From the Director’s Desk

At Cedarfield, we are grateful every day for the ongoing selfless contributions of countless people. To quote the writer William Arthur Ward, “Gratitude can transform common days into thanksgiving.” During this season of gratitude, I would like to acknowledge the many acts of kindness and generosity by those who make Cedarfield a special, loving place. The below quotes are a random sampling of resident thoughts that personify those contributions.

“Cedarfield is about feeling in control...living where you want and how you want.” -Mrs. Jo Brady
“Cedarfield is about feeling valued for your contributions...the knowledge that you possess and the talents and experiences that you have accumulated over a lifetime.” -Mr. Don Falls
“Cedarfield is about feeling interconnected with people who care about each other...it’s about the sense of new identity and adventure that comes from being a part of a community of shared ideas and activities.” -Dr Szigeti
“It’s about the sense of well-being and security that only comes when you feel that you are a part of something bigger than yourself.” -Mrs. Mary Hazelgrove

You can certainly understand why I am honored to express our heart-felt thanks for all the residents as we are stronger together. Everyone who lives and works at Cedarfield helps create true community that Enriches Life’s Journey. I am immensely grateful and filled with great pride to be a member of the Cedarfield family. May God continue to watch over and bless the residents, our team members, and our extended Cedarfield family.

We are Blessed! Happy Thanksgiving!

We cordially invite you to attend the Veterans Day Tribute

A day to honor and celebrate our Veterans for all they gave and all they continue to give.

Monday, November 12
2:00 pm
Fellowship Hall

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You must sign up for all trips Page 2 with Amanda at 474-8881.

**IL TRIPS**

**Science Museum of Virginia Lunch Break Science**

Pack a lunch and join us!

*Climate Change in the James River Basin: Local Effects from a Global Issue*

**Virginia War Memorial**
Thursday, November 8
Departing at 2:00 pm, returning by 5:00 pm

The Virginia War Memorial is the Commonwealth of Virginia’s premier monument, museum, and educational center honoring the memory of all Virginians who demonstrated a willingness to serve and fight to defend the United States from World War II through today. The guided tour will include two short films and will be approximately 90 minutes in length.

The trip is free plus the transportation fee.
Sign up by noon on Monday, November 5. IL Trip Level II.

**Trip Reminders:**
- Wednesday, November 14: Riverside Dinner Theater presents *Beauty & The Beast* departing at 10:30 am

**Series Reminders:**
- Saturday, November 3: Symphony Pops departing at 7:15 pm
- Saturday, November 10: Richmond Symphony Masterworks departing at 7:15 pm
- Sunday, November 11: Richmond Ballet departing at 1:15 pm
- Sunday, November 11: Richmond Symphony Masterworks departing at 2:15 pm
- Saturday, November 17: Richmond Forum departing at 7:15 pm
- Friday, November 23: Broadway in Richmond departing at 7:00 pm
- Thursday, November 29: Virginia Repertoire Theater departing a 6:15 pm

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**Meals Out:**

**Dinner at Little Saint**
Little Saint, located in the heart of the Museum District, specializing in “New Virginia” cuisine, serves local, fresh dishes that promise to be healthy and exciting.

**Monday, November 5**
Departs TC at 4:15 pm, returns by 8:00 pm

**Lunch at Camden’s Dogtown Market**
Great food, good prices, & friendly staff.

**Friday, November 16**
Departs TC at 11:15 am, returns by 2:00 pm

Transportation fee plus meal on your own.
IL Trip Level I.

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**Virginia War Memorial**
Thursday, November 8
Departing at 2:00 pm, returning by 5:00 pm

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- Thursday, November 29: Virginia Repertoire Theater departing a 6:15 pm
START YOUR HOLIDAY SHOPPING EARLY!

Shopping at St. Stephen’s May Fair House Christmas Bazaar

The May Fair House, a gift shop run primarily by volunteers and overseen by a volunteer board, will be hosting a special Christmas Bazaar. The shop has a wonderful selection of unusual gifts at great prices and is famous for its jams, entrees and other delicious foods, all prepared by volunteers in the May Fair House kitchen.

