

Happy Fall!

Join us this season for many fun events, including a Ruth Shoppe Fashion Show, an Autumn Social, and Halloween Happy Hour.

Keep an eye out for other events, like a Supportive Communication presentation, a Lodge Gallery art opening, and more!



Halloween Happy Hour

3:30 - 4:30 PM in Fireside

Get in the Halloween spirit at this spooky Halloween Happy Hour! Halloween-themed snacks and drinks provided (alcoholic and non-alcoholic).

Costumes are encouraged!



Fall 2026

IN THIS ISSUE

2

Monday Evening Programs

3

Independent Living
Excursions

4

Campus Announcements

7

Resident Interest Groups

8

Movie Nights

MONDAY Evening Programs

7:00 PM in The Commons

Programs will be broadcast on in-house channel 1971 and Boxcast.

The shuttle will run until the end of the program for residents needing transportation to and from The Manor.



Oktoberfest Show

Week 1 - Performance by The Squeeze Play Band

The Squeeze Play Band is made up of accordion player Ed Polich and mandola player Paul Muller. This program will feature your favorite Oktoberfest songs!



Thomas Jefferson

Week 2 - Performance by Beau Robbins

Meet Founding Father and the third president of the United States, Thomas Jefferson! Beau Robbins is a living history interpreter, speaker, and consultant, providing historical solutions to museums, educators, historical sites, and film.



A Fall Folio of Jazz

Week 3 - Performance by Chesterfield Jazz-Swing Ensemble

An enchanting evening of standard jazz music that is certain to have you singing along and dancing to songs that hopefully bring back treasured memories of your most cherished time.



Popular Songs with Liz & Russell

Week 4 - Performance by Liz Nance & Russell Lawson

Join Liz Nance and Russell Lawson for a fun hour of favorite tunes, featuring classic popular songs on guitar and mandolin. They will entertain you with old standards, radio hits, country tunes, and even an original or two. They encourage you to sing along and get up and dance if the music moves you!

Independent Living Excursions

Fine Arts & Flowers at VMFA



Fine Arts & Flowers 2026 is a spectacular museum-wide exhibition of stunning floral designs inspired by works of art in VMFA's permanent collection. These extraordinary floral arrangements are created by designers from the Garden Club of Virginia, the Virginia Federation of Garden Clubs, and Ikebana of Richmond. This event is unguided.

Hollywood Cemetery Driving Tour



Enjoy this guided driving tour of the beautiful and historic Hollywood Cemetery led by local guide Bob Olson. Established in 1847, Hollywood Cemetery is a fully operational cemetery located in Richmond, Virginia, that spans 135 acres of valleys, hills, and stately trees. Throughout the years, numerous notables have been laid to rest within the cemetery, including six Virginia governors, two Supreme Court justices, prominent authors, suffragists, and many deceased loved ones from the Richmond community and beyond. This trip will cover some different areas than the tour in 2025.

Lunch Bunch to Peking



Share this exceptional Chinese cuisine experience with friends and family. It is their goal to provide the finest, most healthful Chinese dining experience in Richmond, and they guarantee it! They are proud to offer delicious entrées using only the freshest produce.

Fire Station 17 Guided Tour



Come meet local firefighters and get a guided tour of this new fire station just across the street! Located on 3.5 acres, the station is the first firehouse built in Hanover County to expand emergency services since 1987. The 14,993-square-foot facility was strategically placed to reduce emergency response times and ease the call burden on neighboring stations, with room to grow as service demands increase.



Campus Announcements

New Lodge Gallery Exhibit Opening



Featured Artist: Catherine Purdy
Exhibit Length: September–October



Art and animals have been enduring passions for Catherine since childhood, and in 2021, she felt compelled to pursue art professionally. She loves painting all animals, but is especially fond of dogs. She endeavors to capture each animal's personality in her work. Catherine Purdy is a mostly self-taught artist working in oil and watercolor.

.....

Fall & Winter Ruth Shoppe Fashion Show

The Commons

Show off your fashionable side at the Ruth Shoppe fashion show! This event will showcase Fall and Winter outfits you can purchase from the Ruth Shoppe, modeled by our very own residents! Bring cash to purchase clothes from the show, or stop by the Ruth Shoppe any Tuesday from 12:30 PM–2:30 PM, located in the Lower Level of the Manor, to see what else they have in store! Light refreshments will be provided at the show.



Worship Services

Vespers | Sundays | 4:00 PM | Multi-Purpose Room & Channel 1973

Catholic Mass | 3rd Monday | 10:30 AM | Multi-Purpose Room

Vespers:

- Week 1: led by Chaplain Andrea Skeens with Communion
- Week 2: led by Fairfield Presbyterian Church
- Week 3: led by Dr. Rich Hall
- Week 4: led by Chaplain Andrea Skeens

Catholic Mass:

- Mass led by Father Jim Cowles from Church of the Redeemer.



Campus Announcements

Chalk the Walk The Spring



LeafSpring School students (ages 10-12 yrs.) will volunteer on campus, sharing some “artful joy” with sidewalk chalk along the paved trail to The Spring. Feel free to take a stroll late afternoon to see what fun creations they make for you!

