

2026

Arbor Acres News & Events Calendar

JUNE

Lamplighter

Brain Health, Lifestyle, and Aging: A Landmark Research Presentation

Thursday, June 4 | 4:00 PM | Piner Hall | Reception to follow at 5:00 PM

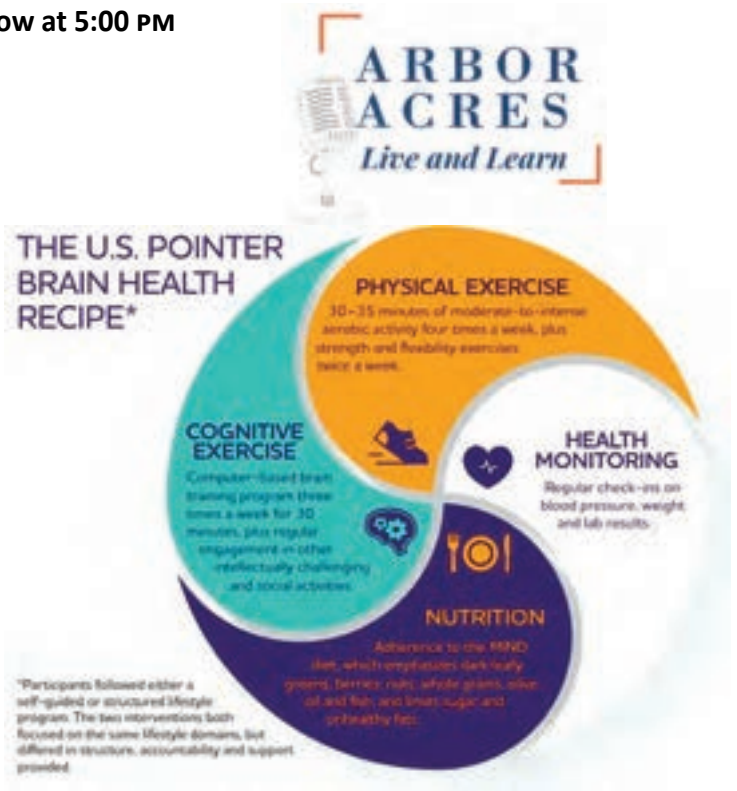
As questions surrounding brain health, memory, and aging continue to grow in importance for older adults and their families, Arbor Acres residents will have a remarkable opportunity to hear directly from one of the researchers involved in one of the nation's most significant studies on cognitive health and dementia prevention.

Join us on Thursday, June 4 at 4:00 PM in Piner Hall for a special Live and Learn presentation featuring Dr. Jeffrey Katula, McDonough Family Faculty Fellow in the Department of Health and Exercise Science at Wake Forest University. Dr. Katula, Executive Director of HELPS (Healthy Exercise & Lifestyle Programs), will share groundbreaking findings from the Alzheimer's Association U.S. Study to Protect Brain Health Through Intervention to Reduce Risk — better known as the U.S. POINTER Study.

Dr. Katula worked alongside principal investigator Laura D. Baker, Professor of Gerontology and Geriatrics and Internal Medicine at Wake Forest University School of Medicine and Advocate Health, to help design and implement this landmark national clinical trial. Presented at the Alzheimer's Association International Conference and later published in the Journal of the American Medical Association (JAMA), the study is already helping shape national conversations around healthy aging and cognitive wellness.

The two-year trial followed more than 2,100 older adults across five academic medical centers throughout the United States. Researchers examined how lifestyle interventions — including physical activity, nutrition, cognitive engagement, social connection, and health monitoring — may influence brain health and potentially reduce the risk of Alzheimer's disease and other forms of dementia.

The findings were both encouraging and hopeful. Participants in both the structured and self-guided intervention groups demonstrated measurable cognitive improvements, with those in the structured program showing even greater gains in overall cognition.



Most importantly, the benefits appeared consistently across age, sex, and ethnicity.

"Our findings have tremendous implications for older adults," Dr. Katula has shared. "It is never too late to make lifestyle changes that can have measurable impact on one's brain health."

In an era when so many individuals wonder what they can proactively do to support healthy aging, this presentation offers timely insight grounded in rigorous scientific research. Residents will not only gain a clearer understanding of the study itself, but also practical perspective on the everyday habits and lifestyle choices that may positively influence cognitive vitality and overall well-being.

This promises to be an informative, hopeful, and highly relevant program for anyone interested in brain health, aging research, wellness, and lifelong vitality. All residents are encouraged to attend.

Life in Motion - Celebrating Resident Leadership.

Shining a spotlight on those who share their talents, ideas, and leadership to make life at Arbor Acres more engaging and meaningful

The Sharps & Flats Spring Performance

Led by Art Bloom and Steven Dunn



ARBOR ACRES
**SHARPS
& Flats**
Performance Arts

The Sharps & Flats Spring Performance was once again an uplifting and inspiring success. Kudos to all

of the resident performers, singers, participants, and support teams whose dedication and talent created a truly memorable experience for our community.

Through music – the universal language – this meaningful group continues to challenge, inspire, and uplift us all. The fellowship and sense of community shared at Arbor Acres is truly unmatched. The many hours of practice and preparation were evident in each of the four performances, which welcomed an average of 145 audience members per show.

Thank you again to everyone whose hard work, creativity, passion, and commitment made this season's performances so special.



Arbor Acres Low-Vision Support Group

Second Wednesday of Every Month

2:00 PM – 3:00 PM | Multipurpose Room

A special thank you to our inspirational resident-led Low-Vision Support Group for the encouragement, connection, and support they continue to provide within our community.

The group meets monthly on the second Wednesday of each month from 2:00 PM – 3:00 PM and is now gathering in the Multipurpose Room on the 3rd floor of Corpening. Residents experiencing vision challenges are warmly invited to attend to share experiences, learn from one another, and explore empowerment opportunities together, including discovering ways AI technology can be used as a visual assistance tool in daily life.

