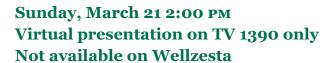


Cinderella



You are admitted free via TV 1390 for this virtual performance!

Piedmont Opera will present a fairytale for the whole family, *Cinderella*. Instead of a stepmother, this story has a foolish baron and his two vain daughters, both after the Prince. Marie, who they call "Cinderella," is left behind as they all accept an invitation to the Prince's Ball. Hearing her sad song, her fairy godmother appears and promises to make Cinderella's dreams come true. A mysterious stranger appears at the ball, and she and the Prince fall in love at first sight, but will he be able to find her again when she runs away at midnight?

Pauline Viardot's *Cinderella* is a re-telling of the well-known fairytale, composed in an operetta style that combines musical numbers and dialogue. Madame Viardot wrote it to be performed by her voice students in her Parisian salon. Now, it will be livestreamed to yours!

Piedmont Opera proudly announces that this is the first opera composed by a woman that the company has produced.



The Plain Princess and the Lazy Prince

Tuesday, March 30 at 3:00 PM Livestreamed on TV 1390 from Piner Hall

Limited seating in Piner Hall is available. RSVP via Wellzesta or contact Annie or Janice.

Join us for the performance of our Readers' Theatre play. The funny twist on a classic fairy tale involves a not too pretty princess, a lazy prince and a semi-retired dragon. It's sure to hit your funny bone in all the right places!



Welcome Newcomers! Ed & Chering Henning 309 & 312 McPherson Richard Holt 214 Womble

Ira Schwarz722 Arborview

Joseph Stanfield
729 Arborview

March Dining

Celebrating St. Patrick's Day

Wednesday, March 17 11:30 AM-1:30 PM and 5:00-7:30 PM Lakeside Dining Room

Enjoy shamrock- and leprechaun-influenced cuisine featuring Irish Stew, Grasshopper Pie, Corned Beef & Cabbage, Shepherd's Pie & more!

Men's Study/Fellowship

New Day and Time! First Tuesday each month at 11:00 AM Join us March 2 in Piner Hall

Following our initial meeting, it was decided to move this ongoing event to the first Tuesday of each month at 11:00 AM.

Coffee, juice and light breakfast items will be offered. Chaplain Bert Sanders will lead a study and discussion of scripture or a topic of spiritual relevance. Due to ongoing COVID concerns, there may be a limit on the number of attendees, so contact Chaplain Bert Sanders if you are interested in attending. If you forget, please come anyway and we will make every effort to accommodate you.

Have You Run Out of Books to Read?

Do you feel like you've read all the books from our library? Get your hands on thousands more right on your Arbor Acres iPad! Plus, make any book LARGE PRINT or even listen to books instead... all for free! All you need is a library card number (which you can get online if you don't already have one) and the app called Libby. There are two videos on Wellzesta to take you through the whole *Libby* process. To get to the videos, press *More* at the bottom of your Wellzesta screen. That will take you to a screen with Articles / Docs and Apps up at the top. Articles will probably be highlighted when you get there, so press *Docs and Apps*. At this next screen, you will see things divided into subject areas on the left. Scroll down to *Library Services* and press the green View Docs rectangle.

You can also talk to Joy Dial for help when she's on duty in the library. Hours are posted at the book return slot. Or give her a call, and she will meet you!



March Puzzle Packs

The March puzzle pack will not include the answer sheets this time, since you are now familiar with the many different puzzle styles. You can pick up answer sheets from Janice, if you wish to check your answers.

Drop by the cubby rack or Janice's wall pocket and pick up a March puzzle pack inspired by Spring, St. Patrick's Day, nutrition and crafting.

March Events

Tuesday, March 2

2:30-3:00 PM

Snack Attack—Oreos & Other Assorted Cookies Walk/Drive Up Womble Lobby

In honor of Orea Cookie Day, come pick up a delicious package of Oreos, Chips Ahoy! or Nutter Butter cookies!

Thursday, March 4

10:00 AM

Town Hall

Livestreamed from Piner Hall on TV 1390

1:00 PM

Dreamwork Group Meeting

Zoom

The Reverend Kelly Carpenter leads us through a Jungian process to understand our own dreams. Kelly served Green Street UMC as pastor for 20 years and currently is opening a retreat center in the area, The Threshold. He brings to us the wonderful mixture of pastoral experience, specific training and lots of training regarding working dreams. Please contact Laura-Lee if you are interested so that we can make sure you join the Zoom meeting. Please don't be intimidated by a the technology—if you need help getting into the meeting we can provide that! Contact Laura-Lee at *ljones@arboracres.org*, or ext. 1382.

