

The Informer

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

September 2025



SHRIMP BOIL FRIDAY, SEPTEMBER 19 5:00 – 7:00 P.M. FELLOWSHIP HALL SIGN-UP REQUIRED.

Ahoy Mateys! The Captain has invited you to hop on the ship and let the good times boil! Come and enjoy good food, music, cocktails and even better company!

Out of Time Trio, a group of incredible musicians and singers is a Cedarfield favorite, with a multiple crossover appeal among bluegrass, folk, country, classic rock, and rearrangements by the sensational Kingston Trio in the 60's.

We will be taking table reservations (2 to 8 people per table) for this event. Please call Caitrin Hudalla at 804-474-8758 to reserve your table by Friday, September 12. More details about menu will become available closer to the event. Please note this event will count on your daily meal plan.



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September Theme

This month celebrates the joy of lifelong learning and the power of healthy routines. We explore how keeping our minds active, pursuing new knowledge, and expressing creativity can energize our days and enrich our lives.



Pathways to Wellness Key

As you go through the September 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
2 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 September.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 3:00 P.M. TOWN HALL 7:30 P.M. BRASS BAND	4	5	6	7 10:00 A.M. SUNDAY WORSHIP
8 7:30 P.M. AMADI AZIKWI	9 2:00 P.M. RVA SPIRITUAL VOICES	10	11	12 10:00 A.M. MEN'S COFFEE	13	14 10:00 A.M. SUNDAY WORSHIP
15 7:30 P.M. JOSH FARLEY MAGIC	16 11:00 A.M CEDARFIELD FORUM	17 11:00 A.M RADIO PLAYERS SHOW	18	19 10:00 A.M. VACCRA DR. EARL WHITE	20	21 10:00 A.M. SUNDAY WORSHIP
22	23	24 2:00 P.M. COUNCIL MEETING	25	26	27	28 10:00 A.M. SUNDAY WORSHIP
29 7:30 P.M. SHORT PUMP SYMPHO- NETTE	30					

Pathways to Wellness September 2025: Learning & Routine

"Live as if you were to die tomorrow. Learn as if you were to live forever." –

Mahatma Gandhi



FEATURED DOMAINS

- **Brain Fitness:** Keeping our minds sharp and engaged through mental challenges
- **Intellectual Growth:** Pursuing new knowledge and expanding our understanding
- **Creative Expression:** Using artistic outlets to stimulate thinking and share ideas

MONTHLY WORKSHOP

"The Joy of Learning: Adventures in Lifelong Discovery" (Page 12 for more information)

Date: Monday, September 15 | Time: 11 a.m. | Location: Gathering Place

WEEKLY CHALLENGES

- **Week 1:** Learn something completely new – try a class, read about an unfamiliar topic, or ask someone to teach you a skill.
- **Week 2:** Establish a daily brain-healthy routine (crossword, reading time, journaling).
- **Week 3:** Express what you've learned through creativity (art, writing, discussion).
- **Week 4:** Share your knowledge with others – teach or demonstrate something you know well.

MY INTENTIONS FOR SEPTEMBER:

One small step I will take this week:



Something I'm grateful for right now:

A learning goal I hope to achieve this month:

On-Campus Escape Room: Brain Fitness & Intellectual Growth Experience

The team advisors and resident consultants from the Pathways to Wellness Committee have been hard at work to create an interactive and challenging experience for the community to highlight Brain Fitness & Intellectual Growth. Take a look below for more information of what to expect. Many thanks to Don Branson, Mariyah Robinson, Madison Cody and Cathy McCormack for your creativity and time!

Orient Express Escape Room

 **Thursday, September 18**
 **10:00 a.m. • 11:30 a.m. • 1:30 p.m.**

 **6 people per group**

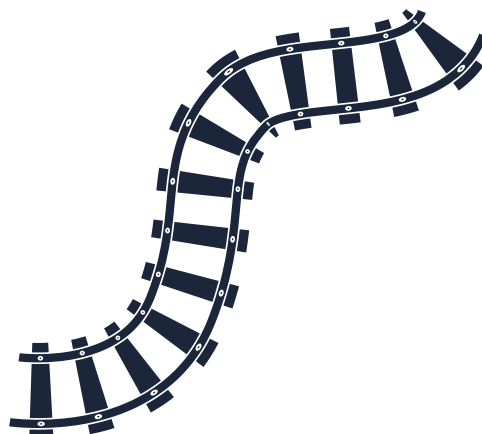
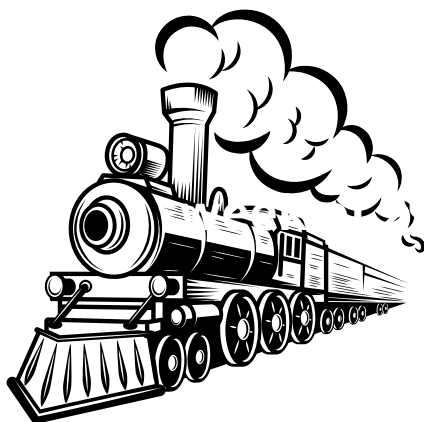
 **Fellowship Hall**

 **Each group has 45 minutes to escape.**

Sign up required on the registration form.



The clock is ticking, as your train barrows down the track towards disaster. You must escape from three train cars. Work together to uncover hidden clues, solve puzzle mysteries and find a way to escape before your time runs out. Will you make it?



Cedarfield Music & Evening Entertainment



The British Brass Band

Tuesday, September 2 / 7:30 p.m. / Fellowship Hall

We want to welcome back Randy Abernathy, band leader for Henrico Concert Band, with another band that he leads made up of brass instruments. The bands perform music specifically composed for these instruments and literature is from all genre and is suitable for all audiences. It was started in 2018 and their present director, Randy Abernathy, took ownership in April 2019. The band is composed of outstanding musicians from the metropolitan area and is noted for its unique style of music.



Amadi Azikiwe

Monday, September 8 / 7:30 p.m. / Fellowship Hall

Violinist, violist, and conductor Amadi Azikiwe is a native of New York City, and currently Music Director of the Harlem Symphony Orchestra and Community Engagement Director of the Harlem Chamber Players. Amadi previously performed this concert in New York and returns to Cedarfield to perform for us. The concert will include works by Bach, a blues piece and a really beautiful passacaglia.



