

The Informer

A Pathways to Wellness Publication of Cedarfield, a Pinnacle Living Property

Cedarfield

June 2025

SUMMER SPRITZER!

Friday, June 6

2:30 - 4:00 p.m.

Wellness Building, Terraces & Gardens

Join us for a refreshing, citrusy community-wide social to kick-off summer on all levels of the wellness building, inside & out! Wear your bright colors & fruit-inspired attire! There will be music, refreshments & interactive activities for all to enjoy!

Sneak Peak:

- Music by DJ Rick Nunally & Steel Drum Kevin Davis
 - Produce Shopping Station
 - Summer Appetizer Stations
 - Outdoor Games
 - Fruit-Inspired Art Projects
- More info to come!

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June Theme:

This month we celebrate nourishment in all forms - physical, mental and spiritual. Through mindful nutrition, brain-healthy eating habits and traditional food wisdom, we cultivate delight in caring for ourselves.



Pathways to Wellness Key

As you go through the June Informer, the Pathways to Wellness icons will be attached to each program. The programs in this issue will encompass all of our dimensions. Challenge yourself to add one or more each day!



Strength & Endurance



Creative Expression



Intellectual Growth



Spirituality



Emotional Balance



Community Outreach



Dining, Diet & Nutrition



Social Connections



Brain Fitness



Cultivate

LIVESTREAM CALENDAR



Please look below for the programs that will be livestreamed in the month of June. **New fitness opportunities can be viewed on the app.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 10:00 A.M. SUNDAY WORSHIP
2	3	4	5	6	7	8 10:00 A.M. SUNDAY WORSHIP
9 11:00 A.M. INCONT. LECTURE	10	11	12	13 10:00 A.M. MEN'S COFFEE	14	15 10:00 A.M. SUNDAY WORSHIP
16 7:30 P.M. EZIBU MUNTU DANCE	17	18 11:00 A.M. RADIO PLAYERS PERFORM. 3:00 P.M. TOWN HALL	19	20 10:00 A.M. VACCRA	21	22 10:00 A.M. SUNDAY WORSHIP
23/30 7:30 P.M. PIANO PERFORM.	24	25 2:00 P.M. COUNCIL MEETING	26 2:00 P.M. PIANO PERFORM.	27	28	29 10:00 A.M. SUNDAY WORSHIP

IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment



Jennifer Scott Student Piano Recital

Sunday, June 1 / 2:00 p.m. / Fellowship Hall

Jennifer Scott will bring her students for their spring recital. Come enjoy some piano music in the afternoon to celebrate the skills they have learned. You are welcome to have refreshments afterward.



Ezibu Muntu Dance Company



Monday, June 16 / 7:30-8:00 p.m. / Fellowship Hall

Ezibu Muntu, (Ēzi-Bu Mūn-tū) in the Yoruba language means “Universal family.” Ezibu serves as an educational and cultural sacred space for children and community members offering musical performances, theater and education throughout the Greater Richmond Metro Area, the state of Virginia and nationwide to connect to African Culture through African dance, drum and cultural traditions.



Cedarfield Radio Players Performance



Wednesday, June 18 / 11:00 a.m. / Fellowship Hall

“The Great Gildersleeve,” presented by the Cedarfield Radio Players. When Throckmorton P. Gildersleeve tells his boss a little fib, it quickly mushrooms into a big lie. Gildy tries hilariously to set things right and save his job.



Cedarfield Music & Evening Entertainment



Singer Sam Ornstein and Pianist Eliot Norman

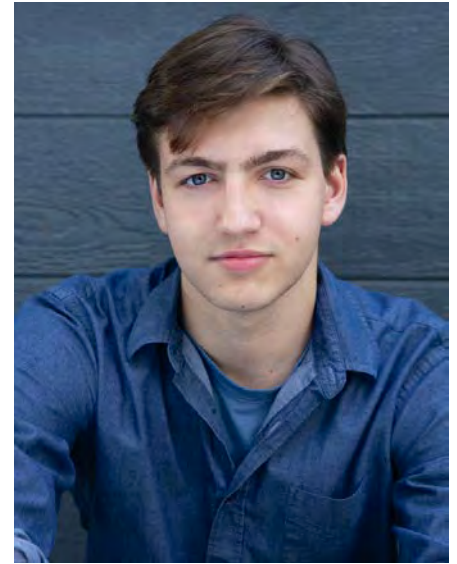
Thursday, June 26 / 2:00 p.m. / Fellowship Hall

Sam Ornstein is a rising sophomore at Point Park University majoring in musical theatre. He has appeared in several professional Broadway showcase productions at the Paper Mill Theatre in the New York City metro area. He will entertain us with two romantic and upbeat sets of Broadway favorites and tunes from recent shows.

His grandfather, Eliot Norman, a professional pianist, will accompany him.

For a preview of Sam singing "Her Voice" you can enjoy his video by clicking on this link:

https://drive.google.com/file/d/1obJjfTexgm5LplriWL2HLYN28GppaM0d/view?usp=drive_link



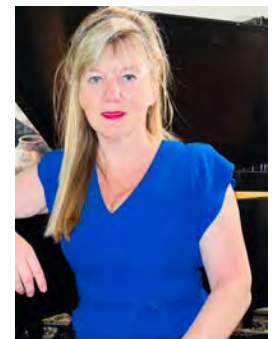
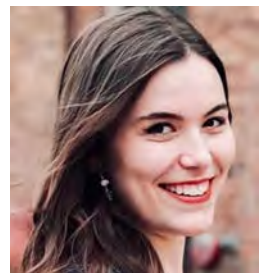
Echos Of Elegance w/ Ruta Starke & Megan Slay Piano Concert



Monday, June 30 / 7:30 p.m. / Fellowship Hall

Pianists Ruta Smedina-Starke and Megan Slay will present a piano recital "Echos of Elegance" in which they will perform solo piano pieces and a piece for four hands. Formerly a teacher and a student they are now performing colleagues.

Both pianists like exploring traditional piano repertoire which include selections by Bach, Beethoven, Chopin and Scriabin, as well as repertoire by contemporary composers such as Peteris Vasks, Arvo Part and others. They especially enjoy performing piano repertoire for four hands.



IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment



Bingo Night

Thursday, June 12 / 7:30 p.m. /Fellowship Hall

Monday, June 23 / 7:30 p.m. /Fellowship Hall

Join us for fun and fellowship with your neighbors at bingo night and win fun prizes! Prizes will include household décor, kitchen items, office supplies, snacks, gift cards and much more!