Whether you are seeking support, practical resources, or meaningful conversation, all are welcome.

Men's Club

Congratulations to Gordon Jones as the group's new president for this upcoming year. We will take our summer break and return in September. We have wonderful speakers already lined up and are looking forward to our 2026-2027 luncheons.



Register through Go Icon or contact Cortney Reddell at 336-724-7921, ext 1914 or Stormie Bruce at 336-724-7921, ext. 1266.

The Art of Living. Immerse yourself in the beauty of the arts, from symphony and stage to gallery and song, as we celebrate the many ways creativity enriches life at Arbor Acres

Performance by Reyes

Music Performance

Tuesday, June 9 | 7:00 PM | Piner Hall

Join us for a musical performance by Fredd Stanley Reyes, a talented vocalist, guitarist, and songwriter known for his engaging stage presence and versatile musical style. Blending acoustic favorites, contemporary hits, and heartfelt originals.



Under the Lights by Reynolds Place Theatre

Dance Performance

Saturday, June 13

4:30 PM - Leaving Berrier Front Lobby

5:00 PM - Show Starts

7:45 PM - Return to Arbor Acres (Approx)

Join us for our *Under the Lights* Showcase — an unforgettable evening of performance, passion, and pure ballroom magic. From dazzling Pro/Am routines to exciting professional performances, the night will celebrate the artistry, hard work, and creativity of every dancer stepping onto the floor. Expect elegance, energy, storytelling, and show-stopping moments, all under the spotlight. **RSVP by June 5.**



Piano Recital by Robert Buxton

Music Performance

Monday, June 15 | 7:00 PM | Piner Hall

Robert Buxton is a pianist and lecturer combining classical performance, improvisation, comedy, commentary, and old-time Gospel into one engaging concert experience. Part classical recital, part university course, and part Victor Borge, it is a cross between a performance and a class. Robert has served on the piano faculties at UNC Chapel Hill and ECU, frequently does programs for UNC's Carolina Public Humanities, and presents throughout North Carolina, the United States, Europe, and Japan.



RSVP by June 12.

Grill & Chill

Music Performance

Wednesday, June 24 | 5:30 PM – 7:00 PM

Womble Terrace (Rain location will be in Arbor Room)

(Stay tuned for band information)

Nothing says summer quite like great food, live music, and good company. Our upcoming Grill & Chill outdoor event promises to bring all three together for an unforgettable evening at Arbor Acres. **Please make a reservation with the Gourmet Valet as this event is extremely popular and will sell out.**



1776 by Theatre Alliance

Dramatic Performance

Sunday June 28

1:30 PM - Leaving Berrier Front Lobby

2:00 PM - Show Starts

4:00 PM - Return to Arbor Acres (Approx)

This acclaimed Broadway musical brings America's founding story to life with humor, heart, and humanity. Set during the summer of 1776, the production follows John Adams, Benjamin Franklin, and Thomas Jefferson as they work to persuade the Second Continental Congress to declare independence and sign the Declaration of Independence. **RSVP by June 18.**



Art SHAC

Presentation: Supporting Art in Winston Salem

Tuesday, June 30 | 3:00 PM | Piner Hall

The Art SHAC is a non-profit where people in Winston-Salem and the surrounding areas can find affordable, gently used art materials. They offer classes focused on creating art using found and gently used materials, and rely on community donations to make resources accessible and affordable to all. Art SHAC inspires creativity, sustainability, and community.

Jessica Tefft founded the Art SHAC in 2022 with a vision for a welcoming, inclusive space with affordable art supplies, while supporting sustainable practices. What began in her basement quickly grew through the shared passion of a small group of like-minded artists. Among them was Mona Wu, a founding board member who helped shape the organization in its earliest days. Together, these artists and supporters built the Second Hand Art Cooperative (Art SHAC). **RSVP by June 23.**

Lifelong Learning at Arbor Acres.

Programs that inspire creativity, stimulate the mind, and foster community, reflecting our commitment to curiosity, discovery, and engagement

Lifelong Learning

Debate 101

Presented by Jarrod Atchison,

WFU Director of Debate

Thursdays, June 18 – July 16

3:00 pm – 5:00 pm

Class is free, but registration is required



This six-week course will be held at Arbor Acres at **no cost**. This engaging and interactive course will introduce participants to the fundamentals of competitive debate, including persuasive argument construction, cross-examination, rebuttal techniques, and critical thinking skills. No prior debate experience is required, only curiosity and a willingness to learn.

The course will also help launch the National Retired Communities Debate League, making this a unique opportunity for lifelong learners to be part of an exciting new initiative.

To register, contact lifelonglearning@wfu.edu, call 336-758-5232, or visit the Wake Forest University Continuing Studies website.



Greensboro History Museum

Exhibition

Wednesday, June 3rd

1:15 PM – Leaving Berrier Front Lobby

4:15 PM – Return to Arbor Acres (Approx)

Join us for a day of discovery at the Greensboro History Museum. This engaging outing will offer residents the opportunity to explore fascinating exhibits, historical artifacts, and stories that highlight the rich history and culture of Greensboro and the surrounding region. From local traditions and community milestones to unique collections and interactive displays, there is something for everyone to enjoy. **RSVP by May 26.**

Forsyth Library On-Campus

Monday, June 22 | 10:30 AM | Piner Hall

Stop in to renew your library card, return borrowed books, browse books to check out, or request titles to be delivered.



New Programming:

Documentaries & Discussions

As summer approaches and many residents enjoy outdoor activities and travel, others may prefer to stay cool indoors while continuing to learn and connect with others. This summer, Wellness Arts is excited to introduce a new series: *Documentaries & Discussions*.