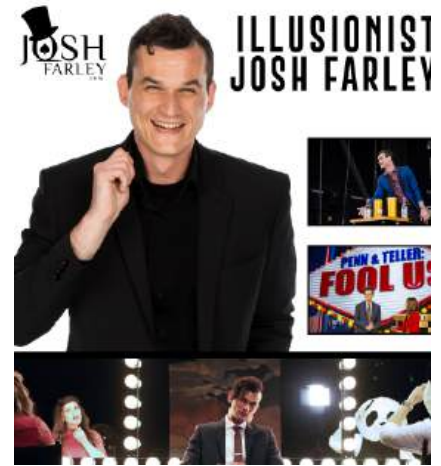
Cedarfield Music & Evening Entertainment



Josh Farley- Illusionist

Monday, September 15 / 7:30 p.m. / Fellowship Hall

Josh Farley is an award-winning performer who has been featured on the CW's Penn & Teller: Fool Us, headlined Masters of Illusion Live! at Harrah's Casino in Atlantic City, and most recently appeared in Celebrities of Magic in California. His show blends world-class sleight-of-hand, mind reading, and comedy—with a heartfelt tribute to his grandmother, who inspired his journey while in memory care.



Short Pump Symphonette

Monday, September 29 / 7:30 p.m. / Fellowship Hall

The Short Pump Symphonette is a string orchestra for students of all ages. the symphonette was founded by Chris Novelli and William Raposo in 2004 to provide music students with an opportunity for instruction in orchestral performance. Members range from students in elementary school, college students and adults. The concert will include a variety of classical and light classical music and is directed by William Raposo who is a retired Orchestra Director from Henrico County Public Schools.



IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment



Bingo Night

Thursday, September 11 / 7:30 p.m. /Fellowship Hall

Monday, September 22 / 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, September 3:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Wednesday, September 17:

No Practice

Wednesday, September 10:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Wednesday, September 24:

9:00 a.m. – Early Bird Quintet

10:00 a.m. – Cedarfield Ringers

11:30 a.m. – New Day Ringers

Wanted!! Beginner Bell ringers! No experience necessary. We will learn simple chords to accompany a Christmas Carol Singalong in December. You don't have to read music. You don't even have to know right from left! We will have fun and make music! No commitment necessary, come to rehearsal on September 3rd or 10th and try us out! 11:30 AM, in the Fellowship Hall.



The Cedarfield Radio Players Show: My Friend Irma

Wednesday, September 17 / 11:00 a.m. /Fellowship Hall

Irma wins a trip to England for the coronation of Queen Elizabeth II. What could possibly go wrong? With Irma, plenty! Come for a morning of laughs and good entertainment with your neighbors!



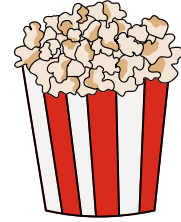
IN-HOUSE PROGRAMS

Calling All Food Lovers!

Popcorn Friday!

Friday, September 12 / 1:30 p.m. - 2:30 p.m. / Hub

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



Knife Sharpener Needs

Thursday, September 4 / 10:30 a.m. - 12:00 p.m. / Chatterbox

Holidays are upon us! Scott Lagenfeld will be here to sharpen your knives. Price for sharpening will be \$6 per item. That includes knives and scissors.



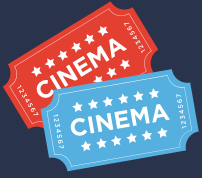
NEW: Sunset Sippers on the Terrace

Wednesday, September 24 / 7:00 p.m. - 8:00 p.m. / Courtyard Terrace

Join us for a mid-week cocktail after dinner on the terrace and watch the sunset while catching up with neighbors! Beer and wine will be available. Signature cocktail will be an Aperol Spritz. Alcoholic and non-alcoholic options available. Rain plan will be in the Hub.



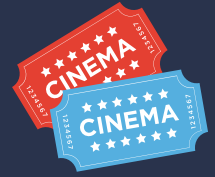
IN-HOUSE PROGRAMS



Classic Movie Sunday

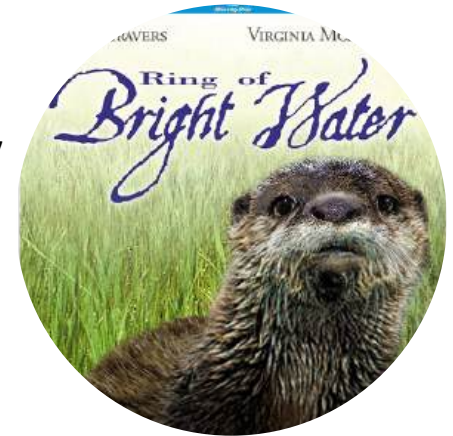
4:00 p.m.

Prima Club Room



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

September 14: Ring of Bright Water Starring Bill Travers and Virginia McKenna. Stuck in a dead-end job, Graham Merrill adopts an otter, Mij, as a pet and then moves to an isolated village in western Scotland. Adventures ensue. **PG/ 1 hour and 45 minutes/ 1969**



September 21: South Pacific: Starring Rossano Brazzi and Mitzi Gaynor. On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission.

PG / 2 hours and 30 minutes / 1958



September 28: Harvey (MAKEUP): Starring James Stewart and Wallace Ford. A whimsical man is thought to be insane due to his insistence that he is best friends with an invisible, humanoid rabbit, but he may be wiser than anyone knows.

PG / 1 hour and 45 minutes / 1950



IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings



Diversity Group Showing: Guess Who's Coming to Dinner

Friday, September 5 / 2:00 p.m. / Fellowship Hall

In 1967, liberal parents (Tracy and Hepburn) have their principles and values tested when their daughter brings home a black fiancé, Sidney Poitier. This was Spencer Tracy's last film and one of his best.