Cedarfield Ringers Schedule



Wednesday, June 4:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Wednesday, June 11:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers



Wednesday, June 25:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

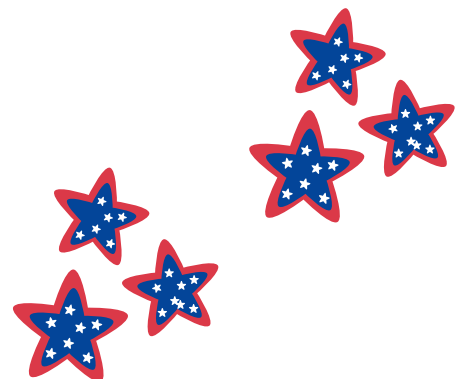


Looking Ahead: Burgers & Bingo Family & Friends Night

Wednesday, July 2 / 5:30 p.m. - 7:30 p.m. /Fellowship Hall /

Reservations Required.

Save the date for an interactive family and friends event in honor of the 4th of July! Dinner will be provided and reservations will be accepted beginning June 19th. More info to come.



IN-HOUSE PROGRAMS



Classic Movie Sunday

4:00 p.m.

Prima Club Room



Please join us for a classic movie. Titles & details below.

June 1: Breakfast Club: Starring Judd Nelson and Molly Ringwald. Five high school students meet in Saturday detention and discover how they have a great deal more in common than they thought.

R/ 1 hour and 30 minutes/ 1985



June 15: To Kill a Mockingbird: Starring Gregory Peck and John Megna. A widowed lawyer in Depression-era Alabama defends a black man against a false rape charge while teaching his young children about the sad reality of prejudice. **PG-13 / 2 hours / 1962**



June 29: Master and Commander: The Far Side of the World: Starring Russell Crowe and Paul Bettany. During the Napoleonic Wars, a brash British captain pushes his ship and crew to their limits in pursuit of a formidable French war vessel around South America. **PG-13 / 2 hours and 15 minutes / 2003**



IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings

The Americas: 10-Part Series June & July



Join us for a 10-episode series narrated by Tom Hanks to explore the extraordinary worlds and wildlife of North and South America. The breathtaking journey follows amazing creatures living in their natural habitats across the supercontinent. Each location comes alive in never-before-seen footage showing the unique connectedness of the land that millions of people call home. We will watch one episode a week in June and July. **Resident Suggestion.**

Episode 1: The Atlantic Coast

Thursday, June 5 / 10:00 a.m. / Fellowship Hall

The Atlantic Coast, where wild horses battle, bald eagles chase ospreys and sharks protect fish. Racoons navigate city life, black bears search for food in ancient forests and a 130-year-old oak tree prepares for winter's arrival.



Episode 2: Mexico

Thursday, June 12 / 10:00 a.m. / Fellowship Hall

Mexico, where deserts meet tropics. See new footage of fledgling pygmy owls, orca hunting, new species in flooded caves and orchid bees filmed in incredible detail -- all revealing the hidden lives of unique wildlife.



Episode 3: The Wild West

Thursday, June 19 / 10:00 a.m. / Fellowship Hall

The Wild West, where coyotes face a snowbound Yellowstone. Rattlesnakes emerge in the hundreds, woodpeckers compete to store food, bison battle on the Great Plains, and cranes gather in vast numbers on their age-old migration.



Episode 4: The Amazon

Thursday, June 26 / 10:00 a.m. / Fellowship Hall

The Amazon, the largest rainforest on Earth. Drone footage captures giant otters hunting together while black caimans prey on newly hatched turtles; a harpy eagle chick's first days in the canopy and army ants on the move reveal new behaviors.



IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings



Diversity Group Movie Showing: The Shoes of the Fisherman

Friday, June 13 / 1:30 p.m. / Fellowship Hall

Starring Anthony Quinn, this timely movie tells the story of the unexpected election of a Russian political prisoner (Anthony Quinn) as Pope at a time when the Cold War is at it's height.

PG/2 hours and 45 minutes/ 1968



Deluxe Movie Showing: The Fabulous Four w/ Popcorn Bar



Friday, June 27 / 2:00 p.m. / Fellowship Hall / Sign up Required.

Join us for our June deluxe movie showing.

Released in the summer of 2024, this comedy film stars Susan Sarandon and Bette Midler and tells this story of two friends who travel to be bridesmaids in a surprise wedding of their college friend. A popcorn bar will be set up in the back of the room with freshly popped popcorn with sweets and chocolate to put on top of your popcorn. Come to enjoy a good laugh to start the weekend off.

Please sign up for catering purposes.

R/ 1 hour and 30 minutes.



Intellectual Growth Offerings



Functional
Pathways

Therapy that exceeds expectations

Incontinence Lecture: Functional Pathways

Monday, June 9 / 11:00 a.m. / Fellowship Hall

Urinary Incontinence affects over 13 million Americans of all ages. Studies have shown the incidence of UI affects twice as many women as men. Urinary Incontinence (UI) is defined as the involuntary loss of urine. UI is not a disease but considered to be a symptom of other conditions. And a reminder ... it is NOT a normal part of the aging process nor is it exclusively a problem of the elderly. There are five main types of incontinence: stress, urge, mixed, overflow and functional. Each type can be addressed through an interdisciplinary approach. Team members can include physicians (internal medicine, urology, gynecology) along with rehabilitation clinicians. Research has demonstrated the clinical effectiveness of treatable incontinence through a multi-disciplinary approach. Please join Functional Pathways to learn more about the types of urinary incontinence, factors that contribute to incontinence, and what can be done to help.

Exploring Traditional Food Wisdom

Monday, June 16 / 11:00 AM / The Gathering Place

Through guided tastings and group discussion, we'll explore how different cultural traditions view the relationship between foods and one's mental, physical, and spiritual experiences.



What you'll experience:

- Insights into traditional systems like Ayurveda, Traditional Chinese Medicine, and Mediterranean food philosophies.
- A sensory exploration of the six fundamental flavors and how they're perceived in different cultures.
- Understanding of traditional concepts like "food energetics" and how they shaped historical eating patterns.
- Small group discussions to share ideas and personal connections to cultural food traditions.

IN-HOUSE PROGRAMS

Calling All Food Lovers!



Ice Cream on the Terrace



Wednesday, June 4 / 3:00 p.m. - 4:30 p.m. / Courtyard Terrace

We all scream for ice cream! Stop by and enjoy an ice cream cone with your neighbors on the terrace for an afternoon sweet treat!

Dough Bros Food Truck



Friday, June 6 / 7:00 - 9:00 a.m. / Town Center Circle

Happy National Doughnut Day! Stop by Town Center Circle for a complimentary doughnut from Dough Bros Donuts .



Popcorn Friday!



