

The Informer

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

August 2025

A Night on the Amalfi Coast

*Thursday, August 28
5:30-7:30 p.m.
Fellowship Hall
Sign up Required.*

Ciao! Come & experience a taste of the Amalfi Coast! Join us in your best evening attire and enjoy an elegant night with dinner & dancing in Italy to end the summer.

Relish in an Italian-themed dinner while listening to the Self-Righteous Brothers. They bring a lively toe-tapping mix of jazz, swing and sly humor to the stage. Sign up on the registration form for catering purposes. Menu and further details will be provided closer to the event.

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August Theme

This month we embrace self-care as a powerful form of prevention.

We explore how simple daily practices, creative expression, and intentional rest work together to support our physical health, emotional balance, and overall sense of control over our wellness journey.

Pathways to Wellness Key

As you go through the August 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 August.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3 10:00 A.M. SUNDAY WORSHIP
4 2:00 P.M. MARY MIKELS PERFORM	5	6 3:00 P.M. TOWN HALL MEETING	7 2:00 P.M. RICHMOND CHAMBER PLAYERS	8 10:00 A.M. MEN'S COFFEE	9	10 10:00 A.M. SUNDAY WORSHIP
11	12 4:00 P.M. LYNN & SCOTT PERFORM	13	14	15	16	17 10:00 A.M. SUNDAY WORSHIP
18	19	20	21 2:00 P.M. BIG POND LECTURE	22 2:00 P.M. DON IRWIN PIANO	23	24 10:00 A.M. SUNDAY WORSHIP
25	25	27 2:00 P.M. COUNCIL MEETING	28	29	30	31 10:00 A.M. SUNDAY WORSHIP

Pathways to Wellness August 2025: Refresh & Center

"Almost everything will work again if you unplug it for a few minutes, including you." – Anne Lamott



FEATURED DOMAINS

- Emotional Balance:** Understanding and expressing feelings in healthy ways
- Creative Expression:** Expressing ourselves through art and making
- Strength and Endurance:** Building resilience through rest and renewal

MONTHLY WORKSHOP

"Prevention as Self-Care"

Date: Tuesday, August 19 | Time: 11:00 a.m. | The Gathering Place

Join Cedarfield Wellness Clinic Nurse, Ann Hopper, for a conversation focused on simple prevention strategies that can enhance both your physical health and emotional wellbeing by increasing your sense of control over your health journey. Please look on page 12 for more information.

WEEKLY CHALLENGES

- Week 1:** Practice one simple daily prevention habit (staying hydrated, taking vitamins, gentle stretching).
- Week 2:** Create an art project for the An Act of Kindness project.
- Week 3:** Schedule and enjoy a rest ritual that supports your wellbeing.
- Week 4:** Share your self-care discoveries with others – spread the wellness wisdom!

MY INTENTIONS FOR AUGUST

One small step I will take this week:

Something I'm grateful for right now:

A self-care practice I hope to establish this month:



An Act of Kindness Through Art



Have you ever wanted to thank a team member? Come take part in a collaborative Creative Expression and Emotional Balance program sponsored by the Pathways to Wellness Committee. Clay Instructor, Holly Greenwood, will lead us in a 2-part workshop to make small clay ornaments that will be shared with 370 team members as a token of appreciation. Look at the schedule below to see how this will work!



Creating Clay Objects

Monday, August 11 / 10:00 a.m. - 12:00 p.m. / Creative Expression Studio / Sign up Required (pick a time slot).

Join us as we cut out different clay objects to get them ready to be painted! Objects will consist of hearts, butterflies, flowers, etc. To accommodate as many artist volunteers as possible, please sign up for 1-hour time slots on your registration form.



Painting Clay Objects

Monday, August 25 / 10:00 a.m. - 12:00 p.m. / Creative Expression Studio / Sign up Required (pick a time slot).

It is time to paint the pieces! Brighten up these clay pieces with beautiful colors. To accommodate as many artist volunteers as possible, please sign up for 1-hour time slots on your registration form.



Once pieces have been fired, motivational/appreciative messages will be put on the back and there will be a delivery system to each team member. Thank you for being a part of an uplifting program to make someone's day and put a smile on their face!

Cedarfield Music & Evening Entertainment



Mary Mikels Performance

Monday, August 4 / 2:00 p.m. / Fellowship Hall

Singer Mary Mikels, who was selected by American Idol in the first round, will be performing her "Broadway Favorites & More Concert" which in addition to Broadway favorites will include patriotic music, Christian, and a special tribute to The Sound of Music. She is one of Cedarfield's favorite performers. You will not want to miss her!



Richmond Chamber Players



Thursday, August 7 / 2:00 p.m. / Fellowship Hall

Join us for a performance by Richmond Symphony violinists, Emily Monroe and Susy Yim. Emily earned her Master of Music in Violin Performance and Chamber Music from the University of Michigan in 2022, studying with Professor Aaron Berofsky. While in Ann Arbor, she performed as a section violinist with the Ann Arbor Symphony, served as Concertmaster of the University of Michigan Symphony Orchestra, and played in the Baroque Chamber Orchestra under Professor Joseph Gascho. A native of Hong Kong, Susy attended the Hong Kong Academy for Performing Arts before coming to the United States. She earned her Bachelor's degree from Boston Conservatory and her Master's degree from Rice University. Enjoy a selection of violin duos and learn about upcoming concerts from their ensemble, the Richmond Chamber Players.