All profits go to St. Stephen’s Episcopal Church’s outreach programs.

**Tuesday, November 13**
Departs TC at 1:00 pm, returns by 3:00 pm
Trip cost is $9 plus transportation fee. Bring money for shopping.
Sign up by noon on **Monday, November 12**. No refund after deadline.

IL Trip Level I.

Shopping at the Bizarre Bazaar

A Virginia tradition for over 42 years, our unique offerings include seasonal gifts and decorative accessories for the home and garden, gourmet food and cookbooks, fine linens, designer women’s and children's clothing, toys, fine crafts and artwork, furniture and jewelry.

**Thursday, November 29**
Departs TC at 12:45 pm, returns by 5:00 pm
Trip cost is $9 plus transportation fee. Bring money for shopping.
Sign up by noon on **Monday, November 12**. No refund after deadline.

IL Trip Level II.

Valentine Museum:
Richmond’s Monuments Exhibit & Step-On Bus Tour

*Monumental* will look at the historical context of public monuments in Richmond and the Valentine is excited to build on its role as a space to engage in meaningful, sometimes uncomfortable, discussions about what we have chosen to commemorate and what we have chosen to forget. After the 30-minute docent-led tour of the exhibit, we will explore Richmond’s monuments with a bus tour directed and explained by the Valentine Museum staff.

**Monday, November 19**
Departs TC at 9:30 am, returns by Noon
This trip is $15 plus transportation fee.
Sign up by noon on **Friday, November 9**. No refund after deadline date.

IL Trip Level II.
Ronald McDonald House

Get ready to make some sandwiches! Join us for a volunteer opportunity at the Ronald McDonald House as we assemble sandwiches for those staying at the house. No cooking experience required!

Wednesday, November 7
Departs TC at 8:30 am, returns by 11:30 am
Trip is free.
IL Trip Level I

IL TRIPS

You must sign up for all trips with Amanda at 474-8881.

Tour & Tasting at Taylor Made Chocolates

Taylor Made Chocolate, Inc. is a bean to bar artisan chocolate company in Chesterfield, Virginia. Their goal is to produce the highest quality chocolate for customers and utilize the business to bring freedom to those affected by human trafficking and slavery. Their vision is, “Excelling at what matters. Our Farmers, the Environment, and You.” The trip will include a 45-minute film and tour, a chocolate tasting, and time for shopping. Participants are asked to wear closed-toed shoes, be free from flu-like symptoms, and will be required to wear a hairnet during the tour.

Thursday, November 15
Departs TC at 2:15 pm, returns by 5:00 pm
Trip cost is $15 plus transportation fee.
Sign up by noon on Tuesday, November 6. No refund after deadline.
IL Trip Level II.

Wine Tasting at the Upper Shirley Vineyards

Come experience the magic of Upper Shirley Vineyards, a one-of-a-kind winery perched above one of the most scenic bends on the James River. Established in 2013, the vineyard has 19 acres under vine with diligently selected European varietals. Enjoy a private tasting of twelve highlighted wines.

Friday, November 30
Departs TC at 2:00 pm, returns by 5:30 pm
Trip cost is $25 plus transportation fee. Bring money if you plan to purchase bottles of wine.
Sign up by noon on Tuesday, November 13. No refund after deadline.
IL Trip Level II.

U of R Marshall Center Lecture

Finding a Solution to the Mass Incarceration Crisis

Presented by Anthony Bradley
Chair of the Program in Religious and Theological Studies & Director of the Center for the Study of Human Flourishing, The King’s College

Friday, November 9
Departs TC at 3:45pm; returns by 6:00pm
Transportation fee.
IL Trip Level I. No staff escort.
Register by noon on Monday, November 5.
**Lewis Ginter GardenFest of Lights**

Dominion Energy GardenFest of Lights is a holiday tradition featuring more than a half million lights, botanical decorations, and trains. See the displays as never before with an one-hour docent-led tour followed by a semi-private buffet dinner in the beautifully appointed Robins Room.

**Tuesday, December 11**
Departs TC at 3:45 pm, returns by 8:00 pm
Trip cost is $40 plus transportation fee. Price is the same for members & non-members.
Sign up by noon on Tuesday, November 13. No refund after deadline.
IL Trip Level II. A minimum of 20 must register. Rain or shine event.