Friday, June 13 / 1:30 - 2:30 p.m. / Hub

Stop by the Hub to get a bag of popcorn to kick-off your weekend!



IN-HOUSE PROGRAMS



Cultivate Corner



June 7-15 is **Chesapeake Bay Awareness Week**, a time to celebrate the cultures, history and natural beauty of the nation's largest estuary!

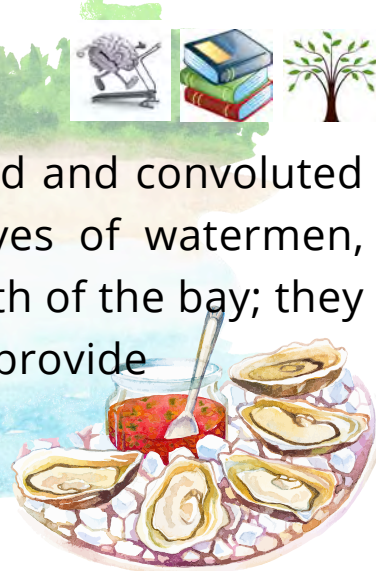
This year the theme is "The Bay in your Backyard." As part of the Chesapeake Bay watershed area, our home gardens can impact the health of this unique ecosystem. We can help revitalize the bay by managing storm water run off, decreasing fertilizer and pesticide use and planting beneficial native plants.

Ask Cultivate Coordinator Kaity for resources to learn more about the bay.

Documentary: A Passion for Oysters

Tuesday, June 10 / 2:00 p.m. / Fellowship Hall

This 45-minute documentary from 2023 chronicles the wild and convoluted story of the humble Chesapeake oyster through the eyes of watermen, scientists and historians. Oysters are essential for the health of the bay; they filter out pollution, clean sediment run-off, and their reefs provide habitat for an array of Bay species (including blue crabs, striped bass, and menhaden) that is vital to the region's outdoor recreation and seafood industries.



Cultivate Coordinator

- Garden or plant questions
- Plant health concerns
- Resident Garden Bed assistance
- Garden Angel volunteer support
- Replacement plant or landscape consultation
- Container plants
- Workshop & trip suggestions
- Garden committee



Kaity Bevenour
804 474 8763
Kbevenour@pinnacleliving.org



Who should I contact for garden help?

Maintenance & Engineering

- Landscape crew concerns
- Pond management
- Removal or pruning of trees & shrubs
- Garden modifications, mulch, requests for new plants
- Pest control
- Wildlife management
- Approval for landscape modifications
- Irrigation
- Environmental committee



Darlene Green
804 474 8806
DGreen@pinnacleliving.org



IN-HOUSE PROGRAMS

Community Outreach Happenings

Cedarfield Mentors Program: Tuckaway Child Development Center



Tuesday, June 10 / 10:00 a.m. - 11:00 a.m. / Hub / Sign up Required.

Join us for our reading engagement with Tuckaway Child Development and Early Education Center. This will be our last reading with this group of children. A new class will come in the fall. If you are interested in reading, please contact Meredith Eckel 804-474-8855.



IT Help Desk



Tuesday, June 10 and 24 / 5:00 - 6:30 p.m. / Chatterbox / Sign up Required.

In need of assistance with your phone or ipad?
Come get help from volunteer Bryson Sin. Sign up in the mailroom to reserve your 15 minute timeslot.



Volunteers Needed

Sewing volunteers who use a sewing machine; this is used to make the small bears we send to St. Mary's Hospital.



Log Volunteer Hours



Please place your volunteer hour log sheet in the mailroom slot marked "Completed Volunteer Log," or send an email to meckel@pinnacleliving.org.
Meredith is tallying hours from March, April, and May. Thank you!

IN-HOUSE PROGRAMS

Brain Fitness Offerings

At-Home Weekend Packets



**Oyster Facts
Jewelry Craft Kit**
Friday, June 6
8:30 a.m.
Hub



Sweet Tea Kit
Friday, June 13
8:30 a.m.
Hub



Brain Games
Friday, June 20
8:30 a.m.
Hub

We All Scream For Ice Cream Bingo



Monday, June 30 / 1:30 p.m. / Fellowship Hall

Start your week off by winning a sweet treat playing ice cream bingo. Prizes will be different ice cream bars and cartons for you to enjoy while you are playing or to take home with you. Bingo will be words instead of numbers and they will be different ice cream flavors and utensils.

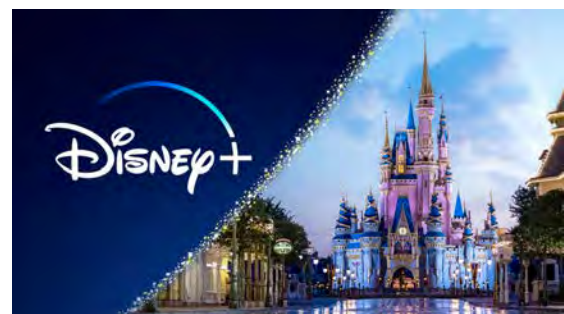


Disney Trivia



Wednesday, June 18 / 1:00 p.m. / Hub

Join us to reminisce and learn about old Disney movies, actors/actresses and characters with Caitrin!





Pippin Hill Farm & Vineyards

Tuesday, June 3

11:30 a.m. depart Town Center.

\$68.00 Trip Fee + \$4.00 Transportation Fee.

Friday, May 30, 12:15 p.m. deadline.

Return to Cedarfield by 5:00 p.m.

Trip Level III

Sign up Required.



An award winning culinary vineyard in the heart of Virginia's Wine Country, Pippin Hill Farm & Vineyards sits on 41 acres overlooking the rolling foothills of the Blue Ridge Mountains. On the Monticello Wine Trail, it is part of Bundoran Farms, a sustainable agricultural community that honors the rural countryside. With a fresh twist on Old World winemaking, Pippin Hill's vineyard, garden, farm and kitchen are seamlessly interwoven. The grounds are composed of vineyards, kitchen gardens, flower gardens, 8 acres of natural areas made up of native flowers & grasses as well as dedicated livestock areas.

We will enjoy their "Greenhouse Grazing Table" experience – small bites & wine in their custom-designed, fully functioning greenhouse while taking in views of the sprawling lawn and kitchen gardens. The greenhouse is shaded and equipped with AC. Please note that this is a shared space, so you might even catch a glimpse of their master gardeners at work!

Afterwards we will have time to enjoy additional food and beverages (ala carte), on the grounds, and their gift shop.

Please note: after dining there will be a lot of walking

in warm weather, so dress accordingly. **Resident Suggestion.**





Horticultural Learning Center, Demonstration Gardens

Thursday, June 5

9:30 a.m. depart Town Center.