Cedarfield Music & Evening Entertainment



Lynn Salmonson & Scott Woolweaver Performance

Tuesday, August 12 / 4:00 p.m. / Fellowship Hall

Join us as we welcome Scott Woolweaver, violist, and Lynn Salmonsens, pianist back to Cedarfield. This duo has been playing together since their graduate school days in Boston, MA. They perform in and around the greater Boston area and much of New England. Scott is violist for the Boston Pops and the Chameleon Arts Ensemble while Lynn is a collaborative pianist for many choruses and festivals, and the Music Director at East Congregational Church in Milton, MA. They also both teach private students on their respective instruments, working together at All Newton Music School for many years. They are excited to share their music with you in a program that spans almost 300 years with composers including Bach, Handel, Rachmaninoff, Brahms and Arvo Part. Lynn is the daughter of Ray Salmonsens and step-daughter of resident Martha Reiter.



Don Irwin - Pianist

Friday, August 22 / 2:00 p.m. / Fellowship Hall

Don Irwin continues to thrill music connoisseurs across the United States with his unique and innovative one man show. Irwin's passionate show stopping musical prowess creates an atmosphere that is both warm and invigorating, leaving audiences spellbound and overjoyed. While playing, the artist communicates the sentiments of his heart and soul, touching the spirit of the listener and causing them to experience an array of emotions. Few musicians are able to make such a connection.



IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment



Bingo Night

Thursday, August 14 / 7:30 p.m. /Fellowship Hall

Monday, August 25 / 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, August 6:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Wednesday, August 13:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Wednesday, August 20:

No Practice

Wednesday, August 27:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Interested in Ringing Bells? If you have never played handbells, perhaps it's time to try! Or maybe you haven't rung handbells in years and are ready to jump back in. Please reach out to Caitrin Hudalla at 804-474-8758 if you are interested in learning more.



IN-HOUSE PROGRAMS

Calling All Food Lovers!



National Watermelon Day

Friday, August 1 / 2:00 p.m. - 3:30 p.m. / Hub

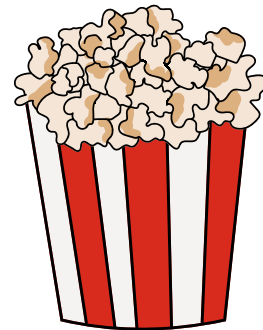
National Watermelon Day is August 3. Let's celebrate early as a community! Stop by the hub for a refreshing snack and some conversation!



Popcorn Friday!

Friday, August 8 / 1:30 p.m. - 2:30 p.m. / Hub

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



Gelati Celesti Ice Cream Truck



Tuesday, August 26 / 2:30 p.m. - 4:30 p.m. / Town Center

As a token of appreciation, the Cedarchest volunteers are treating us to ice cream from Gelati Celesti. Stop by Town Center for a yummy sweet treat!



IN-HOUSE PROGRAMS



Classic Movie Sunday

4:00 p.m.

Prima Club Room



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

August 10: The Good Lie: Starring Reese

Witherspoon. A group of Sudanese refugees, given the chance to resettle in the U.S., arrive in Kansas City, Missouri, where their encounter with an employment agency counselor forever changes all of their lives.

PG-13/ 1 hour and 45 minutes/ 2014



August 17: The Graduate: Starring Dustin Hoffman, Anne Bancroft and Katherine Ross. A disillusioned college graduate finds himself torn between his older lover and her daughter. **PG / 1 hour and 45 minutes / 1967**



August 24: Barefoot in the Park: Starring Robert Redford and Jane Fonda. Conservative young lawyer Paul Bratter marries the vivacious Corie Banks. Their highly passionate relationship descends into discord when they rent their first apartment - a rundown five-flight NYC walk-up with eccentric neighbors. **PG/ 1 hour and 45 minutes/ 1967**



IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings



Diversity Group Showing: Frida

Friday, August 8 / 2:00 p.m. / Fellowship Hall

You saw her paintings... now learn about Frida Kahlo's bold and controversial life. This film traces her early years through her tumultuous career and marriage to muralist Diego Rivera. Starring Selma Hayek.



VaCCRA at Cedarfield Showing: Flow

Friday, August 15 / 2:00 p.m. / Fellowship Hall

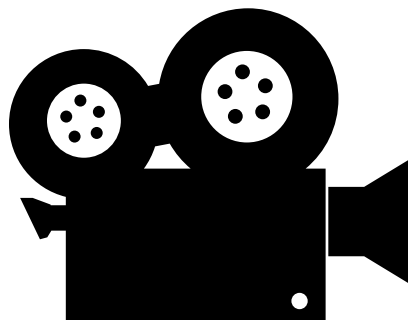
"Flow" is an animated film featuring no dialogue. It takes place in a post-human world destroyed by floods. As the waters rise, animals that are natural enemies team up to survive by relying on trust, courage and their wits. "Flow" won the Best Animated Feature at the 97th Academy Awards.



Share Your Film Suggestions!

Please contact Caitrin Hudalla at 804-474-8758 or chudalla@pinnacleliving.org and share your film suggestions for the categories below!

- Documentaries
- New Releases
- Travelogues



IN-HOUSE PROGRAMS

Intellectual Growth Offerings



Movement and Medicine: Joyful Ways to Stay Active

Monday, August 18 / 11:00 a.m. /Gathering Place

Join Carol to discover how gentle movement can enhance your daily well-being and energy. This engaging workshop shows how simple, enjoyable movements can be woven naturally into your existing routines. Whether seated or standing, we'll explore accessible ways to keep your body and spirit moving with confidence and joy. This workshop has been rescheduled from July.