PBS Documentary: AI Revolution



Monday, September 15 / 2:00 p.m. / Fellowship Hall

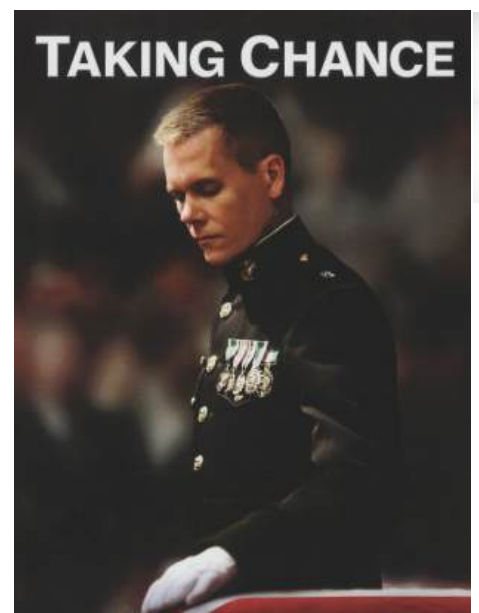
Can we harness the power of Artificial Intelligence to solve the world's most challenging problems without creating an uncontrollable force that ultimately destroys us? ChatGPT and other new A.I. tools can now answer complex questions, write essays, and generate realistic-looking images in a matter of seconds. They can even pass a lawyer's bar exam. Should we celebrate? Or worry? Or both? Correspondent Miles O'Brien investigates how researchers are trying to transform the world using A.I., hunting for big solutions in fields from medicine to climate change. **Topic was resident suggested.**



Cedarfield Veterans Group: Lunch & a Movie Taking Chance

Thursday, September 25 / 11:30 a.m. / Fellowship Hall / Sign up Required.

Released in 2009 and based on real-life events, Lt. Col. Michael Strobl (Kevin Bacon), a volunteer military escort officer, accompanies the body of 19-year-old Marine Chance Phelps back to his hometown of Dubois, Wyoming. A Mediterranean cuisine buffet lunch will be provided before the movie sponsored by the Resident Life & Wellness Department. **Cedarfield Veterans Group gets first priority. Buffet opens at 11:30 and movie will begin at 12:15 p.m.**



Intellectual Growth Offerings



The Joy of Learning with Florence Brooks

Monday, September 15 / 11:00 a.m. / Gathering Place

Keep your mind sharp and your spirit curious! Research shows that lifelong learners experience 38% less cognitive decline and significantly reduced stress levels. Join Florence Brooks for an interactive workshop where you'll discover five proven pathways to joyful learning, create your personal "curiosity map," and connect with other residents.

Through hands-on activities and science-backed strategies, you'll learn how to make discovering new things a natural part of everyday life - whether it's mastering a skill, exploring a passion, or simply satisfying your curiosity about the world around you.

Walk away with practical tools you can use immediately and the excitement that comes from rediscovering your love of learning.

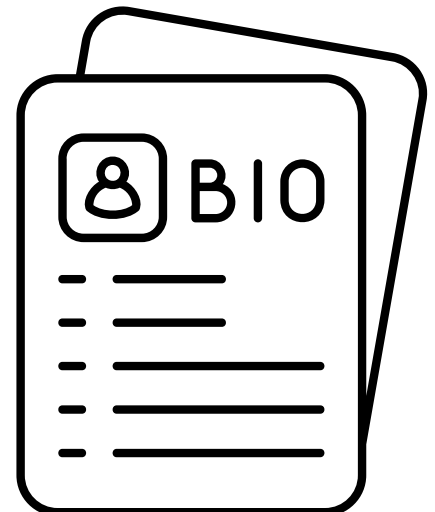
Memoir Class: Vivian Makosky



Monday, September 15 / 1:00-3:00 p.m. / Chatterbox / Sign up Required.

Join resident Vivian Makosky, author and teacher for an 8-week memoir workshop: Writing From Life.

Prompts are not repeated and no prior writing experience is needed. First class begins on Monday, September 15 and continues on September 22, 29, October 13, 20, 27, November 10 and 17. When you sign up on the registration form, you are signing up for an 8-week course.



Intellectual Growth Offerings



Cedarfield Forum: Bill Fitzgerald, CBS-6 Anchor

Tuesday, September 16 / 11:00 a.m. / Fellowship Hall

Bill Fitzgerald has been the evening anchor at CBS-6 for 15 years and has been an integral part of the CBS-6 political team. He has moderated numerous election-year debates, including U.S. Senate debates in 2014 and 2020. Bill will cover the upcoming gubernatorial election, and more broadly, will be covering elections in general in a charged political environment. Bill received his undergraduate degree in English and American literature from Harvard and his master's degree in journalism from Columbia. A former rower, Bill enjoys cycling.



Cedarfield VACCRA- Dr. Earl White

Friday, September 19 / 10:00 a.m. / Fellowship Hall

Physician and resident Dr. Earl White will be our presenter for VACCRA at the September meeting. He is a senior ethics consultant for the Sentara Ethics Consult Service, overseeing clinical ethics consultations across Sentara Healthcare facilities. His topic is medical ethics both at the clinical and organizational level.



Intellectual Growth Offerings



Cultural Fabric of America: Frederick Law Olmstead, Architect of our Nation's Parks

Friday, September 19 / 2:00 p.m. / Gathering Place/ Sign-up Required.

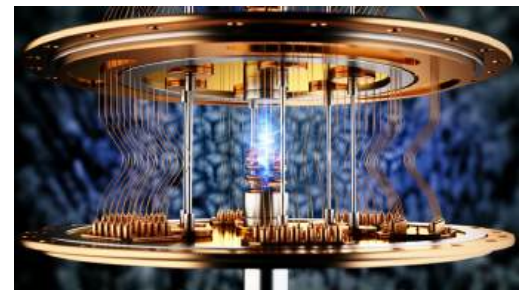
In 1857 New York City initiated the development of Central Park – the first city to conceive of extended greenspace right in the middle of the urban sprawl. This started a trend in various other cities to plan out lush areas for the public to use for play, introspection, to commune with nature and various recreational activities. The first and foremost architect of these parks was Frederick Law Olmsted and this video will tell the story of how he got started in this career and how it shaped our cities. The video is 55 minutes long and will be followed by a brief discussion.



Study Group on Quantum Computers



A quantum computer differs from a traditional computer in that it uses the principles of quantum mechanics to process information at very high speeds. If you are interested in joining a study group to learn about this new technology, please contact Kay Sommers at 804-929-0273. We will try to have an expert from the VCU School of Engineering explain how these computers work. A good foundation in computer technology is suggested. Exact timeframe is in October depending on the engineer's availability.



IN-HOUSE PROGRAMS



Cultivate Corner



Questions for the Cultivate Coordinator?