Return to Cedarfield by 12:30 p.m.

\$4.00 Transportation Fee.

Trip Level III

Sign up Required.



Join us as we visit the Hanover Master Gardener Horticultural Learning Center behind the Hanover Cooperative Extension. The master gardeners have created demonstration gardens with various themes to help you plan a successful garden at home. They broke ground on October 14, 2022, and have been so grateful for the support they have received from fellow gardeners and local Hanover businesses. Today, master gardeners and community volunteers manage the garden, which consists of multiple raised beds constructed using different methods and materials. They will share their successes and the lessons they have learned from the challenges Mother Nature throws at them or mistakes they make along the way. The pathways will be uneven and are covered with wood chips. The tour will take about one hour. This trip has lots of walking and quite warm locations so please dress accordingly.





RVA Clay Tour

Sunday, June 8

11:30 a.m. Depart Town Center.

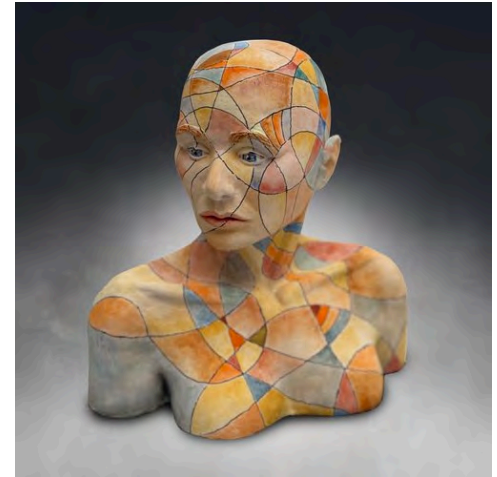
Return to Cedarfield by 4:30 p.m.

\$4.00 Transportation Fee.

Trip Level III

Sign up Required.

Join us in celebrating Greater Richmond's 8th annual RVA Clay Tour. We will visit several studios and exhibitions highlighting the clay works made in our area.



Highlights of the tour will include the Shockoe Bottom Clay studio, 43rd St. Studios and VisArts!

There will be lots of walking so please dress accordingly.



IL TRIPS

Plaza Azteca Dinner Outing

Wednesday, June 11

4:45 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 7:30 p.m.

Trip Level I

Sign up Required.

Join us for a dinner outing sponsored by the Conversational Spanish Group. Enjoy Mexican cuisine while listening to a Mariachi Band play around the restaurant! Dinner is Dutch Treat. **Resident Suggestion.**



Belvedere Series- Attacca Quartet

Friday, June 13

6:30 p.m. depart Town Center.

\$25.00 Trip Fee + \$4.00 Transportation Fee.

Friday, June 6, 12:15 p.m. deadline.

Return to Cedarfield by 10:00 p.m.

Trip Level III

Sign up Required.

Join us as we attend the Louis F. Ryan Recital Hall at St. Christopher's School for two-time grammy-award winning Attacca Quartet, as described by The Nation, "lives in the present aesthetically, without rejecting the virtues of the musical past," and are recognized and acclaimed as one of the most versatile and outstanding ensembles of the moment — a true quartet for modern times. Gliding through traditional classical repertoire to electronica, video game music and contemporary collaborations, they are one of the world's most innovative and respected ensembles.



IL TRIPS

iFly-Virginia Beach

Friday, June 20

8:00 a.m. depart TC.

\$65.00 Trip Fee + \$4.00 Transportation Fee.

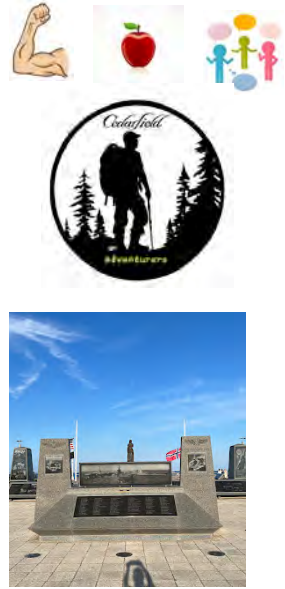
Friday, June 13, 12:15 p.m. deadline.

Return to Cedarfield by 6:00 p.m.

Trip Level IV

Sign up Required.

Let's celebrate the first day of summer with an adventure to the beach. Enjoy vertical skydiving, lunch at CP Shuckers, a self-guided walk through the Naval Aviation Monument and along the Virginia Beach board walk.



Valentine Bus Tour: Richmond African American History

Monday, June 16

9:30 a.m. depart Town Center.

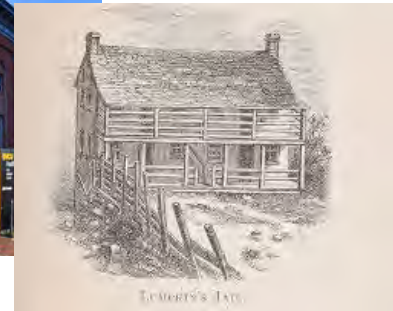
\$4.00 Transportation Fee

Return to Cedarfield by 12:30 p.m.

Trip Level I

Sign up Required.

Back by Popular Demand! In honor of Juneteenth, join us for a 2-hour bus tour that explores the history of slavery, resistance and emancipation in Richmond by visiting First African Baptist Church, Lumpkin's Jail and the African Burial Ground, Winfree Cottage, the Henry "Box" Brown Monument, Brown's Island and the Emancipation & Freedom Monument. The tour proceeds to Jackson Ward, the "Harlem of the South," and highlights the homes of notable residents such as Maggie Walker, and landmarks like the Hippodrome. The tour concludes by going down Monument Avenue to the Arthur Ashe Monument and passes the VMFA and Kehinde Wiley's Rumors of War statue.



IL TRIPS

Ladies Day Out Dine & Shop: The Mole Hole



Monday, June 23

10:15 a.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 4:00 p.m.

Trip Level II

Sign up Required.



Join us for a trip to Williamsburg for an elegant and fabulous dine and shop experience. We will start the afternoon with lunch at their cafe followed by shopping. You can find unique treasures such as jewelry, home decor, clothing and more. Lunch and all other purchases are Dutch treat.

Rollator Friendly. Resident Suggestion.

Men's Day Out: Ford's Garage Lunch Outing



Tuesday, June 24

11:15 a.m. depart Town Center.

\$4.00 Transportation Fee

Return to Cedarfield by 2:00 p.m.

Trip Level I

Sign up Required.



Join us for a lunch outing where great food meets vintage vibes. Ford's Garage is a new Short Pump neighborhood spot that is known for burgers, beer and interesting car decor. Lunch is Dutch Treat.