Prevention as Self-Care: Ann Hopper



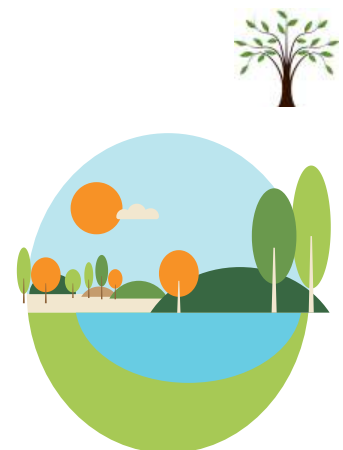
Tuesday, August 19 / 11:00 a.m. /Gathering Place

Join Cedarfield Wellness Clinic Nurse, Ann Hopper, for a conversation focused on simple prevention strategies that can enhance both your physical health and emotional wellbeing by increasing your sense of control over your health journey. This workshop reframes prevention as an act of self-care rather than a burden, helping you make informed health choices with confidence and peace of mind. Perfect for anyone interested in taking a proactive approach to their health while maintaining emotional balance and independence. Just bring your questions and your commitment to caring for yourself.

Big Pond Update: Kaity Bevenour & Environmental Committee

Thursday, August 21 / 2:00 p.m. / Fellowship Hall

Join us as we explore the vision for redoing the big pond. With the combined input of the Environmental committee, Maintenance & Engineering, and our Cultivate coordinator, this presentation will review the goals of the project, and offer insight into the steps needed to achieve these revisions. This long-term project goes beyond infrastructure; it's about creating a vibrant, functional, and beautiful space that enhances the environment for both people and wildlife.



Intellectual Growth Offerings



David Shin- Virtual Reality Travel Experience

Friday, August 22 / 4:00 p.m. / The Gathering Place / Sign Up Required

Come along on a journey to some of the best destinations in the world through a virtual reality experience. Dr. David Shin builds empathy through technology by taking residents on a travel experience through a headset to places you haven't traveled to before or maybe even looking at where you grew up. Please sign up for a 30-minute time slot on your registration form.



Lunch & Learn Christine DePlato: Stained Glass



Tuesday, August 26 / 11:30 a.m. / Prima Club Room / Sign up Required.

Christine came to stained glass later in life, only truly getting the opportunity to pursue it after she turned 40. Stained glass had always interested her, but it was kismet that she discovered a local artist with their own studio. From these humble beginnings, a love blossomed. She found she had a knack for the craft and an appreciation for the work of the master artisans. Join us to learn more about the art of stained glass and the restoration process. She will share stories and images of projects from the past, including the recent switch of the Tiffany Glass Windows at the VMFA, and new projects at Hollywood and other Richmond historical areas. Box lunch will be provided.



IN-HOUSE PROGRAMS



Cultivate Corner



The Resident Garden beds are looking great!

Please take some time to enjoy the space, but as a reminder: If you did not plant it, don't pick it without permission from the gardener.



Workshop: The Fascinating World of the Honeybee



Tuesday, August 5/ 10:00 a.m. / Chatterbox / Sign up Required.

\$55 fee, includes jar of local honey & honey tasting

Join local flower & bee farmer Connor Parish from Bloomistry as he takes us on a journey into the fascinating (and delicious) world of the honeybee.

In this workshop, you will take a hands-on deep dive into the sophisticated world of the European honeybee. You will learn about how important they are for our planet, and some of the challenges they face in our modern world. We will be passing around beekeeping tools and materials throughout the talk to deepen your understanding. After the talk, participants will have the opportunity to taste different types of honey from local apiaries. You'll take home a jar of honey too!



IN-HOUSE PROGRAMS

Community Outreach Happenings

IT Help Desk



Tuesdays, August 5 and 19 / 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.

End of Fiscal Year Update: Cedarchest



We are thrilled to share the incredible news that, thanks to the hard work and dedication of our team and the generosity of those who donate and to those who shop at our resale store – we've been able to give an AMAZING \$25,000 to Cedarfield charitable funds. The funds include the Resident Program Fund – Woodworking, Photography, Music, Art, the Library Fund, Flower Guild, Garden Fund, Samaritan, Angel, and Scholarship Fund. This gift is a true testament to what a caring community can achieve together! As a token of our appreciation, everyone is invited to enjoy a scoop or two of ice cream from Gelati Celesti! Look on page 9 for further details.

Summer Volunteers!



It's been a great summer having teens volunteer their time and talents in various parts of our community!



IN-HOUSE PROGRAMS

Brain Fitness Offerings

At-Home Weekend Packets



**Personalized
Photo Pendant**
Friday, August 1
8:30 a.m.

Hub



Summer Scavenger Hunt
Friday, August 8
8:30 a.m.
Hub



Terracotta Grow Pots
Friday, August 15
8:30 a.m.
Hub



**Stained Glass
Suncatcher Kits**
Friday, August 29
8:30 a.m.
Hub



Self-Care Bingo



Wednesday, August 20 / 11:00 a.m. / Fellowship Hall

In honor of highlighting emotional balance this month, join us for a relaxing bingo with self-care items as prizes. We will have different soaps, lotions, activities for selfcare.



Richmond Trivia



Monday, August 4 / 11:00 a.m. / Hub

Join us to learn about Richmond trivia and reminisce about what brought you to Richmond.



Parsons Cause: Reverend Samuel Davies

Saturday, August 2

8:45 a.m. depart Town Center.

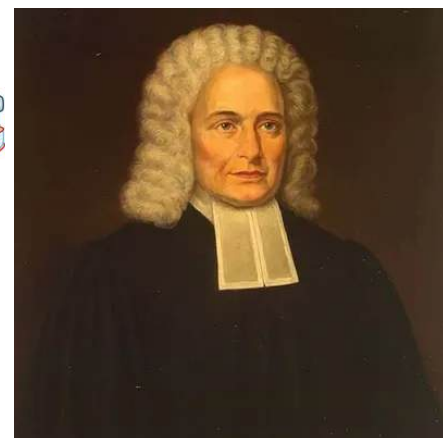
\$4.00 Transportation Fee.