**Stop by Kaity's office (1st floor B wing, across from storage room 1213)
for open office hours, every Tuesday from 12:00 - 1:00 p.m.**

Summer may be winding down, but the growing is not! Cool season veggie crops to plant now are beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, swiss chard, collards, kohlrabi, radish, turnips, sweet peas. Leafy greens such as arugula, lettuce, red mustard, mizuna, kale.



Fall Gardening Workshop



Tuesday, September 16 / 2:00 p.m. / Fellowship Hall

The days are beginning to get cooler, but there is still plenty to look forward to in your garden! Join Kaity for a workshop where you'll learn how to close out the summer gracefully and how to make the most of the cooler growing season. We will review how to properly remove spent summer plants, ways to keep your perennials and shrubs healthy and tidy, tips to select the best cool-weather crops, and techniques for extending your harvest with row covers and cold frames. Whether you're a seasoned gardener or just getting started, this workshop will provide practical advice to keep your garden thriving through the fall and beyond.



IN-HOUSE PROGRAMS

Community Outreach Happenings

IT Help Desk



Tuesdays, September 2 and 16 / 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.

Cookies & Lemonade Social: Honoring Cedarfield Mentors

Thursday, September 4 / 3:00 p.m. / Hub



If you are interested in becoming a Cedarfield Mentor come meet current Mentors, enjoy an afternoon treat and learn about our partnership with Tuckaway Child Development Center as well as the Pen Pal program with Jackson Davis Elementary School. Hear from a few resident Mentors about what it's been like for them to read to the children, and form relationships by being a Pen Pal. We hope you will join us this new school year! We guarantee it will bring you joy!

Cedarfield Mentors: Reading for Tuckaway Childhood Center

Tuesday, September 9 / 10:00 a.m. / Hub



Join us for our first reading engagement for the new school year. The four year-old children love to listen to a short book with pictures. Perhaps you have a favorite your children or grandchildren enjoyed!

If you are interested in reading, please sign up in the mail room.

Meredith Eckel will have books for you to pick up in the Volunteer Office a few days before the reading, or you could choose a book that morning.

Friendly reminder: Please turn in your volunteer hours each month. Meredith will be submitting June, July, and August hours to the Pinnacle Living office in early September. Thank you!

Community Outreach Happenings



Shred-It/Donation Event

Tuesday, September 9 / 9:00 a.m. - 12:00 p.m. / Town Center
Drop by Town Center for Marketing's Drive Up, Drop Off donation event. FileSecureRVA will be onsite to take paper for shredding and Thrifty Sisters will provide a truck for goods to be donated.



Cedarfield Therapy Dogs

Tuesday, September 30 / 2:00 p.m. / Gathering Room

Pat Lacy, Founder/Director of Therapy Dogs and Associates will be here to discuss the class she will be offering at Cedarfield. The training program will be offered once a week for 6 weeks. Pat has trained dogs and handlers to go to nursing homes, hospitals, and schools. Please join if you are interested in having your dog become a certified therapy dog.



Volunteers Needed: Sunday Movie Runners

We are looking for more volunteers to run our Sunday Movies in Prima Club Room. We offer three movies a month and you would only need to run a movie once a month or every other month. Transportation tickets are offered to volunteers to run the movie. If you are interested in this opportunity, please reach out to Meredith Eckel for a training and next steps at 804-474-8855.



IN-HOUSE PROGRAMS

Brain Fitness Offerings

At-Home Weekend Packets



**Tissue Paper
Painting Kit**
Friday, September 5
8:30 a.m.
Hub



**Fall Brain
Fitness Packet**
Friday, September 12
8:30 a.m.
Hub



Suncatcher Ornament
Friday, September 19
8:30 a.m.
Hub



**Stamp Card
Making Kit**
Friday, September 26
8:30 a.m.
Hub



Farmer's Market Bingo



Tuesday, September 30 / 11:00 a.m. / Fellowship Hall

Fall is upon us! Join us for a themed bingo where we bring the Farmer's Market to you! We will have fresh produce, local jams and artisan type prizes. Bingo will be words instead of numbers.



Literature Trivia



Tuesday, September 9 / 3:30 p.m. / Hub

In honor of highlighting brain fitness and intellectual growth, join Caitrin to learn more about books, newspapers, libraries, authors and more.



An Afternoon in Yorktown: American Revolution Museum

Tuesday, September 2

12:00 p.m. depart Town Center.



\$17.00 Trip Fee + \$4.00 Transportation Fee.

Friday, August 29, 12:15 p.m. deadline.

Return to Cedarfield by 6:00 p.m.

Trip Level III

Sign up required.



Join us for an afternoon in Yorktown, VA. We will begin our day at the American Revolution Museum for a 2-hour guided tour. This tour explores life during the American Revolution, the Revolution's impact on the diverse people of America, and the development of the new nation. This hands-on experience features visits to the re-created Continental Army encampment, Revolution-era farm, and museum gallery. The tour will begin inside the museum to look at all of the galleries and then the last hour will be spent outside at the different sites. Please dress accordingly for lots of walking and outdoor temperatures.

Following our time at the museum, we will finish the afternoon in the town of Yorktown. Caitrin will treat everyone to Ben & Jerry's ice cream while enjoying the beautiful waterfront views! You may use this time to check-out the local shops, sit by the beach or look at other museums in the area. Trip fee includes guided tour of the American Revolution Museum. All other purchases are Dutch treat. **Resident Suggestion.**



IL TRIPS

University Of Richmond, The David Esleck Trio

Thursday, September 4

6:30 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 10:00 p.m.

Trip Level II

Sign up required.

Dr. David Esleck, UR's professor of jazz piano, presents a concert of jazz taken from and inspired by hymns and other songs of faith. **Rollator Accessible.**

Resident Suggestion.



The Capitol Fools Show: Glen Allen Cultural Arts Center

Friday, September 5

6:15 p.m. depart Town Center.

Return to Cedarfield by 10:00 p.m.

\$45.00 Trip Fee + \$4.00 Transportation Fee.

Friday, August 29, 12:15 p.m. deadline.

Trip Level II

Sign up required.

