens Macaroni & Cheese; Fruit Display Watermelon Salad; Potato Salad Coleslaw, Cobb Salad No dinner service this evening	ENDAR Thursday
	COCKTAIL HOUR Bacon Wrapped Dates Vegetable Spring Rolls Mini Éclairs	COFFEE HOUR Blueberry Muffins Cinnamon Butter	12	COFFEE HOUR Assorted Doughnuts	Friday
	DINNER SPECIAL \$21.00 Grilled Swordfish with Pesto Beurre Blanc Lyonnaise Potatoes Wilted Spinach	DINNER SPECIAL \$23.00 Prime Rib Night (Carving Station) Demi-glace and Horseradish Cream Baked Potatoes Baked Sweet Potatoes Asparagus Fried Okra	DINNER SPECIAL \$10.00 Popcom Shrimp Hushpuppies Com on the Cob Boiled Baby White Potatoes	Pan Fried Pork Chops with Gravy Mashed Potatoes Stewed Squash and Tomatoes	Saturday