Rollator Friendly. Resident Suggestion.

20

2300 Cedarfield Pkwy. Richmond, VA 23233 804-474-8800

Prince of Egypt Musical: Jewish Community Center



Wednesday, June 25

7:00 p.m. depart Town Center.

\$4.00 Transportation Fee

Return to Cedarfield by 10:00 p.m.

Trip Level I

Sign up Required.

THE PRINCE OF EGYPT

Journey through the wonders of Ancient Egypt as Ramses and Moses, two young men raised together as brothers in a kingdom of privilege, who find themselves suddenly divided by a secret past. One must rule as Pharaoh, the other must rise up and free his true people; both face a destiny that will change history forever.

The Prince of Egypt is a sweeping epic of a musical with music and lyrics by Grammy and Oscar winner Stephen Schwartz (Wicked, Children of Eden, Pippin, Godspell), a book by Philip LaZebnik, and 10 new songs written by Schwartz, together with five of his songs from the DreamWorks Animation film. The show also features Schwartz's Academy Award-winning song, "When You Believe." Featuring a cast of 21 of Richmond's most talented performers, this is the regional premiere of this show – you won't find it anywhere else in Virginia!



IL TRIPS

Belmont Community Resource Center



Thursday, June 26

8:45 a.m. depart Town Center

Return to Cedarfield by 12:30 p.m.

Trip Level II



In 2016, Belmont Community Resource Services, a nonprofit 501(c)(3) organization was established. The mission is to provide a feeding and clothing ministry as well as empower residents to strengthen their community.

We will be working in their food pantry sorting and bagging food donated by grocery stores for distribution. Most of the work is outside so dress appropriately, including closed toed shoes. We will likely be standing, but they do have some jobs where we could be sitting. At the end of our shift, we'll enjoy a slice of pizza with the volunteers. **Resident Suggestion.**

RVA Tuk Tuk Tour: Best of Richmond Bakeries



Friday, June 27

9:30 a.m. depart Town Center.

\$25.00 + \$4.00 Transportation Fee.

Friday, June 20, 12:15 p.m. deadline.

Return to Cedarfield by 12:30 p.m.

Trip Level II

Sign up Required.

Back by popular demand! RVA TukTuk is a new 100% electric, open-air limo that provides unique tours of places in Richmond. Our tour guide will take us on a 90-minute tour to learn more about the best baked treats around the city. We will have the opportunity to try sweets, fresh out of the morning oven, from four different bakeries. Trip fee includes: baked goods, tour guide and vehicle fees. Come along and check out this new offering in RVA. Please note, this trip is rollator accessible as we are going in a vehicle, but you must be able to step in and out of the vehicle as there is a small step.



Parsons' Cause Foundation: Maggie Walker Impersonation



Saturday, June 28

8:45 a.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 12:30 p.m.

Trip Level II

Sign up Required.



The Parsons' Cause is back at the Hanover Courthouse. Join us for a performance from Maggie Walker, a Richmond business woman who served as the nation's first black female bank president. The presenter is Theresa G. She made her name in the broadcast community as a radio and television personality. She hosted the former radio broadcast Talk-Back Live and Community of Hope television program. Theresa is also a professional storyteller and living history performer. The Hanover Courthouse is chilly inside so we recommend you bring a sweater. The Parsons Cause Foundation is a not-for-profit Virginia corporation that promotes the historical importance of the Parsons' Cause Trial as well as enhances the public's awareness of persons and events relevant to the history of the U.S. and the Commonwealth of Virginia in particular. **Rollator Friendly.**



SignaTours Day Trip: Nationals Park Atlanta Braves vs. The Nats!

Wednesday, September 17

12:30 p.m. depart Town Center.

\$185 Trip Fee.

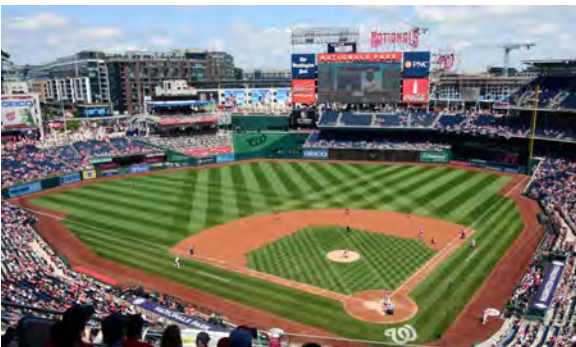
Return to Cedarfield by 10:30 p.m.

Trip Level IV

Looking ahead! Play ball! The great rivalry continues between the Atlanta Braves and the Washington Nationals. Join us for a SignaTours public trip to D.C. to watch an autumn baseball game. Game time is at 4:00 p.m. and dinner is dutch treat at the concession stands. Nationals Park is a cashless venue so please bring a credit card. Seats will be at club level- the top of the first section off the field which are covered and near third base. Dress up in your team's gear and enjoy a great afternoon. Trip fee includes transportation and ticket to the game.

A team member will be present for this day trip. Please call Caitrin Hudalla at 804-474-8758 if you are interested in attending this trip by June 17.

Resident Suggestion.



Niagara Falls - Safe Travels



Eight Cedarfield residents are going to Niagara Falls together in June! We wish them safe travels and a wonderful trip!



Our next overnight experience will be advertised in the July Informer and will take place in October! Any guesses on where we are going next?

Series Subscription Reminders



If you would like to ride the bus for a series trip, please sign up in the binder in the in-house mailroom. All transportation arrangements are finalized at least 24 hours in advance based on the number of names on the list.

Trip:
Richmond Broadway
Friday, June 6
7:00 p.m.
Town Center

Forum 2025/2026 Series Sign Ups
Tuesday, June 17
10:00 am
Chatterbox



Henrico Primary Election

Tuesday, June 17 / 6:00 a.m. - 7:00 p.m.
Voting in the Fellowship Hall

Front circle will be open for voters. Residents are encouraged to use the Administration parking lot. There will not be a shuttle offered.



Worship Experiences



Sunday Worship

Sundays, June 1*, 8, 15, 22 and 29 / 10:00 a.m. / Fellowship Hall

***June 1:** Communion will be served.



Worship Choir invitation and other news

Tuesdays, June 10 and 17 / 9:00 a.m. / Gathering Place

If you enjoy singing, please consider attending a worship choir rehearsal. New voices are always welcome.



In other news, as June comes to a close, the Worship Choir celebrates the close of another year of contributing inspirational musical leadership to our weekly worship services. Pastoral Services would like to take this opportunity to say THANK YOU to each and every member of the choir for their hard work. The choir will take a much deserved hiatus during the month of July. When they return in August, if you like to sing, please consider adding your voice to this dedicated group of people.