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**Transportation for Richmond Symphony’s Performance of Handel’s Messiah**

Don’t miss the Richmond Symphony and Richmond Symphony Chorus perform Handel’s masterwork, a holiday classic that has delighted Richmonders for generations. This performance will be held at the Carpenter Theatre. Tickets MUST be purchased through the Richmond Symphony either online or by calling 1 800 514 ETIX.

**Saturday, December 8**
Departs TC at 6:30 pm, returns by 10:00 pm
Transportation fee. **No staff escort.**
Sign up by noon on Friday, November 30.
IL Trip Level I. A minimum of 8 must register for transportation to be provided.

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**Christmas in Killarney: An Irish Christmas Celebration**
At the Modlin Center for the Arts at U of R

A perfect addition to the holiday season, *Christmas in Killarney* features World Class Irish Dancers along with live vocalists and musicians performing traditional Christmas classics, all with an Irish flair. Created by 2009 Senior Men’s World Champion Irish Dancer Scott Doherty and veteran show producer and Irish musician Chris Smith, *Christmas in Killarney* will transport you to the old village of Killarney, Ireland, where some of the most iconic Christmas traditions originated.

**Saturday, December 15**
Departs TC at 6:45 pm, returns by 10:30 pm
Trip cost is $35 plus transportation fee.
Sign up by noon on Thursday, November 8. No refund after deadline.
IL Trip Level I.
Cedarfield Book Discussion Group
*The Girl with Seven Names* by Hyeoneseo Lee

**Friday, November 9**
10:00 am in The Chatter Box

All are welcome to attend.

*The reading list is available in the Business Office.*

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**Voting**

Virginia law now requires voters to show acceptable Photo ID to vote in person.
Your acceptable Photo ID is the only thing you are required to show to vote in person.

**Tuesday, November 6**
6:00 am to 7:00 pm in the Fellowship Hall

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**Don Irwin**

Don Irwin thrills music connoisseurs across the country with his unique and innovative one-man piano performances. As a classically trained musician, Don surprises many with his very versatile repertoire. Join us for an evening of beautiful melodies, sweeping ranges, unique sounds, and exotic rhythms.

**Wednesday, November 7**

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**Simply the Best Vendor Fair**

Get a jump-start on your holiday shopping! Stop by and check out a variety of vendors with apparel, jewelry, toys, and more.

- LuLaRoe Apparel
- Discovery Toys
- Usborne Books
- Simply Vittore
- Cards by Jean Boddy
- Stella & Dot Jewelry
- Mary Kay Cosmetics
- Handmade Jewelry by Wendy Williams
- Norwex
- Glass Artwork by Sue Hillard
- Kazuri Designs

**Friday, November 9**
12:30 - 3:30 pm in the Fellowship Hall
Please Join

Chesapeake Bank & Chesapeake Wealth Management

To Celebrate Their First Anniversary

TUESDAY, NOVEMBER 13TH
4:30 pm - 6:30 pm  Fellowship Hall

Kindly RSVP to Jennie Giglio at 804 939 6450
By Tuesday, November 6th

Tree Lighting & Short Pump Symphonette

Get into the holiday spirit as we illuminate the holiday decorations. The tree lighting will be followed by a performance by the Short Pump Symphonette, a string orchestra for students of all ages. Members of the orchestra range from elementary school students to college age. The concert program will include a variety of classical and popular holiday music.

Wednesday, November 28
Tree Lighting at 7:15 pm in the Town Center
Music following in the Fellowship Hall

Resident Christmas Fund
October 29-December 3

Here’s your chance to say “thank you” to all the wonderful Cedarfield team members who serve us in so many ways throughout the year. You can give to the Employee Christmas Fund by placing a check or cash in one of the boxes around the building. And you can say your “thank you” in person at the annual Christmas party on Thursday, December 13. Please be generous when you make your contribution. Checks should be made to the “Employee Christmas Fund.”
Cedarfield’s Movie Matinee Presents:  
**Remains of the Day**
A butler who sacrificed body and soul to service in the years leading up to World War II realizes too late how misguided his loyalty was to his lordly employer. Starring Anthony Hopkins, Emma Thompson, and James Fox.