2:00 PM

Bingo

Livestreamed from Piner Hall on TV 1390

Please remember that we play with one Bingo card and are limited to winning three prizes per day of play. If you win a fourth time, refrain from calling in so others can call in and get their third wins! Pick up prizes on Friday morning at the Berrier Lobby between 9:00 AM and 4:00 PM.

Friday, March 5

2:00 PM

Friday Afternoon Movie with Janice Piner Hall

Downton Abbey (The Movie)

(2019) (PG) The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. Starring Hugh Bonneville, Jim Carter, Michelle Dockery, Elizabeth McGovern, Tuppence Middleton, Maggie Smith. (122 minutes).

Due to COVID restrictions, attendance is limited to 25 persons including Janice. RSVP for your seat.

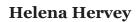
Monday, March 8

3:00 PM

Spring Croquet Kick-Off
Livestreamed from Piner Hall on TV 1390

Because of Covid-19 restrictions, it is not possible to have our Annual Spring Croquet Luncheon. Tune in to this livestreamed program to learn about upcoming activities. All are welcome, from the curious to the experienced player!

We Remember



October 11, 1942–January 24, 2021

Carol Strittmatter

March 19, 1935–January 24, 2021

Theodore "Ray" Branton

January 16, 1925–January 30, 2021

Eleanor Peak

November 5, 1922–February 7, 2021

Nancy Corriber

October 14, 1942–February 11, 2021

Martha Clark

July 10, 1942–February 17, 2021

Tuesday, March 9

2:00 PM

Getting to Know You, Jean Burroughs
Livestreamed on TV 1390 from Piner Hall

We'll learn about this Burlington native, who holds a Masters from Michigan University in both voice and music education, about her husband, and how she came to Winston-Salem in 1958.

3:00 PM

Nutrition Talk with Alice Livestreamed on TV 1390 from Piner Hall

March is National Nutrition month so it's the perfect month to hear from our own Registered dietician Alice Smith.

Wednesday, March 10

3:00 PM

Stamp Art Demonstration, Part I
with Patricia Lewis and Janice
Livestreamed on TV 1390 from Piner Hall

Part II will be on March 25 at 3:00 PM.

Patricia is a stamp art enthusiast and focuses on card-making and scrap-booking. Janice uses her materials for multimedia art projects and card-making. Many of you have received cards from Janice. Come see how they are created! Patricia and Janice will share examples of projects they have created and ways to use supplies. There are so many ways to use stamp art materials that we'll have a second session March 25. In celebration of National Craft month.

Thursday, March 11

2:00 PM

St. Patrick's Word Bingo Livestreamed on TV 1390 and Wellzesta

Requires a SPECIAL St. Patrick's Bingo Card! Pick up a bingo card from Annie, Janice or Suzy. One card only. Same rules as regular bingo apply.

Friday, March 12

2:00 PM

Friday Afternoon Movie with Janice Piner Hall

Message in a Bottle

(1999) (PG-13) A woman discovers a tragic love letter in a bottle on a beach, and is determined to track down its author. Starring Kevin Costner, Robin Wright and Paul Newman based on a novel by Nicholas Sparks. (126 minutes).

See seating info on March 5 movie listing.

Monday, March 15

3:00 PM

How to Zoom with Alice
Livestreamed from Piner Hall on TV 1390

Zoom is the latest way to connect virtually or hold a meeting while in the comfort of your own home. Join Alice as she walks you through using your iPad. It's much easier than you think! Phone in your questions to the number on the screen.

Tuesday, March 16

2:30-3:00 PM

Snack Attack

–St. Patrick's Day Boxed Gourmet Cupcakes Walk/Drive Up Womble Lobby

Enjoy a St. Patrick's-inspired boxed gourmet cupcake made by our Dining Arts bakers!

Cloverdale Shopping Trips

1:00 PM-Leaving Berrier Front Lobby, Mondays, March 1, 8, 15, 22 and 29

RSVP required. Limited to four individuals. Please keep others in mind with sign up frequency so that everyone has an opportunity to go during the month. RSVP via Wellzesta or with Annie.

Tuesday, March 16 (cont.)

7:00 PM

Jazz Pianist Bob Sanger in Concert Livestreamed from Piner Hall on TV 1390

Bob says: It's been a long, tough year for all of us, and I was thrilled when asked to present the first live performance since the shutdown. The theme for the night is Spring. Let me help you shake off the winter cold and usher in a warm, beautiful springtime!