Back by popular demand! If the tumult of today's political culture has got you down, The Capitol Fools are just the fix for you! No matter what side of the political aisle you find yourself, you'll be laughing all night long at their beloved bits, break-neck costume changes, over-the-top impressions, silly song parodies and, of course, those mind-boggling, tongue-bending, backward-talking spoonerisms reflecting today's news Capitol Fools style! **A team member will not be present for this performance, tickets will be distributed to you closer to the show. Rollator Accessible. Resident**



Portico Restaurant Lunch Outing

Monday, September 8

11:40 a.m. depart Town Center.

4.00 Transportation Fee.

Return to Cedarfield by 3:00 p.m.

Trip Level II

Sign up required.

Back by popular demand! Join us for a lunch outing to a cozy cottage restaurant with patio dining. Portico specializes in seafood, pasta and pizza. Lunch is Dutch Treat. **Resident Suggestion. Rollator Friendly.**



Cold Harbor Battlefield Tour

Wednesday, September 10

12:15 p.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 4:15 p.m.

Trip Level III

Sign up required.

Ranger Mark Wilcox will lead a tour of the basic overview of the battle of Cold Harbor, May 31-June 12, 1864. This will include views of the earthworks that were dug by the armies; they date back to 1864. He will talk about the expectations of both armies before and after the fighting and where the action moved afterwards. The walking tour will last between forty-five minutes to one hour. Please wear comfortable exercise shoes and clothing for the weather as we will be outside. Mr. Wilcox led a program in January about battlefields as well as historic preservation and research. **Resident Suggestion.**



The Doorways Outreach Trip

Thursday, September 11

9:30 a.m. depart Town Center.

Return to Cedarfield by 12:00 p.m.

Trip Level II

Sign up required.

We will be making 20 lunches for guests at the Doorways and taking a brief tour. These bagged lunches are helpful to guests going back and forth to the hospital.



Dutch Gap Kayaking Trip

Friday, September 12

12:30 p.m. depart Town Center.

\$18.00 Trip Fee + \$4.00 Transportation Fee.

Return to Cedarfield by 5:00 p.m.

Trip Level III, IV

Sign up required.



Join us for our annual kayaking trip at Dutch Gap Conservation. This afternoon adventure includes paddling through a lake-like tidal lagoon, which is a flat water paddle area ideal for beginners. The kayak tour requires life jackets and is led by knowledgeable and trained staff members. This trip is a make up date for the cancelled July paddle. Residents who were signed up for the July trip will receive priority if they are interested in attending.

Claud W. Somers Sailing Trip, Reedville Fisherman's Museum and Lunch at Merroir Tasting Room

Saturday, September 20

7:30 a.m. depart Town Center.

\$40.00 Trip Fee + 4.00 Transportation Fee.

Lunch is Dutch Treat

Friday, September 12, 12:15 p.m. deadline.

Return to Cedarfield by 6:30 p.m.

Trip Level III, IV

Sign up required.



Enjoy sailing on the Claud W. Somers, a veteran two-sail bateau or skipjack that was used for oyster dredging in Virginia and Maryland waters and is listed on the National Register of Historic Places and the Virginia Register of Historic Places. It is one of the few skipjacks remaining in operational condition on Chesapeake Bay.

After sailing, we will tour the Reedville Fishing Museum which hosts a collection of artifacts, items and historical materials that document and explore the history of fishing in the region, dating from early American Indian practices to modern-day oystermen.

An afternoon lunch follows at Merroir. Owners like to call Merroir a “tasting room,” just so people know to expect something different. Everything is either served raw or cooked on an outdoor grill, small-plate-style, and beautifully paired with craft brews and world-famous wines. Each menu item is singularly-focused, seasonal, and ever-changing, so there’s always a surprise in store. **Resident Suggestion.**

Agecroft Hall Historic Garden Tour



Tuesday, September 23

9:30 a.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 1:00 p.m.

Trip Level III

Sign up required.



Take a trip back in time at Agecroft Hall to learn about Tudor monarch Henry VIII's gardening passion, Renaissance gardens, historic harvest festivals, and 20th century "Virginia Garden" design! Join us for a 45-minute guided outdoor tour to learn about the legacy of their formal gardens. Agecroft Hall is a tudor era manor that traveled by ship and train from Lancaster, England to Virginia to be reconstructed overlooking the banks of the James River in the 1920s. The artfully designed terraces and sunken gardens were inspired by designs at Hampton Court Palace.

This tour requires walking on grass, gravel paths, and stone walkways. The route has stairs and is not rollator accessible.



Bacon's Castle, Jamestown Ferry, and Lunch at The Surry Seafood Company Restaurant



Friday, September 26

8:00 a.m. depart Town Center.

\$10.00 Trip Fee + \$4.00 Transportation Fee.

Friday, September 12, 12:15 p.m. deadline.

Return to Cedarfield by 5:00 p.m. traffic dependent.

Trip Level III

Sign up required.



Join us for a day at Bacon's Castle in Surry County. We will begin our journey to Bacon's Castle heading toward Jamestown Settlement to catch the Jamestown-Scotland Ferry to Surry. Jamestown-Scotland Ferry, a nearby and free ferry service, connects the Williamsburg area to Surry County.

Bacon's Castle is the oldest brick dwelling in North America and was built for Arthur Allen and his family in 1665. Originally known as Allen's Brick House, it earned the moniker "Bacon's Castle" in 1676 when several of Nathaniel Bacon's men occupied the home for four months during the uprising that became known as Bacon's Rebellion. The tour of the house includes a lot of stairs.

Preservation Virginia's site at historic Jamestown is near the ferry on the north side of the James River, and Bacon's Castle is nearby on the south side in Surry County.

Surry Seafood Co. is nearby in Surry and offers a variety of seafood and cocktails. **Lunch is Dutch treat. Resident Suggestion.**

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

King Family Vineyards Sunday Polo Match

Sunday, September 28

9:45 a.m. depart Town Center.

\$4.00 Transportation Fee.

Return to Cedarfield by 5:00 p.m.

Trip Level III

Sign up required.

Known as one of the best wineries in Virginia, King Family Vineyards is a family-owned and operated winery. They specialize in the production of premium wines that showcase the remarkable quality and terroir of the Monticello AVA. Beginning with carefully selected grapes, winemaker Matthieu Finot creates wines inspired by the old world, but uniquely expressive of Virginia wine.