Return to Cedarfield by 12:30 p.m.

Trip Level II

Sign up Required.

Reverend Samuel Davies was an evangelist and Presbyterian minister. He ministered at Pole Green Church in Hanover County from 1748 to 1759. Davies was one of the first non-Anglican preachers in Virginia. Known for his oratory, he was a strong influence on Patrick Henry. Beau Robbins will be the historical interpreter of Reverend Samuel Davies having performed at historical sites and events throughout the US, including national and state parks, as well as private venues and film. Rollator friendly. The courthouse can get chilly so we recommend you bring a sweater. **Rollator Accessible.**



Laser Tag

Tuesday, August 5

3:00 p.m. depart Town Center.

\$35.00 Trip Fee + \$4.00 Transportation Fee.

Friday, August 1, 12:15 p.m. deadline.

Return to Cedarfield by 5:30 p.m.

Trip Level IV

Sign up Required.



Let's have another adventure through a private event at the highly-rated Mission Laser RVA. They are accommodating our needs with the following:

- The laser sensitivity adjusted to operate more easily.
- House lights will reduce the intensity of the flashing effects in the arena.
- The music volume lowered to a more comfortable listening level.
- Staff present throughout the entire game to assist our group's needs.

Resident Suggestion.



IL TRIPS

Balkan Restaurant Lunch Outing

Wednesday, August 6

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 down-to-earth European dishes with a Mediterranean influence. They specialize in homemade food from the Balkan region of Europe. Lunch is Dutch treat. **Rollator Accessible. Resident Suggestion.**



Chiles Orchard: Peach Picking

Friday, August 8

12:15 p.m. depart Town Center.

Return to Cedarfield by 5:00 p.m.

\$14.00 Trip Fee + \$4.00 Transportation Fee.

Friday, August 1, 12:15 p.m. deadline.

Trip Level III

Sign up Required.

Back by popular demand! Chiles Peach Orchard is in Crozet, Virginia. During our time at Chiles, we will learn about the life cycle of a peach and their history. They will also give us instructions about where and how to pick peaches. Trip fee includes the tour, a container to pick your own peaches and a peach frozen yogurt. Please wear comfortable clothing; tennis shoes are recommended. Bring your camera to take gorgeous photos of the fresh fruit and views. All other purchases are Dutch Treat. **Resident Suggestion.**



IL TRIPS

YMCA Bright Beginnings Trip

Saturday, August 9

7:30 a.m. depart Town Center.

Return to Cedarfield by 1:30 p.m.

Trip Level III

Sign up Required.

Join us on a volunteer trip to Hope Church on Patterson Avenue to help YMCA branches of Tuckahoe, John Rolfe and Shady Grove restock and handout school supplies to those in need.



VCU Library Special Collections and Archives



Monday, August 11

1:00 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 4:00 p.m.

Trip Level II

Sign up Required.

The Special Collections and Archives (SCA) at Virginia Commonwealth University invite you to come view a selection of our materials. SCA is home to a varied collection of book arts, including artist's books, photobooks, and movable books, as well as comic arts, alternative publications, and more. We have curated a selection of our art books that highlight the use of color, material, and movement for you to view, explore, and interact with. You can expect to visit us the 4th floor of James Branch Cabell Library (elevators are available) and gather in the Reading Room for a viewing experience. Seating and standing accommodations will be available, as well as accessible restrooms. We will have time to explore other areas of the library before returning to Cedarfield.

Rollator accessible.



Valentine Museum Guided Tour: Fancy: Costumes, Characters and the Richmond Masque

Thursday, August 14

9:30 a.m. depart Town Center.



\$10.00 Trip Fee + 4.00 Transportation Fee.

Thursday, August 7, 12:15 p.m. deadline.

Return to Cedarfield by 12:30 p.m.

Trip Level II

Sign up Required.



From the dazzling splendor of 19th century fancy dress Balls to the shadowed streets on Halloween, dressing up in costumes is an opportunity to escape the ordinary. *FANCY: Costumes, Characters and the Richmond Masque* explores the many ways Richmonders have used creative clothing to disguise themselves for frivolity, celebration, and performance.

FANCY marks the museum's first Costume & Textiles exhibition in five years, showcasing an eclectic and captivating array of garments, accessories, and ephemera that highlight the city's vibrant culture of costumed celebration. The exhibition features an exciting mix of costumes and community voices from the 19th century to modern day. From extravagant fancy dress costumes – each with its own unique story – to contemporary pieces from a wide range of Richmond's cultural icons and events including: GVAR, the Branch Museum's Mad Hatter auction, Brown Ballerinas for Change, the Cone Parade, the Monument Avenue 10k, the Oregon Hill All Saints Theatre Parade, the Richmond Ballet, local drag queens including Sweet Pickles and Alvion Davenport, and many more. Join us for a guided tour of this vibrant exhibit.

Rollator Accessible. Resident Suggestion.

Apothec Pantry and Parfumarie- Botanical Body Oil Class

Sunday, August 17

2:15 p.m. depart Town Center.

\$50.00 Trip Fee + \$4.00 Transportation Fee.

Wednesday, August 5, 12:15 p.m. deadline.

Return to Cedarfield by 5:30 p.m.

Trip Level II

Sign up Required.

Beat the heat and join us on an outing to Apothec Pantry and Parfumarie in Richmond to take a class together. You will create your own custom infused body oil to nourish and replenish skin. Learn basic formulation techniques while understanding the benefits of a wide variety of oils and botanical accoutrements.

Class is taught by the owner of the shop, Tricia Boor, and owner of Naked Goat Cosmetics, Heather Long.

