











June

Troubles melt like lemon drops at: 2400 Appalachian Boulevard, Arden, NC 28704
(828)684-0041
ArdenwoodsRetire.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>It's National Lemon Month!</div> <div><div>Where</div><div>CR: Creative Arts Studio MGNL3: MGNL 3rd Flr Lounge MR: Multipurpose Room THC: Tailored Home Care Office</div><div>DR: Mtn. View Dining Room P: Pool G: Mtn. Laurel Grille CL: Clubhouse Lobby</div></div> <div><div>Transportation</div><div>Friday Shopping: Ingles. <i>Sign up.</i> Tuesday Trip: Trader Joe's, Target, Walmart and Publix/Bank. <i>If you wish to shop at nearby Best Buy, Marshall's, Big Lots, Office Max, larger Walmart, Aldi, then select the Target trip.</i> <i>Select one stop each Tuesday.</i> Friday and Tuesday trips depart from MGNL and EVG front entrances, MGNL first. Medical transportation trips depart from MGNL and EVG entrances. All other community transportation services depart from CL.</div></div>				<div>1 1 Food & Beverage Committee (MGNL3)</div> <div>2 Special Performance: Playlet from "My Way" SART performers (MR)</div> <div>3:30 AW Singers Rehearsal (MR)</div> <div>Stay tuned for new Wellness Class Opportunities!</div>	<div>2 9 Shopping: Ingles Mills River/<i>Sign up</i> 10:30 Fit-n-Flexible (MR)</div> <div>12 Outing: Lakeside Walking at Lake Junaluska <i>Sign up by 5/29</i> 2:30—3 The Hearing Guy <i>Drop by the CR for complimentary hearing aid cleaning</i></div> <div>4 Baked Fresh MINGLE in the Grille <i>Bake what you're famous for! Share a little more! Enjoy the piano encore!</i></div>	<div>3 10 Ladies Coffee (G) 10 Chair Yoga (MR) 12:15 Outing: MET Opera in HD Broadcast "Die Zauberflöte" @ The Carolina Cinemark <i>Sign up now closed</i> 1:30 Community Movie: The Help 2008/PG13/110 mins (MR)</div>
<div>4 10:30 Worship Service with Faith Fellowship (MR) 11:30 or 12:30 Brunch 3 Special Music (DR): Nuance Quartet Plays Claude Bolling <i>Welcoming Marketing Guests</i></div>	<div>5 9 Walking <i>Sign up</i> 10 Fitness Fusion (MR) 10:30-12 Craft and Chat (CR)</div> <div>11 Catholic Rosary and Communion (MR) 1 Health Talk (MR): Walk with Ease </div> <div>2 Contemporary Line Dance (CR)</div> <div>7:15 Hand and Foot (MR)</div>	<div>6 10 Mens Coffee (G) 11 Chair Yoga (MR) 12:30-1 BP Check (THC) 1 Painters Studio (CR) 1 Tuesday Trip <i>Sign up:</i> Trader Joe's/Bank 6:30 BINGO (MR)</div>	<div>7 9:30 Aqua Advantage (P) 10:30 Qigong & Tai Chi (MR) 1:30 Party Bridge (CR) <i>Sign up</i> 3 A Sip Event (G): Wine Exploration wth Tara Fossa & Kendall Cooke of Skyland Distributing <i>Limited seating/sign up by 6/1</i></div>	<div>8 9 Pam-n-Eggs (G) 1 Seminar (MR): "So What's the Big Deal About Astrology?" with Liv Woodford 3:30 AW Singers Rehearsal (MR)</div>	<div>9 9 Shopping: Ingles Long Shoals/<i>Sign up</i> 10:30 Fit-n-Flexible (MR)</div> <div>11:45 Luncheon Outing: Pisgah Inn <i>Sign up by 6/4</i></div>	<div>10 10 Ladies Coffee (G) 10 Chair Yoga (MR) 1:30 Community Movie: Victor & Abdul 2017/PG13/111 mins (MR) 6:30 Outing: "Wendy & Peter A Peter Pan Story" Montford Park Players <i>\$8/Seating provided/ Sign Service Order by 6/4</i></div>
<div>11 10:30 Worship Service with Faith Fellowship (MR) 11:30 or 12:30 Brunch GIANT JENGA 4 on the Patio with members of the Activities Committee </div>	<div>12 9 Walking <i>Sign up</i> 10 Fitness Fusion (MR) 10:30-12 Craft and Chat (CR)</div> <div>11 Catholic Rosary and Communion (MR) 2 Contemporary Line Dance (CR)</div> <div>7:15 Hand and Foot (MR)</div>	<div>13 10 Mens Coffee (G) 11 Chair Yoga (MR) 12:30-1 BP Check (THC) 1 Painters Studio (CR) 1 Tuesday Trip <i>Sign up:</i> Target/Bank 3:15 Wellness Committee (MGNL3) 3:30 EAF Committee (MR) 5:45 Outing: Steve Jobs Show Chautauqua History Comes Alive! @ Transylvania County Library <i>No charge/Sign up by 6/4</i> 6:30 BINGO (MR)</div>	<div>10:30 Qigong & Tai Chi (MR) 1:30 Party Bridge (CR) <i>Sign up</i> 3 Building & Grounds Committee (MGNL3)</div> <div>4—4:30 Promenade! <i>On foot. On bikes. On walkers. In scooters. Bring a friend!