Due to COVID 19 precautions there will be limited seating in Piner Hall. The concert will also be livestreamed on TV 1390. Please RSVP for a seat in Piner Hall via Wellzesta or Annie at ext. 1210.

Wednesday, March 17 Happy St. Patrick's Day!

3:00 PM
Cooking Demo with Janice
Livestreamed on TV 1390 from Piner Hall

Let's make some leprechaun bait and see if we can catch some good luck! Janice will use white chocolate to make chocolate bark that leprechauns and humans can't resist! Drop by the Pool Table area around 3:30 PM for a sample.

Thursday, March 18

12:00 PM

Centenary Senior Adult Senior Zoom Program Soloist Jason Wright: Irish and Easter Music Zoom

The Zoom link will be posted on Wellzesta the week before. You do not have to be a Centenary Member to tune in and enjoy the program. You may begin connecting at 11:30 AM. Questions about using Zoom? Attend Alice's Zoom training March 15 or set up an appointment to work one-on-one with her.

2:00 PM Bingo

Livestreamed from Piner Hall on TV 1390

Saturday, March 20 Happy First Day of Spring!



Sunday, March 21

2:00 PM

Piedmont Opera: Cinderella

TV 1390

See front page for details.

Monday, March 22

3:00 PM

Fabric Christmas Ornament Demonstration with Mary Underwood
Livestreamed on TV 1390 from Piner Hall

Mary has been making fabric ornaments for many years. They use a number of fabrics and a Styrofoam ball and lots of small straight pins. Tune in to learn how to make them for yourself! In celebration of National Craft month.

Tuesday, March 23

3:00 PM

Wellzesta Training with Alice Livestreamed from Piner Hall on TV 1390

Contact Alice during the session or ahead of time with your questions!

7:00 PM
Virtual Concert with Frederick Moyer
–Moonlight Sonata
TV 1390

Enjoy this program of classical and jazz works such as Beethoven's Moonlight Sonata, Debussy Clair de Lune, Full Moon and Empty Arms, Fly Me To The Moon, Moon River and Moonlight In Vermont. Fred's videos feature a Steinway Concert Grand, multiple camera angles including close-ups of the hands.

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ABLOOM AWAKENING **BALMY BAREFOOT** BASEBALL **BEAUTIFUL BIRTH BLOSSOMING BREEZY BRIGHT BUCOLIC** BUDDING **BULBS BUNNY** BUTTERFLY **BUZZING** CHANGING

CHEERY CHICK **CHIRPING CLOUDLESS** COLORFUL **CRISP** CROCUS **DAFFODIL** DELIGHTFUL EGGS **ENERGETIC ENJOYABLE EQUINOX FAIR FECUND FERTILE**

FLORAL

FLOURISHING FLOWERS FOAL FRAGRANT FRESH GALOSHES GENTLE GERMINATE GRASSY GROWING HAPPY HATCHING **HEALTHY HEAVENLY** HYACINTH **INCREDIBLE INSPIRING**

INVIGORATING KID LAMB LIGHT LIVELY LOVELY LUSH **MAGNIFICENT** MELTING **METAMORPHOSIS NARCISSUS NEST NEWBORN OUTDOOR** PASTEL **PEACEFUL PLEASANT**

POLLEN POLLIWOG PUDDLES PURE RABBIT RAINBOW RAINCOAT REBIRTH REFRESHING REJEUVENTATING ROBIN **SAPLING SCAMPERING SHOWERS** SLICKER SPARKLING **SPECTACULAR**

SPROUTING
SUNSHINE
TADPOLE
TEEMING
TENDER
THAW
THRIVING
TULIP
UMBRELLA
UNPREDICTABLE
VERDANT
VERNAL
VIBRANT
WARMING
WINDY

Thursday, March 25

3:00 PM
Stamp Art Demonstration, Part II
with Patricia Lewis and Janice

See description on March 10 at 3:00 PM.

Livestreamed on TV 1390 from Piner Hall

Friday, March 26

2:00 PM Friday Afternoon Movie with Janice Piner Hall

The Quiet Man



(1952) (Passed) A retired American boxer returns to the village of his birth in Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union. Staring John Wayne and Maureen O'Hara. (129 minutes).

See seating info on March 5 movie listing.

Monday, March 29

2:00 PM Mindfulness with Suzy Livestreamed on TV 1390 from Piner Hall

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is a quality that every human being already possesses, you just have to learn how to access it. Join Suzy to learn some simple, yet powerful mindfulness exercises to help you stay in the present moment and also deal with stressful situations in your life.