All attendees will be treated to a "Tea on Tap" to enjoy during our session!

We will have time to shop the beautiful handmade products made in the shop before and after the class. All purchases will be on your own. The class and tea are included in your trip fee.

Resident Suggestion.

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.



No Series Trips in August



Hazy Mountain Vineyard Wine Tasting

Monday, August 18

12:15 p.m. depart Town Center.

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

Monday, August 11, 12:15 p.m. deadline.

Return to Cedarfield by 5:30 p.m.

Trip Level II

Sign up Required.



Join us to visit a family-owned winery producing from estate vineyards in the Blue Ridge Mountains of Virginia, between their Afton and Swoope, VA vineyards, they have 86 acres under vine and the amazing views speak for themselves. Join us for a guided tasting from one of their directors. Throughout the 60-minute tasting, we will try six wines. Following our tasting, we will have the opportunity to enjoy some charcuterie boards outdoors while looking at the views. This is your opportunity to purchase any other items you would like during your time at Hazy Mountain. **Resident Suggestion. Rollator**

A Feed More Volunteer Opportunity

Wednesday, August 20

8:30 a.m. depart Town Center.

Return to Cedarfield by 12:00 p.m.

Trip Level III

Sign up Required.



Volunteers will be working on an assembly line to create non-perishable food care packages for distribution to those in need or helping to sort and organize baked products. Volunteers must be able to stand for the duration of the shift. Please wear closed toe shoes.

Science Museum of Virginia Lego Exhibit & Dome



Thursday, August 21

9:30 a.m. depart Town Center.

\$14.00 Trip Fee + \$4.00 Transportation Fee.

Thursday, August 14, 12:15 p.m. deadline.

Return to Cedarfield by 1:00 p.m.

Trip Level II

Sign up Required.



Let your imagination run wild in this hands-on exhibition celebrating STEM, architecture and design.

Come along and explore the Towers of Tomorrow as LEGO® Bricks showcasing 20 of the world's most iconic skyscrapers in North America, Asia and Australia, built in stunning architectural detail. Created with more than half a million LEGO bricks and more than 2,000 hours of dedicated craftsmanship, these towers will leave you inspired. Afterwards we will see the Dome Show, *Messengers Of Time and Space*. This film highlights how Gemini will work with observatories that monitor the night sky for exciting astronomical events that change with time, revealing new cosmic mysteries. Explore the dynamic cosmos and witness the transformative impact of real-time data on our understanding of the Universe. Our time at the museum will be self-led.

Resident Suggestion. Rollator Accessible.



IL TRIPS

Southern Kitchen Dinner Outing

Wednesday, August 27

4:30 p.m. depart Town Center.

Return to Cedarfield by 7:30 p.m.

\$4.00 Transportation Fee

Trip Level I

Sign up Required.



Join us for a dinner outing at a decade-old local restaurant that recently relocated to Stony Point Fashion Park. Southern Kitchen is a local, woman-owned business that serves classic southern comfort dishes using local ingredients. **Dinner is Dutch treat. Resident Suggestion. Rollator Accessible.**

Hardywood Brewery Tour & Tasting

Friday, August 29

1:00 p.m. depart Town Center.

Return to Cedarfield by 5:30 p.m.

\$25.00 Trip Fee + \$4.00 Transportation Fee

Friday, August 22, 12:15 p.m. deadline.

Trip Level III

Sign up Required.



Hardywood West Creek is the ultimate brewery experience for craft beer lovers. Located just 20 minutes from downtown Richmond and nestled on 24 bucolic acres overlooking Tuckahoe Creek. We will be given beer flights to try different flavors and a member of their staff will tell us about each beer and their process. Following our tasting, we will go on a tour of their venue and their brewery to see how the beer is made. Trip fee includes tour and beer flight.

Resident Suggestion.

Trip Guidelines & Policies Refresher

This message serves as a reminder regarding all of our trip policies and levels for each trip. There has been an increase in no shows for trips so we encourage you to reach out to Caitrin Hudalla at 804-474-8758 as soon as possible if you are unable to make a trip. Everyone must take personal responsibility to show up for all trips that require prior sign up. This page will remain in *The Informer* each month to look back for reference.

1. All trips are advertised within *The Informer*. If the trip has a “trip fee” please look for the deadline below. This signifies that you will be charged on this date for the trip you are attending. If you cancel after the deadline for a non-medical reason, you will be charged the trip fee due to tickets/reservations being made on that date.

2. If you are a no-show for a trip, you will be charged the \$4.00 transportation fee. We encourage you to cancel at least 48 hours before the trip for outings without a trip fee so that residents on the waitlist can be called.

3. Listed below are our trip levels. Please keep these in mind when registering for a trip.

- Trip Level I: Indicates there is very little walking and is rollator accessible. Examples of these trips include lunch outings, dinner outings and some musical performances or speakers (depending on location).
- Trip Level II: Requires the ability to be on your feet or seated for up to an hour and is rollator accessible. Examples of these trips include accessible museum tours, restaurants, shopping trips etc.
- Trip Level III: Physically strenuous and independent trips. Trip Level III signifies an all day trip or one with a lot of movement and difficult terrain.
- Trip Level IV: Indicates overnight trips and adventurer excursions.