</i> </div>	<div>15 12:30 Outing: Pontoon Boat Ride on Lake Julian <i>No charge/sign up by 6/11 Limited seating</i> 1:30 Residents Council (MR) 3:30 AW Singers Rehearsal (MR)</div>	<div>16  Podiatry Clinic Today 9 Shopping: Ingles Mills River/<i>Sign up</i> 10:30 Fit-n-Flexible (MR) 1 Bible Study (CR)</div> <div>4 MINGLE on the Patio <i>summertime live jazz music</i> 6:30 Outing: "My Way: A Musical Tribute to Frank Sinatra" Southern Appalachian Repertory Theatre in Mars Hill <i>\$32/Sign Service Order by 6/4</i></div>	<div>17 10 Ladies Coffee (G) 10 Chair Yoga (MR) 1:30 Community Movie: Moonstruck 1988/PG/101 mins (MR) 5:45 Outing: Robert Ripley Show Chautauqua History Comes Alive! @ Transylvania County Library <i>Sign up by 6/4</i></div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>18</div> <div>10:30 Worship Service with Faith Fellowship (MR)</div> <div></div> <div>12 :00 or 1:00 Brunch Reservations Required</div>	<div>19</div> <div></div> <div>9 Walking Sign up</div> <div>10 Fitness Fusion (MR)</div> <div>10:30-12 Craft and Chat (CR)</div> <div>11 Catholic Rosary and Communion (MR)</div> <div>2 Contemporary Line Dance (CR)</div> <div>7:15 Hand and Foot (MR)</div>	<div>20</div> <div>10 Mens Coffee (G)</div> <div>10 Activities Committee (CR)</div> <div>11 Chair Yoga (MR)</div> <div>12:30-1 BP Check (THC)</div> <div>1 Painters Studio (CR)</div> <div>1 Tuesday Trip Sign up: Walmart/Publix/Bank</div> <div>3 Special Performance: Playlet from "Church Basement Ladies" SART performers (MR)</div> <div>6:30 BINGO (MR)</div>	<div></div> <div>SUMMER SOLSTICE</div> <div>9:30 Aqua Advantage (P)</div> <div>10:30 Qigong & Tai Chi (MR)</div> <div>1:30 Party Bridge (CR) Sign up</div> <div>3 Presentation (MR): Gut-Mind Connection Alison Lively, NBC-HWC with Best Years Group</div> <div>7:30 on the Patio Song O' Sky Chorus Sweet Adelines</div>	<div>22</div> <div>9:30 Guided Trails Walk with Erica depart from Clubhouse Lobby</div> <div>1:30 Residents Forum (MR)</div> <div>3:30 AW Singers Rehearsal (MR)</div> <div>7:15 Death Café (MR)</div>	<div>23</div> <div>9 Shopping: Ingles Long Shoals/Sign up</div> <div>10:30 Fit-n-Flexible (MR)</div> <div>3 Open House: Dona Marie Nelson's Home, #1305</div> <div></div> <div>4:45 Dinner Outing: Bellagio Bistro in north Asheville Sign up by 6/18; see sample menu in Activities Book</div>	<div>24</div> <div>10 Ladies Coffee (G)</div> <div>10 Chair Yoga (MR)</div> <div>1:30 Community Movie: When Harry Met Sally 1989/R/95 mins (MR)</div>
<div>25</div> <div>10:30 Worship Service with Faith Fellowship (MR)</div> <div>11:30 or 12:30 Brunch</div> <div>3 (MR): Eucharist celebrated with Calvary Episcopal Church</div>	<div>26</div> <div>Massage Monday</div> <div>9 Walking Sign up</div> <div>10 Fitness Fusion (MR)</div> <div>10:30-12 Craft and Chat (CR)</div> <div>11 Catholic Rosary and Communion (MR)</div> <div>2 Contemporary Line Dance (CR)</div> <div>7:15 Hand and Foot (MR)</div>	<div>27</div> <div>10 Mens Coffee (G)</div> <div>11 Chair Yoga (MR)</div> <div>12:30-1 BP Check (THC)</div> <div>1 Painters Studio (CR)</div> <div>1 Tuesday Trip Sign up: Target/Bank</div> <div></div> <div>3:30 AW Singers Rehearsal (MR)</div> <div>6:30 BINGO (MR)</div>	<div>28</div> <div>10:30 Qigong & Tai Chi (MR)</div> <div>1:30 Party Bridge (CR) Sign up</div> <div>6:15 Outing: "Mozart Clarinet Quintet" Brevard Music Center \$45/Sign Service Order by 6/4</div>	<div>29</div> <div>3 I Scream, You Scream We all scream for Ice Cream! Find Norman's Ice Cream Truck in front of the Clubhouse Lobby for small items purchase</div> <div>3:30 CRAFTASTIC (CR) Part 1 of 3 a summertime series wherein you create!</div>	<div>30</div> <div>9 Shopping: Ingles Mills River/Sign up</div> <div>10:30 Fit-n-Flexible (MR)</div> <div>2 Special Show (DR): "Taste of Argentina" an Argentine Tango performance with Karen Jaffe and Tate Di Chiazza</div> <div>5 Dinner Outing: Elevations Chophouse at Skylaranna in Hendersonville Sign up by 6/18; see sample menu in Activities Book</div>	<div>More with SART</div> <div>July 8 another evening outing to Southern Appalachian Repertory Theater for their performance of "Church Basement Ladies" as seen here on June 20.</div> <div>The ticket is \$32. Sign Service Order by June 22.</div>

