

2026

Arbor Acres News & Events Calendar

JULY

Lamplighter

America 250: Reflecting on a Nation's Journey

July 2026 marks the beginning of a historic milestone – the 250th anniversary of the United States of America. The Semiquincentennial offers an opportunity not only to celebrate our nation's founding but also to reflect on the ideals, sacrifices, achievements, and challenges that have shaped the American experience across two and a half centuries.

As we commemorate this anniversary, we honor the vision and courage of those who forged a new nation in 1776, as well as the generations of citizens, leaders, innovators, educators, service members, and community builders who have contributed to its continued growth and progress. Their collective efforts have helped preserve the democratic principles and civic institutions that remain the foundation of American life.

Throughout July, Arbor Acres invites you to engage in a variety of programs exploring the history, culture, and enduring legacy of our nation. Through music, theater, historical interpretation, discussion, and fellowship, we hope to celebrate not only America's past, but also the values of citizenship, service, and community that continue to unite us today.

We hope you will join us as we reflect upon 250 years of history and honor those whose contributions made this remarkable anniversary possible.

Happy 250th Birthday America!

July Semiquincentennial Celebration Events

- July 1:** Lees-McRae Summer Theatre Production: American 250 *(Off Campus)*
- July 2:** Town Hall Patriotic Sing-Along featuring Sharps & Flats
- July 2:** Dash Baseball Game and Fireworks Celebration *(Off Campus)*
- July 3:** Red, White & Blue Fitness Celebration
- July 4:** Old Salem Fourth of July Celebration *(Off Campus)*
- July 4:** Arbor Acres Golf Cart Parade
- July 4:** Arbor Acres Independence Day Celebration, featuring Penny Candy Band
- July 10:** Early America Musique: Fifes & Drums with Sydney Jackson
- July 23:** An Evening with Thomas Jefferson, portrayed by Tom Pitz
- July 27:** Documentary & Discussion Afternoon: *Resolved to Live and Die: The Revolutionary Roots of Southwest Virginia*
- July 31:** Semiquincentennial Ice Cream Social

Throughout the Month

Residents will have opportunities to explore America's 250-year journey through:

- Music and performing arts
- Historical interpretation and living history
- Educational presentations and discussions
- Community celebrations and fellowship
- Patriotic traditions and commemorative events

Please refer to Go Icon and the Berrier Information Rack for complete event details, times, registration requirements, and transportation information.



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

Vision and Variety

Art Exhibit

Friday, July 3 | 4:00 PM | Piner Hall

What inspires artists to create? Google will explain that art is therapeutic, that it fills a human need to connect. Art is like a meditation. It is like breathing or like going for a run. In a word, art allows me to be me.

When asked that same question, resident artist Leslie Sandbulte replies that she “cannot function without art and the people who love art.” Because residents are retired they now have the time to create art. Our artists want to leave family and friends remembrances of them through art. They find art relaxing and admit that art helps them to appreciate the art of other people. Sandy Scott believes that “art shows people the beauty and uniqueness of God’s creation.” Phyllis Cook said that her grandson and his wife gave her an oil set for Christmas and that was the “beginning of her return to art after fifty years.” “Art helps fill the need in your heart and takes away aches and pains,” according to Sue Spangler.

When asked who has inspired them to create their art, our artists recall the efforts of friends and family. Sandy Scott admits that “many [friends and family] have expressed compliments and appreciation of my creative endeavors.” Pat Hadley’s grandfather inspired her with his pen and ink, her aunt with her oil work, her father with his pottery and her son with his photography. Doyle Early had an “uncle who could draw most anything, and who taught me how to draw a face in the right proportions.” Doyle writes that “for years, I would do pencil drawings of whoever was on the front of Time magazine.” Laura Kline gives credit to her mother, an artist, who took her to “frequent trips to Manhattan’s museums.”

So, what is it about the art studio that has influenced our artists’ lives at Arbor Acres? All our resident artists agree that Steven Dunn is an inspirational teacher who encourages each resident to try new techniques and mediums. Don Ruge says that “I haven’t been surrounded by other creative individuals since my days as a greeting card artist,” and though he “had become used to working in solitude,” he finds that the “creative energy of the studio is almost palpable.”

Leslie Sandbulte and Gordon Jones find joy in listening to music while they create their art in the studio. Becky Wyatt admits that the “art studio at Arbor Acres was a major reason my husband Frank and I came here.” Martha Chamberlain says that Steven makes “even me almost feel like an artist.” Susie Anderson believes that the studio has enabled her “to meet kind and supportive people.” Bill Davis believes that the studio has “added a dimension to my life that reinforces the idea that a person can do almost anything if they put time and effort into learning.”