Join us for an afternoon of great wine, amazing views and Roseland Polo. Polo Matches are hosted every Sunday at King Family Vineyard. We will be sitting off to the side under umbrellas at their picnic table pavilion where you can purchase bottles of wine to enjoy while you are watching. Food trucks will also be open to enjoy lunch. If you would like to get a closer look of the Polo match, we encourage you to bring your own lawn chair. All purchases are Dutch treat. **This trip is weather dependent. Resident**

Suggestion.



GABRIEL: A True Story of Freedom

Tuesday, September 30

6:30 p.m. depart Town Center.

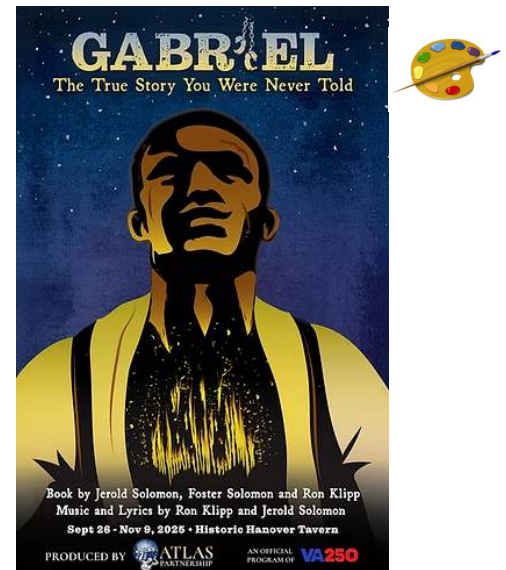
Return to Cedarfield by 10:30 p.m.

\$35.00 Trip Fee + \$4.00 Transportation Fee

Tuesday, September 23, 12:15 p.m. deadline.

Trip Level II

Sign up required.



ATLAS Partnership is thrilled to partner with Foster Solomon, Jerold Solomon, and Ron Klipp — the creative team behind Gabriel, a soaring new musical that tells the story of Gabriel's Rebellion, one of the most important slave uprisings in Virginia and American history.

Born in 1776, Gabriel embodied a vision that transcended the American Revolution, becoming a powerful force for justice and social consciousness. While Thomas Jefferson, George Washington, and Patrick Henry fought for independence, Gabriel grew up witnessing the promises of liberty denied to 300,000+ enslaved Virginians. In 1800, Gabriel risked—and ultimately sacrificed—his life for freedom. Gabriel the musical was originally developed and produced at Firehouse Theatre in Fall 2022. Early in its development, the project was awarded a grant from the National Endowment for the Arts (one of only 17 musical theatre grants awarded nationally in 2020). The 2022 run at the Firehouse sold out, and the show received the Best New Work Award from the Richmond Theatre Community Circle in 2023.

The premiere of the newly revised script and score will debut at historic Hanover Tavern. We encourage you to attend this educational musical.

Rollator Accessible. Resident Suggestion.

Washington Nationals Game vs. Atlanta Braves Signa Tours



Wednesday, September 17

12:45 p.m. depart Town Center.

\$185.00 Trip Fee

Return to Cedarfield by 10:30 p.m.

Trip Level III

Sign up required.



Six residents will be enjoying an afternoon baseball game to cheer on the Washington Nationals and Atlanta Braves! Registration has closed for this trip. Please look on page 29 for more SignaTours opportunities.

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.

VA Rep/Hanover
Thursday, September 18
6:00 p.m.

Symphony
Saturday, September 20
6:45 p.m.

Richmond Ballet
Sunday, September 21
12:45 p.m.

Symphony
Sunday, September 21
2:15 p.m.



Henrico Theater
Thursday, September 25
6:15 p.m.



SignaTours Trip: Holiday Extravaganza in the Big Apple



3-night trip: Tuesday, December 16 - Friday, December 19

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

Our last overnight experience of 2025 will be offered through SignaTours to visit New York City! There's no place like New York City for the holidays and this unforgettable escape captures all the magic, sparkle, and wonder of the season! From the moment you arrive, the city comes alive with dazzling lights, towering billboards, and festive decorations around every corner. The energy is electric, the spirit is joyful, and the sights are nothing short of spectacular.

Tour highlights include premium seating for two of the season's most exciting shows: the legendary Radio City Christmas Spectacular featuring the world-famous Rockettes, and Broadway's newest musical sensation, "Just in Time," starring Tony Award-winner Jonathan Groff. An early dinner is also featured before your Broadway night out! Enjoy ample free time to explore the city your way—shop Fifth Avenue's flagship stores, discover historic neighborhoods, or simply take in the festive atmosphere. And for those who want even more, we're offering "Two Exceptional Optional Tours" that dive deeper into the city's rich culture and charm. This is the holiday escape you've been dreaming of, don't miss your chance to celebrate the season in unforgettable New York style. **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 September 15. We have a flyer that details 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.**



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.



Special Workshops, Lectures and Happenings

Crafts & Creations Group: Gnome Fall Wreath

Thursday, September 11 / 3:30 - 4:30 p.m. / Sign up required

Back by popular demand! Join James to create a vibrant autumn gnome wreath to brighten up your door for fall!



Organic Solutions - Homemade Soap

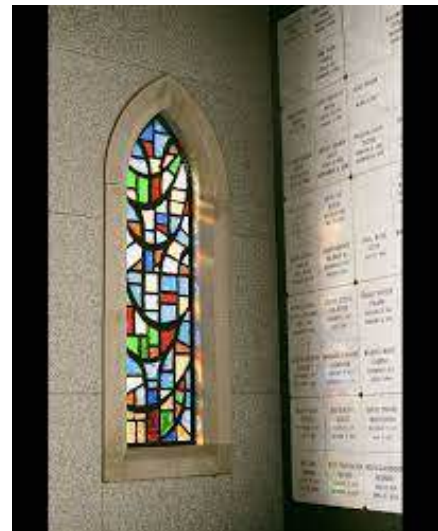
Tuesday, September 23 / 2:00 p.m. / Sign up required.

Back by popular demand! Join Georgia as we make homemade soap. When you make soap yourself you can control the ingredients and include all the ingredients soap needs to make it very moisturizing.



Looking Ahead: Stained Glass Bus Tour

Following Christine Deplato's Lunch and Learn, we will plan a stained glass bus tour to look at all of the Tiffany windows around churches in Richmond. This tour will take place in October.





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

September 2 & 9 Time: 10:00 a.m. - 12:00 p.m.