SignaTours Day Trip: Nashville Country Christmas Adventure

3-night trip: Wednesday, November 19 - Saturday, November 22

Trip Level IV (This trip will not have a team member present)



Our third overnight experience of 2025 will be offered through SignaTours to visit Nashville. Immerse yourself in the rich history of Nashville with visits to the Country Music Hall of Fame® and Museum, RCA Studio B, and the Johnny Cash Museum, as well as the Man in Black Entertainment experience and a special visit to the Cash Family Estate and Gravesite. Explore the city's holiday spirit with a dazzling Gaylord Opryland Tour, featuring millions of twinkling lights and a scenic Delta Flatboat Ride through lush indoor gardens. Enjoy an unforgettable General Jackson Showboat Cruise, where a holiday-themed performance and a delicious meal await as you glide along the Cumberland River. Discover the excitement of the Nashville City Singing Music Tour, where local musicians bring the city's famous landmarks to life through song. No Christmas in Nashville would be complete without a trip to the legendary Grand Ole Opry, where you'll take a behind-the-scenes Grand Ole Opry backstage tour and experience a live Grand Ole Opry performance, featuring country music's biggest stars. **If you are interested in learning more about this experience, please reach out to Caitrin Hudalla at 804-474-8758 or chudalla@pinnacleliving.org by August 11. We have a flyer that entails itinerary, cost and other trip information. Once you have reached out expressing interest, a meeting will be scheduled to go over details, talk more about your experience and meet those going on the trip.**





Special Workshops, Lectures and Happenings

Crafts & Creations Group: Mason Jar Fairy Lights

Thursday, August 14 / 3:30 - 4:30 p.m. / Sign up Required

Back by popular demand! Join James to create a beautiful summer decor piece to put on your porch or to serve as a night light.



Jean Boddy and Friends Card Sale

Thursday, August 14 / 4:00 p.m.- 6:00 p.m. 4th Floor Gallery Hall

Join Jean Boddy and her card making friends for their end of summer offerings. Just in time for firthdays and special occasions if you need a one of a kind handmade card.



Organic Solutions - Calendula Healing Salve & Lotion

Tuesday, August 26 / 2:00 p.m. / Sign up Required.

Join Georgia as we make an amazing healing salve with calendula oil. Back by popular demand, we will also make the lotion that is so soothing and popular with the classes. It's about time to replenish this lotion in your cabinet. **Be sure to look on page 21 to learn about more opportunities to make organic products for your body on a field trip to Apothec to take a Botanical Body Oil making class together on Sunday, August 17, 2:00 p.m.**





Creative Expression Studio Ongoing Classes

Fused Glass Class **MONDAY** Afternoon

Every Monday!

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

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

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

August 5 & 12 Time: 10:00 a.m. - 12:00 p.m.

Christopher will be here for two weeks in August to teach drawing. Come for one week or both.

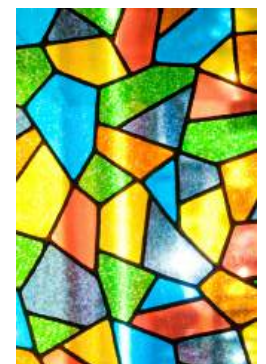
Beginners to advanced are welcome! Draw in any medium of your choice. Drop-ins are welcome!



Stained Glass Class **TUESDAY** Afternoon

August 5, 12, 19 Time: 1:00 p.m. - 3:00 p.m.

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 a.m.-12:00 p.m.

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.

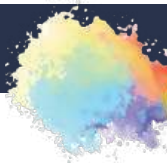
Join artist Holly Greenwood for clay classes every Wednesday. She will help you create objects out of clay, turning dreams into reality or choose from one of her projects!



All Levels Watercolors **THURSDAY** Morning

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

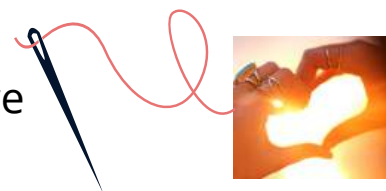
Join artist Christopher Wynn to learn how to paint in watercolors or continue your practice with this supportive group. Drop-ins are welcome!



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 **FRIDAYS**

10:00 a.m. - 12:00 p.m. Beginner/Intermediate

1:00 - 3:00 p.m. Intermediate/Advanced

Sign-up Required

Registration is limited, \$10 class fee

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



Worship Experiences



Sunday Worship

Sundays, August 3*, 10, 17, 24 and 31 / 10:00 a.m. / Fellowship Hall

***August 3:** Communion will be served.

August 10: A Singing Sunday featuring hymns you voted as your favorites.



Worship Choir rehearsals in August & Invitation to sing

Tuesdays, August 5, 12, 19 & 26 / 9:00 a.m. / Gathering Place

Worship Choir resumes rehearsals. If you would like to add your voice to Sunday worship, please consider these rehearsal dates.



Service of Holy Communion and Healing Prayer

Tuesday, August 12 / 11:00 a.m. / Garden Grove Activity Room

Wednesday, August 20 / 2:00 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.



Roman Catholic Eucharist

Thursday, August 21 / 11:00 a.m. / Chapel

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



More Worship and Other Experiences



Shabbat

Friday, August 8 / 2:45 p.m. / Gathering Place

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



Centering Prayer

Tuesday, August 5 / 4:00 p.m. / Gathering Place



Men's Coffee

Friday, August 8 / 10:00 a.m. / Fellowship Hall

Join the men of Cedarfield for a continental breakfast and coffee. The program will be presented by resident Jim DeMent, who will present an illustrated account of his experiences as an Air Force Strategic Air Command pilot during the Vietnam War and afterwards.



Cedarfield Holiday Memories Collection 2025

This year's publication will highlight your favorite memories of holiday happenings that did not go quite as planned. We all have them; please consider sharing yours. This memory can be a complete story, a paragraph, or just a sentence or two. If you have a photo to illustrate your unplanned event, be sure to include it. If possible, please submit your holiday memory before September 15. If you have any questions or would like some help with your story, please call Margaret in Pastoral Services @ 474-8892.