The series will feature a variety of engaging documentaries covering topics such as history, travel, biography, culture, and more. Following each viewing, residents will have the opportunity to participate in guided discussion questions designed to encourage meaningful conversation, spark curiosity, and inspire new perspectives. Resident volunteer facilitators are encouraged to participate and help lead discussions as we learn and explore together.

Whether you enjoy lifelong learning, thoughtful conversation, or simply discovering something new, we invite you to join us for this enriching summer program series.

Art Happens Here with John Lithgow

June Documentary

Monday, June 23 | 1:00 PM | Piner Hall

Followed by guided discussion questions

Join actor John Lithgow as he goes back to school to demonstrate the transformative power of arts education. Immersing himself with teachers and students, he explores four arts disciplines: dance, ceramics, silk-screen printing and vocal jazz ensemble. The program celebrates how arts education nurtures and inspires the hearts and minds of students of all ages. PBS, 55 min.



Register through Go Icon or contact Cortney Reddell at 336-724-7921, ext 1914 or Stormie Bruce at 336-724-7921, ext. 1266.

The Silver Screen Society

Grab your popcorn and settle in! Enjoy a great selection of films that entertain, inspire, and spark conversation, right here at Arbor Acres.



June Film Series Spotlight: Alfred Hitchcock

Join us this June as we celebrate Alfred Hitchcock, the legendary “Master of Suspense.” Known for groundbreaking thrillers and iconic twists, Hitchcock directed over 50 films across six decades, shaping modern suspense cinema. Revisit Hollywood classics on the big screen in this special film series.

Saturday, June 6 | 2 PM | Piner Hall

To Catch a Thief

PG | 1955 | Romantic Thriller | 1h 46m

Notorious cat burglar John Robie (Cary Grant) has long since retired to tend vineyards on the French Riviera. When a series of robberies is committed in his style, John must clear his name. Armed with a list of people who own the most expensive jewels currently in the area, John begins following the first owner, young Francie (Grace Kelly). When her jewels are stolen, Francie suspects John, destroying their tentative romance. John goes on the lam to catch the thief and clear his own name.

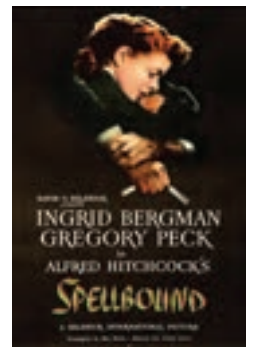


Saturday, June 20 | 2 PM | Piner Hall

Spellbound

NR | 1945 | Psychological Thriller | 1h 51m

When Dr. Anthony Edwards arrives at a Vermont mental hospital to replace the outgoing hospital director, psychoanalyst Dr. Constance Peterson discovers Edwards is actually an impostor. The man confesses that the real Dr. Edwards is dead and fears he may have killed him, but cannot recall anything. Dr. Peterson, however is convinced his impostor is innocent of the man’s murder, and joins him on a quest to unravel his amnesia through psychoanalysis.



Saturday, June 13 | 2 PM | Piner Hall

North by Northwest

PG-13 | 1959 | Spy Thriller | 2hrs 16m

This classic suspense film finds New York City ad executive Roger O. Thornhill (Cary Grant) pursued by ruthless spy Phillip Vandamm (James Mason) after Thornhill is mistaken for a government agent. Hunted relentlessly by Vandamm’s associates, the harried Thornhill ends up on a cross-country journey, meeting the beautiful and mysterious Eve Kendall (Eva Marie Saint) along the way. Soon, Vandamm’s henchmen close in on Thornhill.

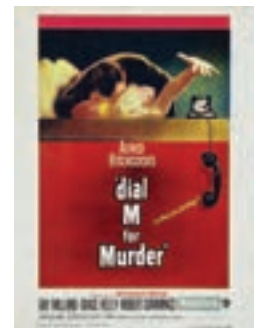


Saturday, June 27 | 2 PM | Piner Hall

Dial M for Murder

PG | 1954 | Crime Thriller | 1h 45m

Ex-tennis pro Tony Wendice (Ray Milland) wants to have his wealthy wife, Margot (Grace Kelly), murdered so he can get his hands on her inheritance. When he discovers her affair with Mark Halliday (Robert Cummings), he comes up with the perfect plan to kill her. He blackmails an old acquaintance into carrying out the murder, but the carefully-orchestrated set-up goes awry, and Margot stays alive. Now Wendice must frantically scheme to outwit the police and avoid having his plot detected.



Movies with Matt

Friday, June 12 | 7 PM | Piner Hall

The Salt Path

NR | 2024 | Drama | 1h 55m



A 2018 bestselling memoir by Raynor Winn, detailing a 630-mile walk along the South West Coast Path in England taken with her husband, Moth, after losing their home and receiving a terminal diagnosis for Moth. It is a story of resilience, finding home in nature, and healing, starring Gillian Anderson and Jason Isaacs.

Off-Campus Excursion Opportunities.

Enjoy tours, shopping, eating, and events out on the town

Winston-Salem Dash Baseball Game

Tuesday, June 16

6:00 PM – Leaving Berrier Front Lobby

6:30 PM – Game Starts

9:30 PM – Return to Arbor Acres (Approx)

Enjoy an evening of baseball and fun as we head to Truist Stadium to cheer on the Winston-Salem Dash. Come enjoy America's favorite pastime, ballpark favorites, and a lively night out with friends. Whether you are a longtime baseball fan or simply looking for a fun summer outing, this is sure to be a great evening at the ballpark. Reminder: Truist Stadium is cashless, so bring a debit or credit card for food, beverage, and souvenir purchases. **RSVP by June 9.**



Mark Your Calendars: Our next scheduled group game will be July 2 featuring post-game fireworks.