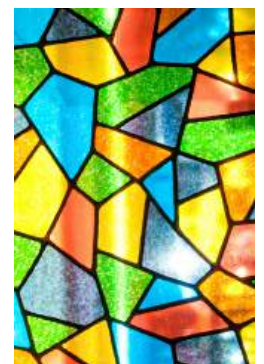
Christopher will be here for two weeks in September to teach drawing. Come for one week or both. Beginners to advanced are welcome! Draw in any medium of your choice. Drop-ins are welcome!



Stained Glass Class **TUESDAY** Afternoon

September 2, 9, 16 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.

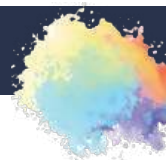
Join artist Holly Greenwood for clay classes every Wednesday. She will help you create objects out of clay, turning dreams into reality or choose from one of her projects!



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. ALL LEVELS

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! **Ginna is only available during the mornings until further notice. Classes are subject to change due to circumstances. Please check on 974 for updates as the month goes on.**

September Fitness Reset



September can be an excellent time to restart or initiate a fitness routine due to several advantageous factors:

1. **Cooler weather**

- The scorching heat of summer recedes, replaced by cooler, more comfortable temperatures, which makes outdoor activities like walking, hiking, or cycling more enjoyable.
- Lower heat levels also reduce the risk of overheating and dehydration during workouts.

2. **The "back to routine" mindset**

- September brings a natural sense of renewal and a return to more structured routines following the often-relaxed pace of summer vacations and holidays.
- This "back-to-school" energy can be channeled to establish and commit to new fitness habits and goals.

3. **Pre-holiday preparation**

- Starting a fitness routine in September provides a head start in managing the potential dietary and stress-related challenges of the upcoming holiday season.
- Developing healthy habits before the holidays can help navigate the festive period without completely abandoning your fitness goals.

Looking Ahead to October



Intergenerational Pool Party

Friday, October 3 / 4:00 p.m. - 5:15 p.m. / Pool / Sign-up required

Let's kick off the 2025 Active Aging Week early with the P2W inaugural pumpkin pool party.

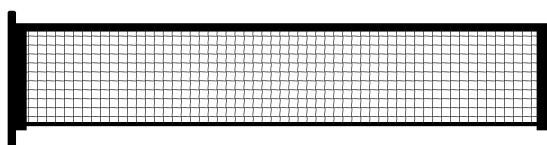


Pickleball News



Play will continue at 9:00 a.m.-10:30 a.m. in September 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.

There are opportunities for indoor pickleball play for beginners and intermediate players at Second Baptist Church, 9614 River Road. Paddles and balls available to use. Contact Barbara Rose at 804-241-0287 or jandbrose@comcast.net for afternoon play at Cedarfield or interest in getting a group together for play at Second Baptist.



Worship Experiences



Sunday Worship

Sundays, September 7*, 14, 21, and 28 / 10:00 a.m. / Fellowship Hall

***September 7:** Communion will be served.

September 14: Worship Choir will present an anthem, *God Leads Us Along*.



Worship Choir rehearsals in September & Invitation to sing

Tuesdays, September 2, 9, and 16 / 9:00 a.m. / Gathering Place

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



Service of Holy Communion and Healing Prayer

Tuesday, Sept. 9 / 11:00 a.m. / Garden Grove Activity Room

Wednesday, September 10 / 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 and Mass

Thursday, September 18 / 11:00 a.m. / Chapel

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



More Worship and Other Experiences



Bible Study

Tuesdays, Sept. 2, 9, 16 & 23 / 10:00 a.m. / Gathering Place

Join Madison Cody in an exploration of the Book of Revelation.



RVA Spiritual Voices - Rabbi Don Cantor

Tuesday, September 9 / 2:00 p.m. / Fellowship Hall

Rabbi Don Cantor will join us for a coffee chat focusing on the Jewish High Holidays. A question and answer session will follow his presentation. Invite a friend!



Men's Coffee

Friday, September 12 / 10:00 a.m. / Fellowship Hall

Join the men of Cedarfield for a continental breakfast and coffee. The program will be presented by Cedarfield resident Jim Struve, who will address plans, accomplishments, and continuing issues attaching to a proposed missile defense system for the United States.



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. Photos are not only welcomed, but encouraged. Please submit your holiday memory to Margaret in Pastoral Services.



More Worship and Other Experiences

Episcopal Worship and Eucharist

Our Episcopal Worship and Eucharist will return to Cedarfield October 9, when we will welcome clergy and lay persons from St. Stephen's Episcopal Church.



Shabbat

Friday, September 12 / 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, September 2 / 4:00 p.m. / Gathering Place



Blessing of the Pets

Tuesday, September 30 / 2:00 p.m. / Fellowship Hall Terrace

We hope you will join us for the annual Blessing of the Pets. We'd love to include your pet in a slideshow, whether or not your pet attends, so please email a photo to Trish Carter at tbcarter@pinnacleliving.org. If your pet cannot attend the blessing in person, you may bring a photo with you for the individual blessing. As always there will be a time to remember our pets who have passed away during the past year. Refreshments will be served. Pets will receive a take-home treat to enjoy. Don't have a pet? You are still invited to attend this blessing.



NEIGHBORHOOD & HOUSEHOLD HAPPENINGS

SPECIAL EVENTS



Pet Therapy Group

Wednesday, September 3

10:30 a.m.-Morning Glory

Monday, September 8

10:30 a.m. - Magnolia Meadow

Sing-a-Long with Diane Hart

Tuesday, September 9

2:00 p.m. - Great Room

Music with Audrey

Monday, September 8

11:00 a.m. - Great Room

Monday, September 22

10:30 a.m. - Lavender Lane

11:15 a.m. - Magnolia Meadow

Harp Therapy with Kristin Eye

Friday, September 12

10:00 a.m. - Lavender Lane

10:30 a.m. - Great Room

Piano Music with Joe Loshiavo

Thursday, September 11

2:30 p.m. - Great Room

Healthcare Scenic Bus Ride

Tuesday, September 16

11:00 a.m.

Music with Kevin Salyer

Thursday, September 18

2:00 p.m. - Great Room

Music with Doug Hepler

Monday, September 22

2:00 p.m. - Great Room

Music with Susan Greenbaum

Thursday, September 25

2:15 p.m.- Great Room

Healthcare Resident Council

Tuesday, 
September 16th
10:30 a.m.
Magnolia
Meadow

Assisted Living Resident Council

Monday, 
September 8th
11:30 a.m.
Garden Grove
Great Room

Garden Grove

Gratitude for Better Living

Workshop by

Florence Brooks

Monday, September 22nd

11:00 a.m.