STRENGTH & ENDURANCE

Indoor Volleyball Opportunities

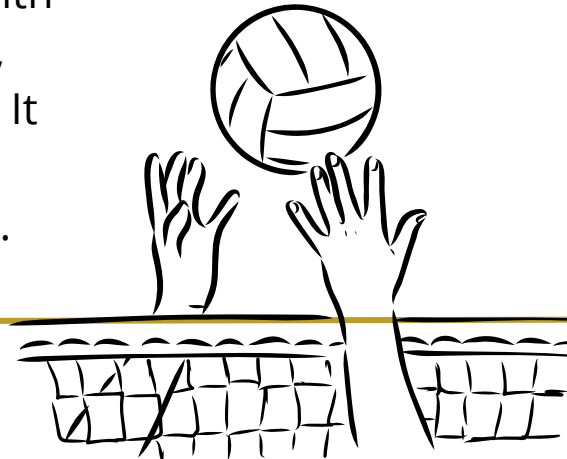
Friday, August 1 / 10:45 a.m. / Pool

Stay in your bathing suits after the water aerobics class or join us in the pool for water volleyball and tons of fun. We will also be celebrating National Watermelon Day. Bring your A-game for a fun, yet challenging eye-hand coordination game or just relax with a fun float.



Friday, August 29 / 1:00 p.m. / Group Exercise Studio

Let's enjoy a fun Friday of seated volleyball. Seated volleyball offers numerous physical and mental health benefits, particularly for individuals with disabilities, while also being an inclusive sport for all skill levels. It promotes fitness, teamwork, and social interaction, leading to improved physical and mental well-being.



Promoting Healthy Aging with Volleyball

A study of light volleyball (lvb) demonstrated improvements in health outcomes through participation among older adults aged 65 and above.

- The lvb ball travels in the air at a lower velocity and for a longer time which increases the playability and rally time.
- Older adults' likelihood of injury, such as falling, with lvb is reduced.
- Participants experienced significant improvements in agility, cardiovascular endurance, upper and lower extremity muscle strength, and physical activity enjoyment.

Promoting healthy aging through light volleyball intervention-BMC Sports Sci Med Rehabilitation

STRENGTH & ENDURANCE

Focus on Your Fitness

We are happy to help you start or restart your fitness journey with an orientation to the Fitness Room and Pool.

We can help you maximize your time exercising with a free consultation tailored to meet your fitness goals.

We can provide more detail about which of our 20 fitness classes work best for your individual needs.

Contact Carol Thompson or Briana Ampy to get started.



Pickleball News

Due to the warmer temperatures, play will be 9:00 a.m.-10:30 a.m. in August on Tuesdays and Thursdays at the pickleball courts by the Clubhouse. Sign-ups are located in the red pickleball folder in the resident in-house mailroom. The back court will have some shade in the afternoon. Contact Barbara Rose at 804-241-0287 or jandbrose@comcast.net if there are at least 4 people who want to play in the afternoon. There are opportunities for practice with the backboard and the Lobster pickleball pitching machine. The machine, instruction manual and loaner equipment can be found in the closet in the Clubhouse. Please charge machine after each use.



NEIGHBORHOOD & HOUSEHOLD HAPPENINGS

SPECIAL EVENTS



Sing-a-Long with Diane Hart

Monday, August 4
2:00 p.m. - Great Room

Pet Therapy Group

Wednesday, August 6
10:30 a.m.-Morning Glory
Monday, August 11
10:30 a.m. - Magnolia Meadow

Harp Therapy with Kristin Eye

Friday, August 8
10:00 a.m. - Lavender Lane
10:30 a.m. - Great Room

Music with Audrey

Monday, August 11
11:00 a.m. -Great Room
Monday, August 25
10:30 a.m. - Lavender Lane
11:15 a.m. - Magnolia Meadow

Piano Music with Joe Loshiavo

Thursday, August 14
2:30 p.m. - Great Room

Healthcare Scenic Bus Ride

Tuesday, August 19
11:00 a.m.

Music with Kevin Salyer

Thursday, August 21
2:00 p.m. - Great Room

Music with Doug Hepler

Monday, August 25
2:00 p.m. - Great Room

Music with Susan Greenbaum

Thursday, August 28
2:15 p.m.- Great Room


Healthcare Resident Council

Tuesday, 
August 19th
10:30 a.m.
Magnolia
Meadow

Assisted Living Resident Council

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

Garden Grove


Summer Luncheon by
Chicken Salad Chick
Friday, August 1st
12:30 p.m. 
GG Activity Room

Morning Glory

Summer
Luau
Party



Saturday,
August 30
2:00 PM

European Travelogue by
Amy Chapman
Thursday, August 14th
11:00 a.m. 
GG Activity Room

Magnolia Meadow

Flowerpot
Apple Craft
Tuesday, 
August 19
3:00 p.m.

Lavender Lane

Root Beer
Floats
Friday, 
August 1
3:30 p.m.



Area Meetings Reminder

Area meetings will take place on Monday, August 4 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
13, 14	15, 16	17, 18	19, 20	1, 2, 3	4, 5, 6	7, 8, 9	10, 11, 12

Virginia Voice Programming



Comcast Channel 972- 24/7

We're happy to share that audio programming through Virginia Voice is now available at Cedarfield on Comcast Channel 972. Tune in 24 hours a day 7 days a week to listen to a variety of broadcasts. Virginia Voice provides access to current newspapers and magazines and live audio description for the performing arts to individuals who are blind or vision impaired. A complete schedule of Virginia Voice programming is available on the MyCedarfield App under Publications. Look for the Virginia Voice Program Schedule.





••SEE WHAT MATTERS. HEAR WHAT YOU NEED

Meta Ray-Ban Smart Glasses at Cedarfield

Is reading menus at restaurants or the print in the newspaper challenging?
Now, your glasses can read it for you.