Mabe's Berry Farm

Wednesday, June 17

10:00 AM – Leaving Berrier Front Lobby

12:00 PM – Return to Arbor Acres (Approx)

Join us for a seasonal trip to Mabe's Berry Farm during blueberry season. Residents will have the opportunity to visit the farm, enjoy the beautiful countryside, and purchase fresh local blueberries. For those who prefer not to attend the outing, we will also coordinate blueberry order pick-up.



Additional details and registration information will be shared on Go Icon and the Information Rack located in Berrier Lobby. **RSVP by May 29.**

Shopping Opportunities



Tuesday, June 2 | 1:00 PM – 3:00 PM (APPROX)
Cloverdale Shopping Center

Tuesday, June 16 | 1:00 PM – 3:00 PM (APPROX)
Sherwood Plaza

Tuesday, June 30 | 1:00 PM – 3:00 PM (APPROX)
Walmart at Kester Mill

The Curious Palate:

For the adventurer in all of us!

Explore new flavors, cuisines, and local favorites.



Hakka Chow

Tuesday, June 2 | Departs at 4:15 PM

6:30 PM - Return to Arbor Acres (Approx)

Savor a flavorful dining experience featuring bold Asian fusion dishes, freshly prepared ingredients, and a vibrant mix of Chinese, Thai, and Southeast Asian flavors **RSVP by May 31.**

Barcelona Burger & Beer Garden

Wednesday, June 10 | Departs at 11:00 AM

1:15 PM - Return to Arbor Acres (Approx)

A vibrant, casual eatery known for handcrafted burgers, flavorful sandwiches, and a relaxed garden atmosphere. Enjoy a fun twist on classic American comfort food with bold flavors and inventive combinations.

RSVP by June 3.



North Italia

Monday, June 15 | Departs at 10:45 AM

2:30 PM - Return to Arbor Acres (Approx)

A delicious lunch outing to Greensboro, where residents can enjoy handcrafted Italian cuisine, fresh pasta made daily, artisan pizzas, and a warm, modern dining atmosphere. Choose from many flavorful menu selections. **RSVP by June 8.**



Oh' Calcutta (International Flavor)

Tuesday, June 23 | Departs at 4:30 PM

5:45 PM - Return to Arbor Acres (Approx)

A well-loved Indian restaurant offering rich, aromatic dishes like butter chicken, biryani, and freshly baked naan in a relaxed downtown setting. **RSVP by June 16.**



Betty on Burke

Tuesday, June 30 | Departs at 4:30 PM

6:30 PM - Return to Arbor Acres (Approx)

A stylish, neighborhood gem offering elevated American cuisine with bold yet approachable flavors, from creative small plates to thoughtfully crafted entrées, all served in an intimate setting just off bustling Burke Street. **Limited to 8 residents.** We will not sit as a group for this outing. **RSVP by June 15.**



Register through Go Icon or contact Cortney Reddell at 336-724-7921, ext 1914 or Stormie Bruce at 336-724-7921, ext. 1266.

Alzheimer's Awareness & Support

The 2026 Arbor Acres Campaign

The Arbor Acres campaign supports caregivers, families, and individuals living with Alzheimer's while promoting research and awareness.

2026 Arbor Acres Alzheimer's T-Shirt Design Update

We received many wonderful, heartfelt, and creative submissions from residents across campus for this year's Alzheimer's Campaign T-shirt design. Thank you to everyone who participated and shared their creativity in support of this meaningful cause.

We are excited to announce that the selected graphic has been chosen and is now being unveiled to the community. Please see the featured image for this year's design.



T-shirt orders are now being accepted. Pricing:

- T-Shirts: \$18.00
- 2XL: \$20.00
- 3XL: \$21.00

All purchases will be billed directly to your resident account. Residents may complete a T-shirt order form at any concierge station. Completed order forms should be returned to Wellness Arts.

*Thank you for supporting the
2026 Arbor Acres Alzheimer's Campaign.*

Upcoming Events

Honoring Alzheimer's at Arborview

Wednesday, June 17 | 5:00 PM

Join us in the new courtyard for an evening gathering with hors d'oeuvres, wine, and Alzheimer's information. Mary Beth and Dr. Herman will speak on caregiving.

Alzheimer's Arbor Acres Campus Walk

Thursday, June 18 | 10:00 AM

Enjoy a morning walk around campus wearing your 2026 T-shirt, followed by snacks and festivities.

September - October

Walking Together for Alzheimer's

Join Heidi Day for community walks in preparation for the Winston-Salem Walk to End Alzheimer's.

Saturday, November 7

2026 Walk to End Alzheimer's in Winston-Salem

Opening Ceremony: 10:00 AM at Bailey Park.

Registration through Go Icon will be shared soon.