GG Activity Room

Community Service Project
for UMFS

Wed., September 24th

2:00 p.m.

GG Activity Room



Magnolia Meadow

Autumn Fairy
Light Jars
Tuesday, 
September 23rd
3:00 p.m.

Lavender Lane

Willy Wonka
Movie &
Chocolate
Shakes
Friday,
September 12th
2:30 p.m.



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COMMUNITY INFORMATION



Area Meetings Reminder

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

Transportation Reminder

Comcast Channel 974- 24/7

For appointments or checking schedule please call the Transportation office at 804-474-8726. The dispatch phone is designated for pick-ups and drop-off only. Thank you. -Barbara J. Brown

Registration and/or Change of Address to Vote



Tuesday, September 9 / 4:30 p.m.-6:30 p.m. / 4th Floor Dining Room/ Gallery

Early voting for the November 4, 2025 election for Governor, Lt. Governor and Attorney General and the House of Delegates starts September 19. Have you moved into Cedarfield recently or changed from one level of care to another level? If your answer is yes, you may need to register and/or change your address to vote. On the above date, time, and place, representatives from the Gathering of Democrats (Barbara Fischi) and the Republicans at Cedarfield (Barbara Rose) groups will be available to assist you.



Nine Team Members Receive Scholarship Awards



Nine team members recently received scholarships, representing the greatest number of awards given in one cycle since the inception of the program in 2021. Thanks to the generosity of so many residents who support this program, team members are building their skills and knowledge and pursuing professional excellence through continuing education. Please congratulate these team members when you see them:

Florence Brooks, Director of Resident Life & Wellness, is taking courses at VCU towards a Masters of Gerontology.

Riley Eppihimer, Dining Server, is pursuing an undergraduate degree in social work at VCU.

Leticia Irby, Charge Nurse/LPN, is taking courses in the LPN/LVN to ADN Bridge Program through Galen College of Nursing.

Amanda Kelly, Executive Assistant, is taking courses in Business Management through Western Governors University.

Joshua Haney, Maintenance Supervisor, is pursuing a Bachelor of Applied Science in Construction Technology through Mississippi State University Online Studies.

Nhi Nguyen, Dining Server, is taking courses towards her Bachelor of Science through Bon Secours Memorial College of Nursing.

Franz Roitz, Executive Sous Chef, is pursuing his Executive Chef certification through the American Culinary Federation.



Tajuana Simpson, CNA, is pursuing her Associate of Applied Science degree through Southside College of Health Sciences – AASN.

Maria Garvizu Zurita, Housekeeper, is taking ESL composition and writing courses towards an associate's degree through Brightpoint Community College.

COMMUNITY INFORMATION

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



- Mobile Library: **Tuesday, September 2 / 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, September 11 and 25 / 10:00 a.m. / 2fl B-wing**
- Cedarchest Sales: **Thursday, September 4 and 18 / 10:30 a.m. / 2fl B-wing**
- Recycling for IL Apartments: **Friday, September 5 and 19 / 2:00 p.m.** 
- Recycling for Cottages: **Wednesday, September 3 and 17 / 8:00 a.m.** 
- Shopping Shuttles:
 - o **Tuesdays at 10:00 a.m. - Kroger & Publix**
 - o **1st Wednesday of the month at 1:00 p.m. - Short Pump Town Center**
 - o **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, September 3 / 3:00 p.m. / Fellowship Hall**
- Residents' Council Meeting: **Wednesday, September 24 / 2:00 p.m. / Fellowship Hall**

Support Groups and Residents' Clubs:



- Movement Disorder Support Group: **Thursday, September 11 / 1:30 p.m. /**

Gathering Place

- Stronger Memory: **Friday, September 5 / 10:00 a.m. / Gathering Place**
- Conversational Spanish: **Monday, September 8 / 10:30 a.m. / Hub**
- Low Vision Support: **Monday, September 15 / 2:00 p.m. / Gathering Place**
- Memory Support: **Friday, September 26 / 11:00 a.m. / Gathering Place**
- Coping with Loss: **Monday, Sept. 22* / 11:00 a.m. / Gathering Place (* Date Change)**
- Sign Language Club: **Thursday, September 25 / 10:00 a.m. / Apt. 384**
- Great Decisions Discussion Group: **Monday, September 22 / 2:30 p.m. / Prima Club Rm**
- Book Group: **Friday, September 26 / 11:00 a.m. / Chatterbox**
- Hearing Support Group: **Wednesday, September 24 / 3:30 p.m. / Gathering Place**

Cedarfield Library Information



Library Corner

August 2025 New Books

- Hiaasen, Carl Fever Beach
- Cosiman, Elle. Finley Donovan Digs Her Own Grave
- Smith, Martin Cruz. Hotel Ukraine
- Castle, Jayne. It Takes A Psychic
- Cosby, S.A. King Of Ashes
- Lippman, Laura. Murder Takes A Vacation
- Fortune, Carley. One Golden Summer
- Ahdieh, Renee. Park Avenue
- Walter, Jess. So Far Gone
- Evans, Virginia. The Correspondent
- Vuong, Ocean. The Emperor Of Gladness
- Stiefvater, Maggie. The Listeners
- Rose, Jeneva. The Perfect Divorce
- Lamb, Wally. The River Is Waiting
- Clark, Heather. The Scrapbook
- Ravensbruck, The Sisterhood
- Harris, Gardener. No More Tears: The Dark Secrets Of Johnson And Johnson

Large Print

- Cosimano, Elle. Finley Donovan Digs Her Own Grave
- King, Stephen. Never Flinch
- Walter, Jess. SoFar Gone
- Stiefvater, Maggie. The Listeners
- Quinn, Frances, The Lost Passengers
- Sutanto, Jesse Q. Vera Wong's Guide to Snooping (On A Dead Man)

Please Use Pink Request Slips to Reserve, Renew Or Suggest A Book.

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, August 22 at 8:30 a.m. to Tuesday, August 26 at 8:30 a.m.** The registration binder will be back in the In-House mailroom on **Tuesday, August 26 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