Ask your glasses, and they'll read aloud — menus, signs, articles, and more
Just say, "Hey Meta, what does this say?" — no phone or magnifier needed.

Built-in speakers deliver clear, private audio right to your ears.

Whether you're out to lunch, reading the mail, or exploring a new place, Meta Ray-Bans make everyday moments easier — and more enjoyable. Take a pair for a test drive here at Cedarfield. To learn more and borrow our pair contact Mariyah Robinson 804-474-8881.

Publications Now Available

Cedarfield published and made the following documents available for residents in June:

Resident Run Groups and Clubs - 2025

Resident Handbook – June 2025

Cedarfield Phone Directory – June 2025

Extra Services and Fees Brochure – June 2025

PDFs of each of these documents are available on the MyCedarfield App under Publications. Printed copies are available in the Resident Business Center. In addition, if you wish to have your information in the Phone Directory edited, please complete a Directory form and submit it to Mariyah Robinson, Administrative Assistant for Resident Life and Wellness. These forms are available on the MyCedarfield App under forms.



NEW: Hearing Support Group

You're Not Alone in Your Hearing Journey

Feeling frustrated when you can't hear conversations clearly? Asking people to repeat themselves? Avoiding social activities because it's hard to follow along?

You're not alone, and help is here!

Starting August 27 at 3:30 in the Gathering Place, we're launching a monthly support group for Cedarfield residents experiencing hearing challenges. Connect with others who truly understand what you're going through.

What We'll Do Together:

- Share experiences and practical tips that really work.
- Learn communication strategies for restaurants, family gatherings, and social events.
- Get expert guidance on hearing aids and assistive devices.
- Support each other and discover new resources.



Led by an Expert Who Cares - Dr. Debra Ogilvie, Audiologist, will facilitate our group, bringing professional expertise and genuine understanding of how hearing challenges affect daily life. Dr. Ogilvie received her Bachelor's degree from James Madison University, her Master's degree from The George Washington University in Washington, DC and her Doctorate of Audiology degree from Salus University in Pennsylvania. Dr. Ogilvie has been practicing Audiology since 1995. Dr. Ogilvie has always appreciated both the technology side and personal sides to Audiology – finding the best hearing solution for each individual person. Dr. Ogilvie is a fellow of the American Academy of Audiology, a fellow of the Academy of Doctors of Audiology, and is a Board Member of the Virginia Board for Hearing Aid Specialists and Opticians.

Meeting Details:



- **When:** 4th Wednesday of each month, 3:30 pm
- **Where:** Gathering Place
- **Duration:** 1 hour

For more information: Contact Florence Brooks at 804-474-8853.

COMMUNITY INFORMATION

Services: **Monthly Services, Meetings and Support Groups**



- Mobile Library: **Tuesday, August 5 / 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, August 14 and 28 / 10:00 a.m. / 2fl B-wing**
- Cedarchest Sales: **Thursday, August 7 and 21 / 10:30 a.m. / 2fl B-wing**
- Recycling for IL Apartments: **Friday, August 1, 15 and 29 / 2:00 p.m.** 
- Recycling for Cottages: **Wednesday, August 6 and 20 / 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, August 6 / 3:00 p.m. / Fellowship Hall**
- Residents' Council Meeting: **Wednesday, August 27 / 2:00 p.m. / Fellowship Hall**

Support Groups and Residents' Clubs:



- Movement Disorder Support Group: **Will not meet in August, resumes in September.**
- Stronger Memory: **Friday, August 1 / 10:00 a.m. / Gathering Place**
- Conversational Spanish: **Monday, August 11 / 10:30 a.m. / Club Room**
- Low Vision Support: **Monday, August 18 / 2:00 p.m. / Gathering Place**
- Memory Support: **Friday, August 29 / 11:00 a.m. / Gathering Place**
- Coping with Loss: **Monday, August 25 / 11:00 a.m. / Gathering Place**
- Sign Language Club: **Thursday, August 28 / 10:00 a.m. / Hub**
- Great Decisions Discussion Group: **Monday, August 25 / 2:30 p.m. / Prima Club Rm**
- Book Group: **Book group will resume in September.**
- Hearing Support Group: **Wednesday, August 27 / 3:30 p.m. / Gathering Place**

Cedarfield Library Information



Library Corner

July 2025 New Books

- Nesbo, Jo. Blood Ties
- Roberts, Nora. Hidden Nature
- Gaige, Amity. Heartwood
- King, Stephen. Never Flinch
- Slocumb, Brandan. The Dark Maestro

Large Print

- Nesbo, Jo. Blood Ties
- Gaige, Amity. Heartwood
- Slocumb, Brandan. The Dark Maestro
- Bostwick, Marie. The Book Club For Troublesome Women
- Runyan, Aimie K. The Liberty Scarf

July 2025 Library Report

- A lot of books have been moved.
- The following list of topics now found in the balcony library: WWI, WWII, Military General, Vietnam, Revolutionary War, Civil War, Virginia, Social Science, Medical, Alzheimer's, Richmond, Diversity, Birds, Nature, Devotional, and Religion.
- Large Print now has a third section to the right of the existing two sections. References are located on a shelf under the Large Print of this third section.
- This move represents a lot of work.
- Thanks go to Ted McCormack (the leader), Betty Lou Gilliland, Bob Gilliland, Meridy Goldstein, Mariann Fitzpatrick, and Ginny Hendron.
- There are three new library committee members; John Bander, Meridy Goldstein and Barbara Tulli.

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, July 25 at 8:30 a.m. to Tuesday, July 29 at 8:30 a.m.** The registration binder will be back in the In-House mailroom on **Tuesday, July 29 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