**Wednesday, November 28**  
1:00 pm in the Fellowship Hall  
*Popcorn and drinks provided.*

Rated PG

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Photography Club:  
**Special Series**
Resident Don Nagel will be leading a workshop series based on the book “Learning to See Creatively”.
Don has previously taken the course.
All are welcome; bring your camera or cell phone.

**Friday, November 9**  
2:30 pm in The Chatter Box

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Coffee Chats  
Join Administration for an informal gathering to connect and discuss current issues affecting Cedarfield.

**Tuesday, November 13**  
11:00 am Fellowship Hall

**Monday, November 19**  
2:00 pm Secret Garden Villas Common Area

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Classic Movie Night:  
5:00 pm Sundays; Prima Club Room

**November 4: Guess Who’s Coming to Dinner (1967):** Spenser Tracy and Katharine Hepburn star as wealthy Californians who consider themselves progressive until their only daughter (Katharine Houghton) brings home her African-American fiancé (Sidney Poitier). 1h 48m; Not Rated.

**November 11: To Kill a Mockingbird (1962):** Lawyer Atticus Finch (Gregory Peck) defends an innocent black man (Brock Peters) against rape charges but ends up in a maelstrom of hate and prejudice. 2h 10m; Not Rated.

**November 18: Gone With the Wind [part 1] (1939):** Director Victor Fleming's epic adaption of Margaret Mitchell's novel of the same name stars Vivien Leigh as self-absorbed, headstrong Scarlett O'Hara, a Southern Belle who meets her match in Rhett Butler just as the Civil War breaks out. Film is 3h 53m and will be shown in two parts; Rated G.

**November 25: Gone With the Wind [part 2]  
Refreshments will NOT be provided.**

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**DMV Connect**  
**Thursday, November 1**  
9:00 am—Noon in the Fellowship Hall

DMV Connect is DMV’s newest service outreach program and serves Virginians who may not be able to travel to a DMV office. DMV Connect teams conduct all DMV transactions except vital records and testing.

- Driver’s licenses and ID cards
- Titles and registrations
- License plates
- Driver transcripts
- Address changes
- E-Z Pass transponders
- Hunting and fishing licenses
- Disabled parking placards or plates

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**Learn & Play**  
**Mexican Train Dominoes**  
**Saturday, November 3**  
1:30 pm at the Third Floor Lounge

Come one, come all! Three to eight people in a game and the dominoes are marked with numbers instead of dots.  
For more information, please contact resident organizer Barbara Fischi at 350-5760.

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**Bingo**

Join us for this fun evening of socializing and prizes!

**Monday, November 26**  
7:30 pm  
Fellowship Hall

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**Focus Group presents**  
**Guest Speaker: Jane Kulow**

*Book by Book: Building Bridges for 25 years*

Since 2014 Jane Kulow has served as the Director of the Center for the Book. As Director of the Center, Jane guides the popular and highly respected, four-day Festival of the Book, held each March in Charlottesville. In moderated ‘author panels’ and single author presentations and book signings, the Festival showcases nationally and regionally recognized authors and writers from every field literature from children’s and young adult books, and fiction, to history, poetry, historical fiction, and mystery-thrillers. The Festival attracts readers and book-lovers young and old, individuals and families, visiting book enthusiasts across the Mid-Atlantic region and beyond.

**Tuesday, November 20**  
11:00 am in the Fellowship Hall
Forcing Bulbs for Christmas

Ready to cultivate some Christmas cheer? Forcing bulbs can deliver beautiful blooms to brighten your holidays, if you start them now!

Start by selecting large, firm and blemish-free bulbs. Choose a container that is at least 6 inches in diameter and twice the height of the bulbs. Fill the container so that when a bulb is placed on the soil, its tip will be ½ to 1 inch below the rim. Set the bulbs (tips up) close together in the container and press the bases gently into the soil. Add more potting soil until just the tips show. Water thoroughly. Label containers with the type of bulb and date planted.