Service of Holy Communion and Healing Prayer

Tuesday, June 10 / 11:00 a.m. / Garden Grove Activity Room

Thursday, June 26* / 3:00 p.m.* / Chapel

This service combines prayers for healing and Holy Communion allowing us to accept God's offering of balance, harmony and wholeness of body, mind, spirit and relationships. ***Note change in date and time.**



More Worship and Other Experiences



Episcopal Worship and Eucharist



Episcopal Worship and Eucharist will NOT take place during the summer months – June, July and August. We look forward to its return in September.

Roman Catholic Eucharist



Thursday, June 19 / 11:00 a.m. / Chapel

Brought to us by friends at St. Mary's Catholic Church.

Shabbat



Friday, June 13 / 2:45 p.m. / Gathering Place

Join Cantor Fran Goldman for this meaningful worship service welcoming the Jewish Sabbath. ALL are welcome.

Men's Coffee



Friday, June 13 / 10:00 a.m. / Fellowship Hall

Join the men of Cedarfield for a continental breakfast, coffee, conversation and a program.

The guest speaker for June is Ron McNeil, retired Marine Corps officer and Federal Drug Prosecutor with the Narcotics and Dangerous Drug Section, Criminal Division, Department of Justice, Washington DC. He will focus on international cases, including the world's largest cocaine trafficking organization.

STRENGTH & ENDURANCE

Fitness Class Updates



A second Stretch/Core class has been added to the weekly schedule of classes. Enjoy the benefits of stretching twice weekly. The Fitness at a Glance Calendar can be found on the MyCedarfield app under P2W Strength and Endurance. Paper copies of the class calendar are located throughout the Pathways to Wellness Building and in the Residents' Mailroom.

Fitness At A Glance June 2 – June 6				
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
9:00 am Balance Briana Group Ex. Studio Level II, III	8:30 am Walking Georgia HUB Level III	9:00 am Balance Carol Group Ex. Studio Level II, III	8:30 am Walking Georgia HUB Level III	9:00 am Balance Briana Group Ex. Studio Level II, III
10:00 am Sit & Get Fit Carol Group Ex. Studio Level I, II, III	11:15 am Tai Chi Jenny Group Ex. Studio Level I, II, III	10:00 am Sit & Get Fit Carol Group Ex. Studio Level I, II, III	2:00 pm Tai Chi Jenny Group Ex. Studio Level I, II, III	10:00 am Sit & Get Fit Briana Group Ex. Studio Level I, II, III
10:00 am H ₂ O aerobics Fanny Pool Level I, II, III	4:00 pm Balance Janet Group Ex. Studio Level II, III	10:00 am H ₂ O aerobics Georgia Pool Level I, II, III	4:00 pm Balance Janet Group Ex. Studio Level II, III	10:00 am H ₂ O aerobics Heather Pool Level III
11:15 am Gentle Yoga Lily Group Ex. Studio Level I, II, III		11:15 am Circuit Briana Fitness Room Level II, III		11:15 am Gentle Yoga Lily Group Ex. Studio Level I, II, III
2:00 pm Stretch/Core Briana Group Ex. Studio Level I, II, III		4:00 pm Stretch/Core Briana Group Ex. Studio Level I, II, III		

Staying Healthy-The Importance of Stretching

Why stretching is important

Stretching keeps the muscles flexible and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are unable to extend all the way. That puts you at risk for joint pain, strains, and muscle damage.



Harvard Health
Publishing
HARVARD MEDICAL SCHOOL

For example, sitting in a chair all day results in tight hamstrings in the back of the thigh. That can make it harder to extend your leg or straighten your knee all the way, which inhibits walking. Likewise, when tight muscles are suddenly called on for a strenuous activity that stretches them, such as playing tennis, they may become damaged from suddenly being stretched. Injured muscles may not be strong enough to support the joints, which can lead to joint injury.

STRENGTH & ENDURANCE

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



Reduce feelings of depression and stress



Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



Pickleball News

Open play continues in June on Tuesdays and Thursdays from 9:30 a.m.-11:00 a.m. at the pickleball courts by the Clubhouse. Sign-ups are located in the red pickleball folder in the resident in-house mailroom. There are opportunities for practice with the backboard and pickleball pitching machine. The Lobster pickleball machine, instruction manual and loaner equipment can be found in the closet in the Clubhouse. Please charge machine after each use. Please contact Barbara Rose at 804-241-0950 or jandbrose@comcast.net for more information.





Art Spotlight: Tara Donovan



Lives and works in NY. BFA Corcoran School of Art and MFA VCU Sculpture. Awards include: MacArthur Fellow. Donovan creates large-scale installations and sculptures using everyday objects.



Untitled (Straight Pins), Untitled (Toothpicks), Untitled (Glass). Materials are held together by friction and gravity only.

Creative Expression Studio Clean-Up

Calling art CES users to come clean and organize your storage area. With many new residents moving in, we need to make space for more artists to share in the CES, resident storage area.

**Please come by the studio and pick up any completed works.
Make space for new creative projects.**

De-clutter by creating four piles: keep, throw away, donate, sell

KEEP: Organizing your materials is an excellent way to improve your working environment. It also often leads to finding items you forgot you had, with all your supplies readily available.

Donate: You can add unused material to the CES stock, or we will donate it to Scape RVA. *SCRAP is a donation-based creative reuse store and donation center.*

Sell: The Art Council always accepts items for the Annual Holiday Fundraiser!

Throw Away: Clutter can easily grow. Review the items you are not using or haven't used in the last six months. Have you considered using them in the last year? If not, it's probably time to let the material go.



Special Workshops, Lectures and Happenings

Crafts & Creations Group: Mason Jar Fairy Lights Craft

Thursday, June 12 / 3:30 - 4:30 p.m. / Sign up Required

Join James to make a beautiful summer flower lantern to put on your porch or to use as a night light.



Organic Solutions - Homemade Laundry Soap

Tuesday, June 24 / 2:00 p.m. / Sign up Required.

Join Georgia as we make homemade laundry soap. Know what is in your laundry soap so you can control the ingredients and fragrance. This homemade laundry soap will gently clean your clothes without the harmful ingredients.



Glass Jewelry Making

Thursday, June 26th / 12:30 p.m.- 2:30 p.m. / Sign up Required.

Join Becca in creating a glass pendant and earrings. We have lots of colors and multiple molds to choose from. If you have a specific design in mind, bring a drawing or example!

Do you need assistance with a project?

Come to Studio Office Hours

**Class Meeting Times,
Open Studio Hours,
Sara's Office Hours
are posted outside the CES**



Creative Expression Studio

Fused Glass Class **MONDAY** Afternoon

Every Monday!