Tuesday, March 30

3:00 PM

Readers' Theater Play Presents:

The Plain Princess and the Lazy Prince
Livestreamed on TV 1390 from Piner Hall

Today is the performance of our Readers' Theater play. Enjoy! See front page for more info.

Due to COVID restrictions, attendance is limited to 16 persons in the audience. RSVP for your seat.

Wednesday, March 31

2:00 PM

Book Chat: West with Giraffes by Lynda Rutledge Livestreamed on TV 1390 from Piner Hall

An emotional, rousing novel inspired by the incredible true story of two giraffes who made headlines and won the hearts of Depression-era America. Part adventure, part historical saga, and part coming-of-age love story, the novel explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late.

This book is available via Amazon for \$11.50 paperback or \$16.00 hardback. A kindle version is also available. If you need assistance purchasing a copy contact Janice. Delivery is free and shipping is usually within two business days. Remember that you do not have to have read the book to watch the program. Our panel will feature Winborne Chandler (who suggested the book) and Bobbi Caldwell along with Janice. If you have read the book, please feel free to call in to add your comments to the discussion.

Due to COVID restrictions, attendance is limited to 22 persons in audience. RSVP for your seat via Wellzesta or Annie at ext. 1210.



	March Bu	EMPLOYEES
	RESIDENTS	EMPLOYEES
1 st		Barbara Jones Dexter Young
	Pete Cavallo	Akinyi Bowman

	RESIDENTS	EMPLOYEES				
1 st		Barbara Jones				
1		Dexter Young				
	Pete Cavallo	Akinyi Bowman				
2 nd	Virginia Hicks	, Marie Lundi				
	Nancy Kirby	Kenya Nelson				
	Milrie Lentz	,				
3 rd	Doris Hohman	Donna Rutledge				
4 th	Don Eppert	Kim Bramble				
_	Pinky Carpenter-Hayden					
5 th	Carole Fisher	Naomi Maultsby				
	Barbara Llorens					
7 th	Sylvia Crim	Patricia Davis				
8 th	Dyeann Jordan	Noah Anthony Davis				
	Dawn Wooten	Shelley Wallace				
		Ashley Bush				
9 th	Katty Lefler	Wallace Ward				
		Danisha Williams				
10 th	Gerrii Spach					
	Dan Pearson					
11 th	Betty Richwine	Tracy Smith				
	Marty Richwine					
	Miriam Harmon					
12 th	Norma Turnham					
	John Van Zandt					
13 th	Martha Van Zandt	Dorothy Davila Cruz				
14 th	Bruce Milam					
		Christopher Gibson				
15 th		Audrey Heighton				
		Misty Williams				
16 th	Charlie Chatham					
10	Ellis Pardue					
17 th	Joyce Greenwood	Luzgarda Nevarez				

	RESIDENTS	EMPLOYEES			
18 th	Betty Crandall				
19 th		Shannon Logan			
20 th		Kiarra Smith Nancy Williams			
21 st	Charles Carter Harriet Clark	Jonshel Lawrence Janice Lutz-Vanhoy			
22 nd	Izoria Gordon Marie Hathcock Jim Toole	Riki Lowery Belinda Wiley			
23 rd	David Blanco	Kendra Washington			
24 th	Anna Fouts Pat Geyer Betsy Westcott	Jaquane Bramble Khamyah Brown Angela Johnson Talina Keller			
25 th	Meredyth Ewing Hans Holztrager Jo McCall				
26 th		Daisha Hughes Rosemarie Thompson			
27 th	Alan Chadbourne	Kia Childress			
28 th	Ronda Rich Joe Todd	Cynthia Swafford			
29 th	Stu Howards Luella Rundell				
30 th		Leslie Cranfill Tanglea Davis			
Harley Affeldt Caroline Goodwin		Quinche Fuller Hannah Knight Megan Mabe Joel Motsinger Wayne White Cheresa Williams			

Coming In April's Book Chat

Wednesday, April 28, 3:00 PM The Return by Nicholas Sparks Livestreamed from Piner Hall on TV 1390

Book available via Amazon for \$14.00 hard copy or \$13.99 paperback, See Janice if you'd like to order a copy. Several copies are also available from the Outreach Library through Janice.

Trevor Benson never intended to move back to New Bern, North Carolina. But when a mortar blast outside the hospital where he worked sent him home from Afghanistan with devastating injuries, the dilapidated cabin he'd inherited from his grandfather seemed as good a place to regroup as any. Tune in for our discussion about this popular author's recent book with NC interest!