Paperwhites and amaryllises, two holiday favorites, do not require chilling, but the bulbs must be kept outside of the pots in a cool location (40°F to 50°F is ideal) until roots develop. Be sure the soil surrounding potted bulbs stays evenly and continuously moist during the chilling period.

When you see shoots emerging 2 inches above the surface of the soil, it’s time to move your containers. Once potted bulbs are moved to a warmer (55°F to 65°F), bright, indoor location, they will begin to bloom. The flowers should appear within two to five weeks. When the flower buds begin to open, place your containers in an area that has bright, indirect daytime light and nighttime temperatures between 60°F and 65°F. Keep the soil evenly moist, turn the pots every other day to encourage straighter stems, and feed weekly with a half-strength solution of houseplant fertilizer.

Source: https://ideas.hallmark.com/articles/christmas-ideas/forcing-bulbs/

Seasonal Roots:
Healthy Foods at your Doorstep

Cedarfield is partnering with Seasonal Roots, an online farmers market, that home-delivers local produce, grassfed dairy, meat, and eggs, plus wholesome artisan fare; all fresh, all locally sourced, and all sustainable. Local family farmers pick at the peak of ripeness, knowing you’ll get it fast from Dirt to Doorstep®, while the flavor and nutrients are still fresh.

Come learn more about this new partnership!

Friday, November 16
3:00 pm in the Fellowship Hall
Annual Thanksgiving Service
Please join us for a special Thanksgiving service featuring the Cedarfield Choir and a message by Melissa Andrews, entitled *Finding Purpose to Give Thanks*. Melissa is President & CEO of LeadingAge Virginia.

**Monday, November 19**
4:00 pm in the Fellowship Hall

A Decembered Grief
Grief can be overwhelming and intense during the holidays. While the world seems to be moving forward and celebrating life, those who are grieving face a season of darkness and loss. The Rev. Karl Netting, a retired hospice chaplain, will facilitate four sessions designed to guide you beyond the darkness and promote healing.

Advance sign-up is needed. Call Margaret at 474-8892.

**Wednesdays, Nov. 7, 14, 28 & Dec. 5**
3:30 pm Town Center Chapel

Service of Communion & Healing Prayer
All Welcome!
A flyer with more information on the service is available in the chapel.

**Wednesday, November 21**
2:00 pm Town Center Chapel

Cedarfield Thanksgiving Choir Rehearsals continue!!
It’s not too late to join the choir. Come one, come all, and sing.

4:15 pm Mondays, November 5** & 12
3:00 pm Monday, November 19 for warm-up.
Fellowship Hall
** November 5 rehearsal will be held in Town Center Chapel

Tuesday Morning Bible Study
The study of Revelation will conclude on November 6. Beginning November 13 we will embark on a five-week study of James. A distinctive book in the new Testament, James emphasizes the necessity of actions consistent with beliefs and convictions.

**Tuesdays in November**
10:00-10:45 am Third Floor Park View

Roman Catholic Eucharist
*(provided by St. Mary’s Catholic Church)*

**Thursday, November 15**
11:00 am Town Center Chapel

Men’s Coffee

**Friday, November 9**
10:00 am in Club Cedar

For more information about these events, contact Margaret Ernstes at 474-8892.
Cedarfield Gallery Presents: Works By The James River Art League
October 25 through December 5

Glass: Jolly Snowman
Join us during one of the ongoing glass classes this month as we create a one-of-a-kind snowman ornament! This holly jolly project is the perfect addition to any holiday tree or window and can complete any holiday gift list! Using different colors and types of glass and glass cutting techniques, this ornament is the perfect project to explore your limitless creativity, beginners are welcome!

Two ornaments per person limit.

Cricut Maker Class
Tuesdays, November 13, 20, & 27
2:00-4:00 pm
By popular demand, we will be holding a 3-week class on how to use the Cricut Maker Machine and Cricut Design Website. Please bring your tablet, smartphone, or laptop as the majority of the process is created online. Cricut Maker has the ability to draw and write and can also cut fabric, cardstock, leather, vinyl adhesive, and thin wood for a number of small projects. A crafter’s dream! No sign-up necessary.