June 2026



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Meeting Places: AA Arbor Acres AR Arbor Room BR Ball Room (Wellness Center) BFL Berrier Front Lobby BN Book Nook CC Croquet Court GP Gathering Place (4th floor Corpening) HP Hanes Park LR Living Room in Berrier MPR Multi-purpose Room (3rd floor Corpening) PH Piner Hall PDR Private Dining Room RH Robinson Hall WC Wellness Center WT Womble Terrace WS Woodshop Questions? Contact: Stormie Bruce Wellness Arts Manager 336-724-7921 ext. 1266 sbruce@arboracres.org Cortney Reddell Wellness Arts Coordinator 336-724-7921 ext. 1914 creddell@arboracres.org				01 11:00 Navigating Griefland: Weekly Session GP 6:30 Monday Night Cards MPR	02 1:00 Independent Shopping at Cloverdale Shopping Center BFL 4:15 Curious Palate: Hakka Chow BFL	03 1:00 Meditation & Relaxation BR 1:30 Off Campus: Greensboro History Museum BFL 5:00 Vespers PH	04 8:30 Computer Q & A LR 10:00 Town Hall PH 2:00 Arbor Carvers WS 3:30 Holy Eucharist with St. Paul's Episcopal Church RH 4:00 Live and Learn: WFU Dr. Jeffrey Katula- US Pointer Study Brain Health PH	05 10:00 Tour of Asbury Place BN 11:00 Wellness Read & Roam - Hanes Park HP 1:30 Women's Bible Study MPR 3:15 Open Play Mah-jongg MPR 4:30 Happy Hour BN	06 2:00 Movie: To Catch a Thief PH 3:00 Board Games MPR 7:00 The Great Courses Plus PH				
		07 10:15 Fellowship & Coffee BN 11:05 Arbor Acres Community Worship in Piner Hall PH 5:00 Croquet - Open Play CC	08 11:00 Navigating Griefland: Weekly Session GP 6:30 Monday Night Cards MPR	09 12:00 90's Luncheon, Decades of Joy AR 7:00 Music Performance: Fredd Reyes PH	10 11:00 Curious Palate: Barcelona Burger and Beer BFL 1:00 Meditation & Relaxation BR 2:00 Low Vision Group MPR 5:00 Vespers PH 7:00 Bingo MPR	11 8:30 Computer Q & A LR 2:00 Arbor Carvers WS	12 1:00 Brain Health Program- Informational Session PH 1:30 Women's Bible Study MPR 3:15 Open Play Mah-jongg MPR 4:30 Happy Hour BN 7:00 Movies with Matt PH	13 2:00 Movie: North by Northwest PH 3:00 Board Games MPR 4:40 "Under the Lights" Dance Performance by Reynolds Place Theatre BFL 7:00 The Great Courses Plus PH					
		14 12:00 The Little Theater: The Mystery of Edwin Drood BFL 10:15 Fellowship & Coffee BN 11:05 Arbor Acres Community Worship in Piner Hall PH 5:00 Croquet - Open Play CC	15 10:45 Curious Palate: North Italia (Greensboro) BFL 1:00 Wellness Center Book Club - Heal to Lead Wellness BR 6:30 Monday Night Cards MPR 7:00 🎹 Piano Recital by Robert Buxton PH	16 1:00 Independent Shopping at Sherwood Plaza BFL 2:00 Phase II Construction Town Hall PH 6:00 Winston-Salem Dash Baseball Game BFL	17 10:00 Off Campus: Mabes Berry Farm BFL 1:00 Meditation & Relaxation BR 5:00 Vespers PH	18 8:30 Computer Q & A LR 11:00 Alzheimer's Campus Walk AA 2:00 Arbor Carvers WS 2:00 Movers and Shakers: Parkinson's Support Group GP 3:00 Debate 101: Lifelong Learning with Wake Forest University PH	19 1:30 Women's Bible Study MPR 3:15 Open Play Mah-jongg MPR 4:30 Happy Hour BN	20 2:00 Movie: Spellbound PH 3:00 Board Games MPR 7:00 The Great Courses Plus PH					
		21 10:15 Fellowship & Coffee BN 11:05 Arbor Acres Community Worship in Piner Hall PH 5:00 Croquet - Open Play CC	22 10:30 Forsyth County Library ON CAMPUS PH 6:30 Monday Night Cards MPR	23 1:00 New: Documentaries & Discussions PH 4:30 Curious Palate: Oh'Calcutta BFL	24 1:00 Meditation & Relaxation BR 3:00 Wellness Talk - The Feelings of Food BR 5:00 Vespers PH 5:30 Grill & Chill WT 7:00 Bingo MPR	25 8:30 Computer Q & A LR 2:00 Arbor Carvers WS 3:00 Debate 101: Lifelong Learning with Wake Forest University PH	26 12:00 Men's Fellowship Lunch PDR 1:30 Women's Bible Study MPR 3:15 Open Play Mah-jongg MPR 4:30 Happy Hour BN 5:00 Trivia PH	27 2:00 Movie: Dial M for Murder PH 3:00 Board Games MPR 7:00 The Great Courses Plus PH					
		28 10:15 Fellowship & Coffee BN 11:05 Arbor Acres Community Worship in Piner Hall PH 1:30 1776 at Theatre BFL 5:00 Croquet - Open Play CC	29 11:00 In the Know (Wellenss Arts) PH 6:30 Monday Night Cards MPR	30 1:00 Shopping at Walmart (Kester Mill) BFL 3:00 "Supporting Art in Winston-Salem" Art SHAC Presentation by Jessica Teft PH 4:30 Curious Palate: Betty on Burke BFL									



Arbor Acres *Wellness Arts News*

Community Experiences Together

We want to hear from everyone – your ideas, input, and creativity help shape an active and engaging community.

If you would like to suggest restaurants, day trips, campus activities, museums, or other outings, please pick up a **Resident Request Form – Performances & Events** at the Wellness Arts office. These forms help us gather and review all requests in a consistent and efficient way.

Completed forms may be submitted to a member of the Arts and Activities Committee or returned directly to Wellness Arts. Please note that all requests require a minimum of 30 days' notice and should be within a reasonable distance from campus to allow for proper planning and coordination.

If you are submitting a request for a **trip** that would require additional logistics such as hotel accommodations, please email your request directly to Stormie at sbruce@arboracres.org.

All submissions are reviewed monthly, and we look forward to incorporating your ideas into future programming. Your participation truly helps bring meaningful and enjoyable experiences to life for everyone.

Current Volunteer Opportunities at Arbor Acres

- **Community Display Volunteer:** Helps post calendars and change out signage needs.
- **Creative Designers:** Create and display beautiful holiday table centerpieces
- **Performance/Event Hosts:** Welcome and support our guest performers and speakers.

Stay tuned for more opportunities each month! If you are interested in volunteering, contact Stormie Bruce at ext. 1266 or sbruce@arboracres.org.