Travel Europe with Rick Steves Multi-Purpose Room

Enjoy the beautiful and informative travelogues of Rick Steves as we watch his travels through Europe!

- **Week 1** – Paris
- **Week 2** – Poland
- **Week 3** – London

These programs are travel documentaries, not a live presentation.



Engaging Brain Change: Supportive Communication Presentation by Missy Harden

The Commons

Join Missy Harden, a Dementia Care Consultant and Trainer, as she shares practical communication strategies from the Positive Approach to Care method. You'll discover new ways to truly reach your loved one and strengthen your connection, even as dementia changes how they experience the world. This isn't just about talking; it's about understanding and being understood in ways that go beyond words.



Missy Harden believes deeply in helping families find joy and dignity throughout the dementia journey. When it comes to connecting with someone who has dementia, what we say is just the tip of the iceberg.



Campus Announcements

Autumn Social Multi-Purpose Room

Celebrate the beginning of Fall at our Autumn Social! Enjoy the presence of your friends and neighbors, and enjoy delicious autumn snacks and drinks!



Fitness Offerings

Hybrid Aerobics Class: Every Wednesday Aerobics Studio



Boost Strength and Cardiovascular Health: Hybrid Aerobics blends heart-pumping cardio and strength moves to build endurance.

Boost Metabolic Function: Your muscle cells will burn energy at rest, which helps you burn fat and build muscle.

Improve Balance and Coordination: Incorporates stability exercises and quick movements for better balance.



Add'l Chair Volleyball Class: 1st Wednesdays Aerobics Studio

More fun and laughter are coming your way! Due to popular demand, we are adding another monthly chair volleyball class every first Wednesday from 1:30 PM to 2:15 PM. Come catch the excitement!



Young at Heart: Cardio Health Workshop Multi-Purpose Room

Cardio Basics: Learn how endurance training strengthens your heart muscle and improves lung capacity.

Building Stamina: Discover the benefits of consistency and how to gradually increase your workout intensity.

Fueling Your Body: Understand how proper nutrition and hydration support your cardiovascular system



Resident Interest Groups



History Study Group Camp David: The President's Retreat

Multi-Purpose Room

Camp David offers U.S. presidents respite from the pressures of one of the toughest jobs in the world. No crowds, no press, Camp David provides the president a highly secure, controlled environment away from the White House. Join CW residents and explore the history of this unique retreat and the high-stakes events hosted at this presidential hideaway.

**CW Chapter of VaCCRA Presents:
Liam Green**

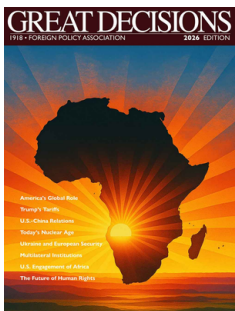


VA Institute of Marine Science (VIMS)

Our speaker will explain what microplastics are and discuss his research about how they impact the health of aquatic organisms. He will touch on how microplastics affect the health of humans, as well, and how we can use less plastic and be better stewards of our environment.

Bring your questions! Everyone is Welcome!

Great Decisions Discussion Topics for 2027



- American Foreign Policy and the Future of Multilateralism
- American Options in the Middle East
- The Future of Germany in Europe and the Atlantic World
- U.S.-China: The Case for Engagement
- Brazil and the Global South: Confronting a New America
- AI and American Choices
- Energy Security: Challenges for American Foreign Policy
- Organized Crime in the Americas



Movie Nights

Every Friday at 7:00 PM

Multi-Purpose Room & broadcast on channel 1973 & Boxcast.

Seating is first come, first served. Popcorn & beverages will be provided in person.

Week 1 *Tootsie* (1982): Michael Dorsey, an unsuccessful actor, disguises himself as a woman in order to get a role on a trashy hospital soap. **Cast: Dustin Hoffman, Jessica Lange, & Terri Garr. Director: Sydney Pollack (1h 56m; PG for mild profanity).**

Week 2 *The Lost City* (2022): A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure. **Cast: Sandra Bullock, Channing Tatum, & Daniel Radcliffe. Director: Aaron & Adam Nee (1h 52m; PG-13 for violence and some bloody images, suggestive material, partial nudity, and language).**

Week 3 *Steel Magnolias* (1989): A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. **Cast: Shirley MacLaine, Olympia Dukakis, & Sally Field. Director: Herbert Ross. (1h 57m; PG for mild profanity and smoking).**

Week 4 *Bohemian Rhapsody* (2018): With his impeccable vocal abilities, Freddie Mercury and his rock band, Queen, achieve superstardom. However, amidst his skyrocketing success, he grapples with his ego, sexuality, and a fatal illness. **Cast: Rami Malek, Lucy Boynton, & Gwilym Lee. Director: Bryan Singer (2h 14m; PG-13 for thematic elements, suggestive material, drug content, and language).**

*Not all movies have a closed captioning option.
Every effort will be made to provide captioning when available.