Craft Club: Christmas Wreaths
Friday, November 16 at 2:00 pm
Register for this workshop to learn how to make your average wreath into a stunning display! Cost is $20 and includes all materials.

Sign-up with Amanda at 474-8881 by Friday, November 9.

Clay Class: Mini Ceramic Houses
Join us in The Chatter Box in November to create a set of miniature ceramic houses for a simple holiday decoration, or a sweet little stocking stuffer. Create one or a whole village and customize the size, color, and style of your houses. Beginner-friendly and a perfect first time project if you want to try out our clay class.

Look A Card For A Veteran
Hand-crafted cards will be available Election Day, Tuesday, November 6. Look for the table and sign a message of thanks!

LOOKING AHEAD:
Boxwood Christmas Tree
Tuesday, December 4 1:00-3:00 pm
Learn how to create a nine inch decorative Christmas tree from boxwood. Cost is $12 per person and includes all materials but students must bring scissors/ floral snips. Class size is limited to 15 participants. Please register with Amanda at 474-8881 by Monday, November 26.

Sponsored by the Flower Committee

Ongoing Class Schedule:
Glass: Mondays 1:00-4:00 pm
Clay: Wednesdays 1:30-3:30 pm
Oil Painting: Wednesdays 10:00 am-Noon
Watercolor: Thursdays 10:00 am-Noon
Sentimental Sewing: Thursdays 2:30-4:00 pm
Brain Fitness:

Brain Food

Because the brain and body are so closely connected, you are, in part what you eat, reinforcing the body’s mental-physical relationship. Take fish, for example. A diet rich in fish and shellfish has been shown in multiple studies to keep the mind sharp and lower the risk of certain brain disorders. Residents of Iceland, who eat about 5 times as much seafood as Americans and Canadians, rarely have depression. Fish oil and, in particular, Omega-3 fatty acids have been linked not only to brighter mood but also more efficient transmission of electrochemical signals between the synapses. The right foods strengthen the brain. Eating a variety of foods and vegetables (in a variety of colors) is a good strategy to feed your brain.

Source: National Geographic’s Complete Guide to Brain Health, Michael Sweeney Page 79 and 80

Dietician's Digest:

Slow Cookers

Slow cookers can make the preparation of healthy, delicious meals much easier. They can be used for soup, stew, and chili recipes to keep you warm during the winter months, and in the summer, they won’t heat up the kitchen the way the oven might. See the chili recipe below to get started.

1 pound lean ground beef or turkey
3/4 cup diced onion
3/4 cup diced celery
3/4 cup diced green bell pepper
2 cloves garlic, minced
2 (10.75oz) cans tomato puree
1 (15oz) can kidney beans w/ liquid*
1 (15 oz) can kidney beans, drained*
1 (15 oz) can cannellini beans w/ liquid*
1/2 tablespoon chili powder
1/2 teaspoon dried parsley
1 teaspoon salt
3/4 teaspoon dried basil
3/4 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/8 teaspoon hot pepper sauce

*Use no added salt beans

Place the meat in a skillet over medium heat, and cook until evenly brown. Drain grease. Place all ingredients in the slow cooker, cover, and cook 8 hours on low.

Source: Adapted from https://www.allrecipes.com/recipe/48449/slow-cooker-chili-ii/
**FITNESS**

**New Class Beginning in November**

**Gentle Stretch**

**Mondays & Wednesdays**

10:00-10:30 am in the Fellowship Hall

This class is formatted so that all levels of fitness will benefit.
Most exercises will be demonstrated standing or seated and will have a few options for progressions.

**Why is It important to stretch?**

The benefits of daily stretching can include a more limber, less injury-prone body, lower stress levels, better muscle tone and less overall pain. When people don't move their muscles enough, aches and pains often result, especially with increased age.

**Walk in the Park**

**Wednesday, November 7 & Friday, November 16**

2:30 pm meet at the Town Center.

Join us for a brisk walk in Deep Run Park. Level III activity due to uneven ground surface and hills.

**Chair Yoga**

Six-week session starting

**Monday, November 19**

3:00 pm in the Fellowship Hall

**Tai Chi with Jenny**

New six-week session starting

**Thursday, November 8**

1:30 pm in the Fellowship Hall

Call Elizabeth at 474-8884 to register/$30.