2026 Cultural Programming: Pride Month: Honoring Resilience, Identity, and Community!

As part of Arbor Acres' 2026 Cultural Programming theme, *Resilience, Innovation, and Cultural Legacy*, we recognize Pride Month as an opportunity to reflect on the importance of dignity, inclusion, personal identity, and the many contributions of LGBTQ+ individuals throughout history and society.

Pride Month is observed each June in recognition of the 1969 Stonewall Uprising in New York City, a pivotal moment in LGBTQ+ history that helped spark the modern movement for equal rights. In the years that followed, Pride celebrations began as both protest and affirmation, honoring progress made while continuing to advocate for dignity, safety, and inclusion for all. Today, Pride Month is recognized around the world as a time of education, visibility, and community celebration.

At Arbor Acres, cultural programming is designed to encourage thoughtful learning, meaningful conversation, and a deeper appreciation for the diverse lived experiences that shape our community and world. Pride Month offers an opportunity to explore stories of resilience, creativity, advocacy, and human connection through educational programs, discussions, arts, and shared experiences.

While nationally recognized heritage and awareness months provide important moments of reflection, Arbor Acres remains committed to celebrating cultural understanding and lifelong learning throughout the entire year. We invite residents, families, and community partners to join us as we continue fostering a welcoming and engaged community grounded in respect, curiosity, and shared humanity.



Physical Wellness Opportunities. Stay active, well, and connected through classes and programs that promote lifelong vitality

Wellness News

with Heidi Day, Fitness Coordinator

Move Your Body, Engage Your Mind, Thrive All Summer Long!

June brings longer days, warmer weather, and a perfect opportunity to refresh both body and mind. At Arbor Acres, we believe fitness goes beyond movement – it's about keeping the brain active and engaged. Research shows that combining physical activity with cognitive challenges can strengthen memory, improve balance, and enhance overall well-being. When we move with intention, we train both body and brain.

This month, we're blending knowledge into motion through classes designed to stimulate the mind while keeping you active. From learning new movement patterns to practicing dual-task exercises and mindful disciplines like boxing, tai chi, and yoga, each session helps build neural connections, coordination, and confidence – supporting independence and vitality.

Join us this June as we introduce “Brain & Body Boost” during our regular class sessions. It's not just about staying active – it's about staying sharp, connected, and engaged in every step you take.

Sign up on GO ICON or with Heidi Day at 336-631-1340 for the upcoming Wellness events.

– Healthfully yours, *Heidi*

Read & Roam – A Wellness Event

Hanes Park at Arbor Acres

Friday, June 5 | 11:00 AM – 12:00 PM | Wellness Center

Golf Cart Transportation Available 10:45 AM – 12:15PM

Leaving Berrier Front Lobby

Make time for personal wellness through books and mindful activities in a beautiful outdoor space. We meet and begin at either entrance in Arbor Acres Hanes Park. Walk at your own pace, moving through interactive wellness stations on a paved trail or through the grass. Roam around the park and stop where you are curious to read (bring your own book, or one we have available), and rest when you'd like. Seating for all skill levels will be available.

Interactive Stations: Meet a Wellness Book Author – Lori Soper, Nourish your Body, Sip & Savor, Brain Boost Health, Connection & Joy and Calm & Breath.



Arbor Acres HELPS Healthy Brain Program Informational Session

Guest Speaker: Dr. Jeffery Kathula, Wake Forest University, Health & Exercise Science Department
Friday, June 12 | 1:00 PM | Piner Hall

You are cordially invited to learn about an exciting new Brain Health Program being introduced to Arbor Acres. Dr. Jeffery Katula will discuss how this innovative program will support Arbor Acres residents in healthy aging and overall brain wellness. We are excited to unveil a unique affiliation and program designed specifically for Arbor Acres — the first of its kind in our community.

This university-based approach focuses on brain health prevention and lifestyle wellness rather than a medication-only model, making it especially meaningful for long-term cognitive health and healthy active aging. Join us to discover more about the future of brain wellness at Arbor Acres. Questions are welcome!

Wellness Book Club: Heal to Lead Wellness

with Local Contributing Author Lori Soper (Pat Gyer's daughter)
Monday, June 15 | 1:00 PM | Wellness Center/Ball Room

Wellness stories to rebuild your confidence and resilience. Through first-person narrative, authors share their stories and teach you how to align a way of living in wellness. Lori Soper joins us to talk, teach and answer questions. This is a special opportunity for our book club! Residents may purchase the book either on Amazon or in person at our Read & Roam Wellness Event.

The Feelings of Food: Wellness Talk

Guest Speaker: Dr. Danta Thomas

Doctor of Naturopathic Medicine – Ayurveda Focus

Wednesday, June 24 | 3:00 PM | Wellness Center/Ball Room

Dr. Thomas, our own Arbor Acres Personal Trainer and Grounded Roots boxing leader, will be talking to us about FOOD. The word FOOD in a purely clinical way can sometimes create guilt or shame. A more helpful approach is to talk about food as both fuel and an experience: it supports the body, but it also plays a role in family traditions, stress relief, celebration, and everyday enjoyment. How can kind and gentle awareness help people build a more balanced relationship with food and make nutrition feel supportive instead of restrictive.

Spiritual Arts



For whatever reason, my decision to retire brought to mind one of my favorite stories from the Gospels: the wedding at Cana. When Jesus goes to the wedding, he is there as a guest to enjoy himself. There is no indication that he intended to kick-start his ministry by performing an audacious miracle. But in the moment, Jesus chose change.

So, what does this story say about our journey of faith? First, there are always before us new paths to take, new challenges to accept, changes to be embraced. And, when considering those opportunities, there will usually be the voice of someone who knows us well, who sees potential that we may not see or be willing to claim, urging us on. We need to be open daily to that voice. We need to be willing to step out.

And, having made the decision to embrace a change or opportunity, we need to be willing to “go big” or at least believe that God can bless and use our efforts in abundance.