Lamplighter is published monthly by Arbor Acres United Methodist Retirement Community Wellness Arts Coordinator, at 336-748-4646 1240 Arbor Road, Winston-Salem, NC 27104

Questions? Contact Janice Lutz-Vanhoy, or ilutzvanhoy@arboracres.org

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

	Sunday	Monday	Tuesday	Wednesday	Thursday Name Tag Day	Friday	Saturday
	Janice Lutz-Vanhoy, Wellness Arts Coordinator 1240 Arbor Rd. Winston-Salem, NC 27104 336-748-4646 jlutzvanhoy@arboracres.org Arbor Acres Wellness Arts	1 11:00 Men's Fellowship w/ Bert (PH) *RSVP required, limited seating 1:00 Shopping -Cloverdale(FL)	2 Dr. Seuss Day! 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 2:30 Snack Attack—Oreo Cookies, Nutter Butter. Chips ahoy, In honor of National Oreo Cookie Day! (Womble lobby/Drive up)	3 5:00 Vespers (PH)	4 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 10:00 Town Hall (Livestreamed from PH on TV 1390) 2:00 Bingo (Livestreamed from PH on TV 1390)	2:00 Movie (PH) Downtown Abbey, the Movie (2 hrs 2 min) *RSVP Required, limited seating, social distancing observed!	6
	7	8 1:00 Shopping -Cloverdale(FL) 3:00 Spring Croquet Kick off (Livestreamed on TV 1390 from PH)	9 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 2:00 Getting to know you: Jean Burroughs (Livestreamed TV 1390 from PH) 3:00 Nutrition Talk w/ Alice (Livestreamed from PH on TV 1390)	3:00 Stamp Art Demonstration w/ Patricia Lewis and Janice Part I (Livestreamed on TV 1390 from PH) 5:00 Vespers (PH)	11 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 2:00 St. Patrick's Word Bingo (Livestreamed from PH on TV 1390) Note Special Bingo Card Required!	12 2:00 Movie (PH) Message in a Bottle (2 hrs 6 min) *RSVP Required, limited seating, social distancing observed!	13
	14 Daylight Savings Begins SPRING Abead	1:00 Shopping -Cloverdale(FL) 3:00 Do you know how to ZOOM? (Livestream on TV 1390 from Piner Hall) Phone in Questions.	16 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 2:30 Snack Attack— St. Patrick's Gourmet Boxed Cupcakes from Dining Arts (Womble lobby/Drive up) 7:00 Live Jazz Piano Concert w/ Bob Sanger (PH & Livestreamed on TV 1390)	17 St. Patrick's Day 3:00 Cooking demo w/ Janice Leprechaun Bark (Livestreamed on TV 1390 from PH) 5:00 Vespers (PH)	18 8am, 12, 3pm,8,pm Campus Times (TV 1390 and Wellzesta) 12:00 Centenary Senior Adult Program: Jason Wright, Soloist -Irish & Easter Music via ZOOM (get link from Centenary or Wellzesta) 2:00 Bingo (Livestreamed from PH on TV 1390)	19	FIRST DAY SPRING
	2:00 Piedmont Opera, Cinderella (Free: Livestream TV 1390)	22 1:00 Shopping -Cloverdale(FL) 3:00 Mary Underwood, Fabric Christmas Ornament Demonstration (Livestreamed from Piner Hall on TV1390)	23 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 3:00 Wellzesta Training w/ Alice (Livestreamed from PH on TV 1390) 7:00 In Concert: Fred Mo- yer—Moonlight Sonata (TV 1390)	24 5:00 Vespers (PH)	25 11:30 am and 7pm Pianist Ethan Uslan (TV 1390) 3:00 Stamp Art Demonstra- tion w/ Patricia Lewis and Janice Part II (Livestreamed on TV 1390 from PH)	26 2:00 Movie (PH) The Quiet Man (2 hrs 9 min) *RSVP Required, limited seating, social distancing observed!	27 Passover Begins
ARBORACRES	Sunday	29 1:00 Shopping -Cloverdale(FL) 2:00 Mindfulness w/ Suzy (Livestreamed from PH on TV 1390)	30 3:00 Readers Theater Play, The Plain Princess and the Lazy Prince (Livestreamed from Piner Hall on TV 1390) *RSVP required, limited seating	2:00 Book Chat, West with Giraffes, Lynda Rutledge (Livestreamed from Piner Hall on TV 1390) 5:00 Vespers (PH)		larch 202 ement C	