**COMMUNITY OUTREACH**

**Holiday Drive**

This year’s holiday drive will benefit Family Lifeline. Please look for the flier in your mailbox regarding this drive. All items must be received by Trish Conlon no later than Friday, December 7.

**Cedarchest News**

Our November receiving days will be Thursdays, November 1, 15, and 29 with sale day on Thursday, November 8.
The Cedarchest will be closed for Thanksgiving.
Silent auctions will continue to happen in the tunnel on an as-needed basis.
Tune in to Channel 970 for auction notices.
SPECIAL EVENTS

**Morning Devotions**
Mon., Nov. 5, 12, 26
11:00 am
SGV Activity Room

**Music with Kevin Salyer**
Wednesday, Nov. 6 / 2:30 pm
Cedar Woods Great Room

**Harp Therapy**
Friday, Nov. 9
Sunshine Plaza: 10:30 am
Cedar Woods: 11:00 am

**Health Services Acrylic Art Class**
Wednesday, Nov. 14 / 2:30 pm
SGV Activity Room

**Music with Mary Stella**
Thursday, Nov. 15 / 3:30 pm
Cedar Woods Great Room

**Music with Matthew O’Donnell**
Wednesday, Nov. 21 / 2:30 pm
Cedar Woods Great Room

**Music with Lucky Bill**
Wednesday, Nov. 28 / 2:30 pm
Cedar Woods Great Room

**Music with Sam Abrash**
Thursday, Nov. 29 / 3:30 pm
Cedar Woods Great Room

**Secret Garden Villas & Cedar Woods Tea Party**
Tuesday, Nov. 27
3:30 pm
Cedar Woods Great Room

**Health Services Resident Council Meeting**
Monday, Nov. 19
11:00 am
SGV Activity Room

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**Health Services Thanksgiving Dinner**

**Thanksgiving Dinner**

Thursday, November 8
5:30-6:30 pm
Fellowship Hall

*Join us for our annual Thanksgiving Dinner. Entertainment will be provided by pianist Joe Loshiavo. Please R.S.V.P to Katie Ziolkowski at 474-8744 by Tuesday, November 6. Sign up early. Space is limited!*
Daylight Savings Time Ends
Sunday, November 4
Remember to set your clocks back one hour.

Sweet Facts

The Cedarfield Spirit Committee has once again pulled over a very successful resident and team member trick-or-treat event.

◆ 40 Independent Living residents opened their doors to trick or treaters
◆ 44 bags of candy were purchased
◆ 113.55 pounds of candy

Construction Corner

◆ **Café/ pharmacy**: work is underway. Slab and drainage work has been addressed and all equipment and finishings have been ordered and should be here in time for installation.

◆ **D-wing**: weather has impacted installation of concrete foundations and footing changes have been addressed. Shockey is working closely with Dominion Power and the county to address fire hydrant placement.

◆ **Wellness building**: construction continues. We are working with outside contractors to install power lines within the next two months. Landscape meetings were also a main focus of recent weeks.

◆ **Households**: parking lot has been completed on the site which was once the garden beds. Fencing and lighting in this area is currently being addressed. Underground waterline placement is the current major focus.

Monthly Meetings

- **Town Hall Meeting**
  - Friday, November 2
  - 11:00 am
  - Fellowship Hall

- **Movement Disorder Support Group**
  - Friday, November 2
  - 1:15 pm
  - Town Center Chapel

- **Low Vision Support Group**
  - Wednesday, November 14
  - 2:00 pm
  - Town Center Chapel

- **Coping with Loss Support Group**
  - Monday, November 26
  - 11:00 am
  - Town Center Chapel

- **Memory Support Group**
  - Tuesday, November 27
  - 10:30 am
  - Town Center Chapel

- **Residents’ Council**
  - No meeting in November.
  
  November/December combined meeting will be held on December 12 at 2:00 pm in the Cedar Woods Great Room

Recycling pick-up will begin at 2:00 pm on Friday, November 2, 16 and 30 for IL Apartments.