As Jesus chooses to step out in a new direction, he dares to believe that God will use his faithful action for maximum good. He trusts that God will deal abundantly. When we choose a new path or take on a challenge, we should expect nothing less. God will use our faithful choices in every best way possible, even if what God does is not apparent to us. You are never too old to accept God’s challenge to explore, to try something new in your spiritual or life journey. So, why wait? There’s no better time than now! - Chaplain Bert Sanders

We welcome people of all faiths and beliefs. Our mission is to enrich the lives of those who live and work at Arbor Acres, as well as their families.	Service/Offering	Day	Time	Location
	Livestream from Centenary UMC	Sunday	11:00 AM	Strickland Place
	Worship Service	Sunday	10:00 AM	Asbury Place
		Sunday	11:05 AM	Piner Hall
	Vespers Service	Wednesday	4:00 PM	Strickland Place
		Wednesday	5:00 PM	Piner Hall
	Bible Study	Wednesday	10:30 AM	Asbury Place
		Thursday	11:00 AM	Arborview
	Bible Study with Hymns	3rd and 4th Thursday each month	10:00 AM	Strickland Place



The Library Corner News

Ever wonder what books other residents are reading? You can see the books that are checked out the most often by checking the “Popular Titles” section of the online catalog! One of our favorite authors at Arbor Acres is Kristin Hannah who is actually responsible for four of our top five circulating books – *Fly Away*, *Magic Hour*, *The Four Winds*, and *Night Road*.

Several other of her bestsellers circulate often including: *The Nightingale*, *The Great Alone*, and her latest book about nurses in the Vietnam War – *The Women*.

Kristin Hannah was a practicing attorney before beginning her writing career. She’s been honored with several awards for her bestsellers – and a movie based on her book, *The Nightingale*, is scheduled for theatrical release in February of 2027. Look for her books alphabetized in our fiction section under her last name.

Celebrating June Birthdays

	Residents	Employees			Residents	Employees
1 st	Zanne Baker	Sara Mullens Cherrymae Reeves		16 th	Millie Heine	Claudia Parker
2 nd	Leslie Sandbulte			17 th	Nirma Perricone	Joanitha Kiwanuka Karla Arroyo-Rumbo Emily Cabrera-Castillo
3 rd	Mike McDonald Joy Dial	Esmeralda Herrera Deshika McCullough Nyonna Goodwin		18 th	Janie Bell	Anouk Gainey
4 th	Jane Hanes Barbara Knutson	Emma Kluender		19 th	Tyler Blethen	
5 th				20 th	Mona Wu	
6 th		Sierra Anderson		21 st	Cherie Hennig Sue Spangler	Yvette Lewis Elia Calderon Thomas
7 th		Britni Fornal Randal Ferguson		22 nd		Sheila Smith
8 th				23 rd		Denise Marley
9 th	Lindsay Holcomb Janice Wagoner Allene Evans	Eddie Cannon		24 th	Nancy Pleasants	
10 th	Frank O'Neill Ellen Kirby	Amy Gray		25 th	Mary Kubic Marty Harrison	Catherine Ingram-Rohde Hana Carson Eric Cushing
11 th	Emily Wilson Mary Ellen Haley	Elmo Linton		26 th	Ann Milam	
12 th	Gary Fleming	Teleschia Scott Emily Pinnix Nevaeha George		27 th	Wallace Wu Barry Eisenberg Wlad Sobol	Beverly Stevens
13 th	Shirley Duncan	Jaquince Haith		28 th		Robert Johnson Daniel Everhart Jonathan Hunter
14 th				29 th		Synija Turner-Toles
15 th		Timothy Garner		30 th		Heidi Day

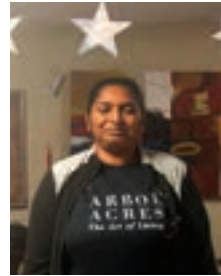
Arbor Acres June Operations Report

Our operational report brings performance insights with purposeful execution, while each metric tells a story of balance, precision, and a commitment to elevating everyday experiences



Lewis Krider
Director of
**ENVIRONMENTAL
ARTS**
Ext. 1387
lkrider@arboracres.org

Welcome to our new housekeepers! Dykia Burnette, Shermila Roopchan and Theresa Gilford Brown. They are completing training and are excited to join the team.



Shermila Roopchan



Theresa Gilford Brown

Upcoming Community Projects:

'Spa Day' for your house! Yearly Community Pressure Washing begins June 8, 2026. A housekeeping representative will contact you in regards to individualized cleaning services.



Todd Janes
Manager of
FACILITIES
Ext. 1254
tjanes@arboracres.org

Project Updates:

During the month of April, Pavion successfully completed the upgrade of the nurse call system for Arborview Memory Care.

The Maintenance team completed a total of 1,429 work orders, continuing to provide timely and efficient service to our community.

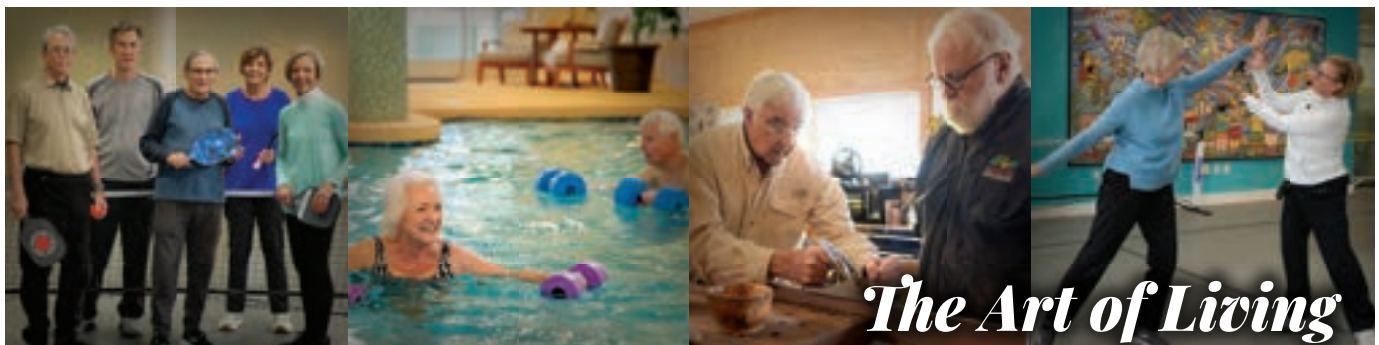
We would also like to congratulate Josue Gonzalez on his four-year anniversary. Thank you for your hard work and dedication!