Beginner: 12:30 pm - 2:30 pm

Intermediate/Advanced 2:30 pm-4:30 pm

Glass Fee is calculated after firing, based on the size of the glass used. \$.25 per square inch

Come work with Becca, a glass artist and instructor. All levels are welcome. Bring an idea or choose from one of her patterns. Drop-ins are welcome!



All Levels Drawing **TUESDAY** MORNING

June 3 & 10 Time: 10:00 am - 12:00 pm

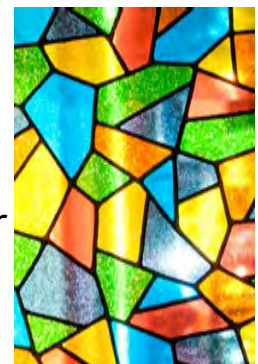
Christopher will be here for two weeks in May to teach drawing. Come for one week or both. Beginners to advanced are welcome! Draw in any medium of your choice. Drop-ins are welcome!



Stained Glass Class **TUESDAY** Afternoon

June 3, 10, 17 Time: 1:00 pm - 3:00 pm

Learn the art of stained glass with artist and new instructor Christine DePlato. We have some fun and creative designs for beginners! Class is open to drop-ins! You can come and watch or begin a new project.





Oil Painting and Pastels **WEDNESDAY** Morning

All Levels Time: 9:30 am-12:00 pm

Join artist Nancy Tucker and learn to paint in oils or soft pastels. No experience is required, **ALL** levels are welcome. Drop-ins are welcome!



Clay Classes with Holly on **WEDNESDAY** Afternoon

Beginner Class time: 12:30 - 2:30 p.m.

Intermediate/Advanced class time: 2:30 - 4:30 p.m.

Join artist Holly Greenwood for clay classes every Wednesday. She will help you create objects out of clay, turning dreams into reality or choose from one of her projects!



All Levels Watercolors **THURSDAY** Morning

All Levels Welcome 10:00 a.m. - 12:00 p.m.

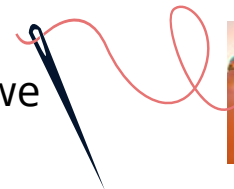
Join artist Christopher Wynn to learn how to paint in watercolors or continue your practice with this supportive group. Drop-ins are welcome!



Sentimental Sewing Group **THURSDAY** Afternoon

Thursdays, 2:30 - 3:30 p.m.

Join us for conversation and sewing. The animals and quilts we create together are donated to the area children's hospital.



Arts & Crafts **FRIDAY** Afternoon

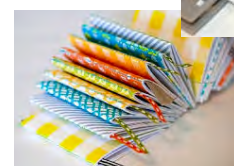
Friday Sign-up Required

Registration is limited, \$10 class fee, Sign up Required.

All Levels: 1:00 pm- 3:00 pm

Join artist Ginna Cullen in this fun and lively class, learning the art of paper crafting. Creating a magic box or journal, plus more!

**NEW
TIME**



NEIGHBORHOOD & HOUSEHOLD HAPPENINGS

SPECIAL EVENTS



Sing-a-Long with Diane Hart

Monday, June 2
2:00 PM - Great Room

Pet Therapy Group

Wednesday, June 4
10:30 AM-Morning Glory
Monday, June 9
10:30 AM - Magnolia Meadow

Music with Audrey

Monday, June 9
11:00 AM -Great Room
Monday, June 23
10:30 - Lavender Lane
11:15 - Magnolia Meadow

Harp Therapy with Kristin Eye

Friday, June 13
10:00 AM - Lavender Lane
10:30 - Great Room

Healthcare Scenic Bus Ride

Tuesday, June 17
11:00 AM

Piano Music with Joe Loshiaivo

Tuesday, June 17
2:30 PM - Great Room

Music with Kevin Salyer

Thursday, June 19
2:00 PM - Great Room

Music with Doug Hepler

Monday, June 23
2:00 PM - Great Room

Music with Susan Greenbaum

Thursday, June 26
2:15 PM - Great Room

Healthcare Resident Council

Tuesday, 
June 17
10:30 am
Magnolia
Meadow

Assisted Living Resident Council

*No Resident
Council. Reminder:
GG is moving to
quarterly meetings.

GARDEN GROVE

Lunch Outing to
Mosaic Restaurant 
Tuesday, June 10
12:00 PM

Gratitude for better living
workshop led by Florence
Brooks 

Monday, June 30
11:00 AM: GG Activity Room

Magnolia Meadow

Impressionist 
Finger Painting
Monday, June 30
3:00 pm: MM AR


Lavender Lane

Ice Cream 
Floats
Thursday,
June 26
3:30 pm

COMMUNITY INFORMATION

Area Meetings Reminder

Area meetings will take place on Monday, June 9 at 1:00 p.m. Assisted Living residents and Pinnacle Advantage members are invited to attend a meeting of their choice.



Assisted Living Memory Care	Business Office and Philanthropy	Nursing HealthCare and Functional Pathways	Dining	Resident Life & Wellness	Housekeeping and Maintenance	Marketing	Administration and Human Resources
Club Room	AL Activity Room	Chatterbox	Great Room	Prima Club Room	Hub	Chapel	Gathering Place
17, 18	19, 20	1, 2, 3	4, 5, 6	7, 8, 9	10, 11, 12	13, 14	15, 16

VaCCRA At Cedarfield : Matt Phillips Plug Into The Power Of The Library

Friday, June 20/ 10:00 a.m. / Fellowship Hall

Welcome Matt Phillips, Outreach Coordinator for the Henrico Public Library. While we often think of libraries as places for books, they have transformed into vibrant community hubs offering so much more. Modern libraries provide educational programs, internet access, engaging events, and a wealth of digital resources. Go “behind the scenes” to learn more about the power of libraries and see if you’re plugging into all your library has to offer.



Lining the Lane

The Lane welcomes all to walk or drive down The Lane from May 23rd - 27th to see over 450 American Flags paying tribute to those who have died in service to our country.



Programming Suggestions for July-December

The Pathways to Wellness team will meet at the beginning of June to plan out the next 6 months. Please send all trip and program suggestions by Thursday, May 29, to Caitrin Hudalla at chudalla@pinnacleliving.org.

Dad Jokes

By: Karen Wilder, RD



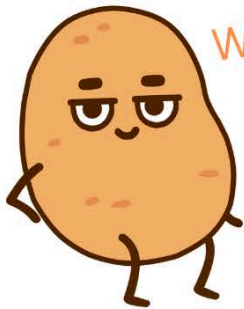
June is the month we celebrate our #1 guy –
good ole Dad!