Ardenwoods
Spalon



Spalon for Hair Services

Open every Tuesday afternoon.
Make an appointment by calling
Shirley at 828.699.0235.

Spalon for Hair Services

Open every Wednesday.
Make an appointment by calling
Angela at 828.699.6266..

Spalon for Massage Therapy

Appointments available June 26.
Sign up in Activities Book.

Save The Date!

AW Singers present:
Red, Blue, and Broadway Too

A holiday music show in the
Dining Room
at 6:30 p.m.
July 6, 2023

Meals will be delivered to your
home so that you have time to eat
before the show!

Brevard Music Center
upcoming

July 21
Jeremy Denk Plays Brahms
Whittington-Pfohl Auditorium
6:30 p.m. departure
\$67/Sign Service Order by 7/7
"an opulent orchestral showpiece"

August 2
Student Piano Recital
Parker Concert Hall
Noon departure
No charge; Sign up available with
release of July community
calendar.

Tech Time Personal will resume in July.

An Excursion Opportunity in July with Edible Asheville

Tour a Sheep Farm on the afternoon of July 14.
"This woman owned and operated, production/design studio and fiber farm has a focus on the preservation of struggling heritage breeds of wool sheep. Jessica, the shepherdess, produces handwoven, one of a kind, farm to home fiber art comprised of wool from the pasture raised sheep. Every step of the process is done lovingly by Jessica's hand, including gathering and growing dye material to produce a range of colors that bring life and vibrancy to each weaving. She will be sharing each step, how and why she got started, the care of her sheep, preparing the wool, spinning and weaving."

\$35/Sign Service Order by June 27.