Maintenance Tip of the Month:

Please remember to call ext. 1239 for all maintenance requests. When calling, be sure to provide:

- Your name
- Your address
- Detailed information about the issue

For example, instead of saying "light out," please specify the exact location, such as "master bathroom over sink." This helps us respond more quickly and efficiently.



The Art of Living



Matt McLaughlin

Manager of

**RENOVATIONS &
LANDSCAPING**

Ext. 1580

mmclaughlin@arboracres.org

Landscaping Projects:

- E Brother’s Turf Services will be aerating and topping dressing the croquet court (specific date TBD).
- With the warmer and dryer weather approaching, there may be weeks that Bland Landscaping will not mow to prevent damage to the turf. They will edge and blow regardless of the mowing.

Renovations:

Current:

513 Strawbridge Road
1150 Francis Asbury Drive
314 Stockton
413 Stockton
620 Cokesbury Drive
300 Oriole Court

Completed:

508 Strawbridge Road



Tracey Luffman

Senior Director of

SECURITY

Ext. 1304

tluffman@arboracres.org

Resident Emergency Safety Training:

Please join us for the next emergency safety training, July 21, 2026 at 4:00 pm in Piner Hall.

Multi-guest check-in and parking:

We enjoy seeing our residents involved in community activities with on and off-campus groups. I would like to remind everyone that when you are having group events or multiple people coming to visit at once, please send a guest list to the Welcome Center ahead of time. Last month I mentioned the issues with parking in fire lanes, in traffic circles, and along curbs. I also would like to mention that having multiple vehicles parked in the streets also becomes a serious safety issue. Please encourage your guests to carpool, park in the regular visitor parking area, or utilize our community areas to have your event where guest parking is more convenient.



ARBOR ACRES

Well-being

We promote purpose,
security, and balance.

The Cook's Corner

June 21st marks the first day of summer, bringing longer days, warm sunshine and countless opportunities for connection and joy at Arbor Acres. Summer is a season that encourages everyone to slow down, enjoy nature, and create lasting memories with friends and neighbors. Throughout the coming months, residents can look forward to outdoor gatherings, gardening activities, morning walks, and relaxing afternoons on the patio. The beauty of summer reminds us that every season of life offers something special to appreciate. Whether sharing stories over lemonade, listening to live music, or watching a colorful sunset, simple moments often become the most meaningful.



The first day of summer is also a wonderful time to focus on wellness and positivity. Fresh air sunshine and social activities can lift spirits and strengthen friendships within our community. It is a season filled with laughter, celebration, and opportunities to try something new. As we welcome summer together, we celebrate the warmth of friendship, the comfort of community, and the joy that comes from spending time with one another. Here's to a safe, happy, and memorable summer for everyone. May this season bring renewed energy, meaningful experiences, and many reasons to smile each and every day together.

I'll see you in the dining room!

Chef Jolie

Upcoming Dining Events

Grill & Chill

Wednesday, June 24 | 5:30 PM | \$75.00

Womble Terrace

(Rain location will be in Arbor Room)

Nothing says summer quite like great food, live music and good company. Our upcoming Grill & Chill outdoor event promises to bring all three together for an unforgettable evening at Arbor Acres. Please make a reservation with the Gourmet Valet at ext. 1311 as this event is extremely popular and will sell out.



The menu will feature an impressive selection of steak and seafood, including tender prime steaks grilled to perfection, flavorful shrimp, fresh fish, and one of the evening highlights: grilled oysters served hot from the fire. Additional seasonal sides and classic cookout favorites will complete the dining experience.

Live music will fill the air throughout the evening, creating the perfect backdrop for conversation and laughter among friends and neighbors.

This special event is more than a cookout – it's a celebration of community, friendship, and the joy of spending time together. We look forward to sharing an evening of food, music, and memories with everyone!

Father's Day Brunch Buffet

Sunday, June 21 | 11:00 AM - 1:30 PM | \$15.00

Arbor Room and Lakeside dining rooms

Join us for a celebration of all the fathers here at Arbor Acres. We will be hosting a brunch buffet to include some of your favorite things!

Entrée offerings:

Smoked turkey breast and cornbread stuffing
Cranberry sauce
Sausage and cheese grit casserole
Baked French toast casserole
Scrambled egg bar and toppings
Bacon and sausage
Loaded baked potato casserole
Shrimp cocktail
Spring pesto rice and pinto bean soup
Smoked salmon display
Tomato aspic
Baby green salad with strawberries and candied pecan
Breakfast breads and Danishes

HAPPY
Father's
DAY

**ARBOR
ACRES**

Published monthly by
Arbor Acres Retirement Community
1240 Arbor Road, Winston-Salem, NC 27104
The online version of *Lamplighter* is available at
www.arboracres.org and via Go Icon Community Portal.

Questions? Contact Stormie Bruce,
Wellness Arts Manager at 336-724-7921
ext. 1266; sbruce@arboracres.org or
Cortney Reddell, Wellness Arts Coordinator
336-724-7921 ext. 1914; creddell@arboracres.org