To honor Dads this Fathers' Day, here are some
groan-worthy, food-related Dad jokes.

Three Cheers for Dad!
Hip Hip Hoo-raisin!
Hip Hip Hoo-raisin!
Hip Hip Hoo-raisin!



What did the Dad tomato
say to the Kid tomato when
it started to fall behind?
Ketchup!



What does a Dad potato
call his children?
Tater tots!

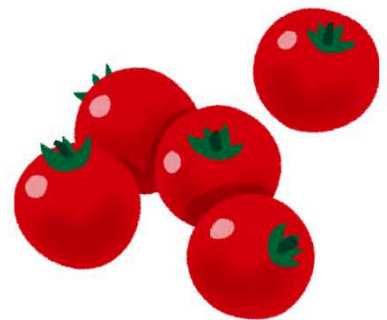


Why don't Dad eggs tell
jokes to their families?
They would crack up!

What should Dad
vegetables always
keep in their cars for
emergencies?
A-spare-agus!



How much do
I love my
Dad?
From my head
to-ma-toes!



Pathways to Wellness June 2025: Nourishment & Delight

"Let food be thy medicine and medicine be thy food." – Hippocrates

FEATURED DOMAINS

- Dining/Diet and Nutrition: Exploring mindful eating and nutritional wellness
- Brain Fitness: Nourishing our minds through optimal foods and habits
- Spirituality: Connecting with traditional food wisdom and practices

MONTHLY WORKSHOP

Food as Medicine: Exploring Traditional Food Wisdom

Monday, June 16 | 11:00 AM | The Gathering Place with Florence Brooks,
Director of Resident Life and Wellness.

WEEKLY CHALLENGES

- Week 1: Broaden your palate by trying a food you've not experienced before.
- Week 2: Experiment with mindful eating – focus fully on flavor, texture, and enjoyment during meals.
- Week 3: Observe and note how different foods affect your energy and mood throughout the day.
- Week 4: Enjoy a mealtime conversation about favorite food memories and traditions

MY INTENTIONS FOR JUNE

One small step I will take this week_____.

Something I'm grateful for right now_____.

A nourishing practice I hope to establish this month_____.

COMMUNITY INFORMATION

Services: Monthly Services, Meetings and Support Groups



- Mobile Library: **Tuesday, June 3 / 1:00 - 2:00 p.m. / 1st Floor Parkview Lobby**
 - Mumford Jewelry Buyers: **Wednesdays / 9:30 - 10:30 a.m. / Resident Activity TV Lounge**
 - Cedarchest Receiving: **Thursday, June 5 and 19 / 10:00 a.m. / 2fl B-wing**
 - Cedarchest Sales: **Thursday, June 12 and 26 / 10:30 a.m. / 2fl B-wing**
 - Recycling for IL Apartments: **Friday, June 6 and 20 / 2:00 p.m.**
 - Recycling for Cottages: **Wednesday, June 11 and 25 / 8:00 a.m.**
 - Shopping Shuttles:
 - **Tuesdays at 10:00 a.m. - Kroger & Publix**
 - **1st Wednesday of the month at 1:00 p.m. - Short Pump Town Center**
 - **Thursdays at 10:00 a.m. - Target and Kohl's / Trader Joe's and Walmart (alternate weeks)**
- (sign up in the notebook at the concierge desk)



Meetings:

- Town Hall Meeting: **Wednesday, June 18 / 3:00 p.m. / Fellowship Hall (no meeting in July)**
- Residents' Council Meeting: **Wednesday, June 25 / 2:00 p.m. / Fellowship Hall**

Support Groups and Residents' Clubs:



- Movement Disorder Support Group: **Thursday, June 12 / 1:30 p.m. / Gathering Room / Topic: Balance and Physical Therapy for Movement Disorders / Functional Pathways**
- Stronger Memory: **Friday, June 6 / 10:00 a.m. / Prima Club Room**
- Conversational Spanish: **Monday, June 9 / 10:30 a.m. / Club Room**
- Low Vision Support: **Monday, June 16 / 2:00 p.m. / Gathering Place**
- Memory Support: **Friday, June 27 / 11:00 a.m. / Gathering Place**
- Coping with Loss: **Monday, June 30 / 11:00 a.m. / Gathering Place**
- Sign Language Club: **Thursday, June 26 / 10:00 a.m. / Hub**
- Book Group Book Meeting: **Friday, June 27 / 11:00 a.m. / Chatterbox-Book Selections**
- Great Decisions Discussion Group: **Monday, June 2, June 30 / 2:30 p.m. / Prima Club Rm**
- French Club: **Tuesday, June 17 / 3:00 p.m. / Hub**

Cedarfield Library Information



Library Corner

May 2025 New Books

- Auston, Alice. 33 Place Brugmann
- Brown, Sandra. Blood Moon
- Hall, Clare. Broken Country
- Raybourn, Deanna. Kills well With Others
- Coben, Harlen. Nobody's Fool
- Atkinson, Rick. The Fate Of The Day
- Donoghue, Emma. The Paris Express
- Levi, Allen. Theo Of Golden

Large Print

- Brown, Sandra. Blood Moon
- Raybourn, Deanna. Kills Well With Others
- Coben, Harlen. Nobody's Fool
- Bohjalian, Chris. The Jackal's Mistress
- Donoghue, Emma. The Paris Express
- Benedict, Marie. The Queens Of Crime



Book Club

June Book Club is Friday, June 27;
Discuss new leaders and book selection leaders

COMMUNITY INFORMATION

Registration Updates

Just a reminder that you have more than 24 hours to turn in your registration form this month. The box will be located in Town Center from **Friday, May 23 at 8:30 a.m. to Wednesday, May 28 at 8:30 a.m. (extended time to turn in forms due to Memorial Day)** The registration binder will be back in the In-House mailroom on **Wednesday, May 28 by 5:00 p.m. Last names will no longer be used, forms will be collected and shuffled in a random order before entering into the system.** If you have any questions, please call Caitrin Hudalla, 474-8758. Please look at The Informer descriptions as well as the registration form to see what in-house programs/ trips still require sign-up.

Meet The Informer Team



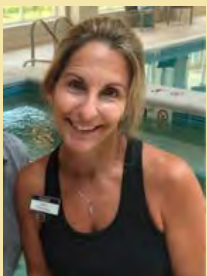
Caitrin Hudalla
P2W Manager



Georgia Brown
Lifestyle Coordinator



Margaret Ernstes
Administrative Assistant



Carol Thompson
Wellness Coordinator



Sara Ferguson
Creative Arts Coordinator



Kaity Bevenour
Cultivate Coordinator