Our resident artists, led by Steven Dunn, invite you to view their beautiful art in the Galleria and come see their show on July 3.



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

Lees-McRae Summer Theatre presents *America 250*

Musical Performance

Lees-McRae Summer Theatre, Banner Elk
Wednesday, July 1

9:30 AM - Leaving Berrier Front Lobby

2:00 PM - Show Starts

8:30 PM - Return to Arbor Acres (Approx)

(See full itinerary published in Go Icon)



In celebration of our nation's 250th anniversary, *America 250* brings an uplifting musical revue featuring patriotic songs, inspiring stories, and energetic performances. The production celebrates the people, moments, and music that have shaped America over the past 250 years. Filled with humor, heart, and patriotism, *America 250* offers a memorable tribute to our nation's history and spirit.

This will be a full excursion day with multiple stops along the way. Residents will need to board and exit the bus several times and walk moderate distances to seating areas. Participants registering for transportation should be able to independently enter and exit the vehicle. Bring a debit or credit card for meals and any personal purchases during the outing. **Minimum of 10 participants is required for this trip. Non-refundable tickets are approximately \$43. A \$10 transportation fee will be billed to your account. RSVP by June 22.**

Penny Candy Band 4th of July Celebration

Musical Performance

Saturday, July 4 | 2:00 PM

Womble Terrace (Held in Piner Hall if inclement weather)



Enjoy a social gathering with live music as we celebrate our nation's 250th birthday.

Hopewell Advent Moravian Church Band

Musical Performance

Tuesday, July 7 | 7:00 PM | Piner Hall

The Advent-Hopewell Moravian Church Band celebrates 76 years this summer. It is also our country's 250th anniversary, so we are playing a lot of patriotic music for the summer. We have 4 new patriotic selections, and our selective service arrangement now includes all six branches of the military.

Sasha Poindexter & Justin Poindexter

Music Performance

Friday, July 10 | 7:00 PM | Piner Hall

Dear Irving: A Love Letter to American Song from Berlin to Gershwin celebrates the enduring brilliance of Irving Berlin and the Great American Songbook, brought vividly to life by the radiant duo Sasha Papernik and Justin Poindexter.



Artworks Gallery: Mona Wu Art Show

Sunday, July 12

1:30 PM - Leaving Berrier Front Lobby

2:00 PM - Show Begins

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

Join us in supporting Arbor Acres resident and printmaker Mona Wu at her art exhibition at Artworks Gallery. Mona is known for her thoughtful and expressive printmaking. Come celebrate her and enjoy an afternoon of local art.

RSVP by July 7.

Terpsicorps presents *AscenDANCE*

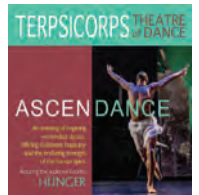
Dance Performance

Friday, July 17 | Hanesbrands Theatre

7:00 PM - Leaving Berrier Front Lobby

7:30 PM - Show Starts

9:45 PM - Return to Arbor Acres (Approx)



Experience an inspiring evening of world-class contemporary dance with *AscenDANCE*, the 2026 production from Terpsicorps Theatre of Dance. Performed by exceptional dancers from leading companies across the country, *AscenDANCE* promises an uplifting and thought-provoking night of artistry and movement. **Non-refundable tickets are approximately \$39-49. RSVP by July 13.**

Shear Madness: America's Favorite Whodunnit Murder Mystery!

Dramatic Performance

Sunday, July 19 | Theatre Alliance

1:30 PM - Leaving Berrier Front Lobby

2:00 PM - Show Starts

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



Step into a world of hilarity and intrigue with *Shear Madness!* – a unique theatrical experience that transforms the classic whodunit into interactive comedy. Be part of the action as this captivating show takes you on a rollicking ride of sleuthing with your fellow audience members, ensuring an electric combination of humor, suspense, and surprise insights. **Non-refundable tickets are approximately \$27. RSVP by July 15.**

Lifelong Learning at Arbor Acres.

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

Early America Musique Program on Fife and Drum

Discussion & Performance

Friday, July 10 | 4:00 PM | Piner Hall

Learn about fifes and drums by Sidney Jackson. Fifes and drums were a vital component for the mobilization of armies and navies throughout the ages. The music performed is compiled from primary sources published in America and England during the 18th and 19th century. We will discuss the 30 required English drum rudiments performed on the side drum and fifes tunes as well as the calls, signals, and marches that were standard for coordinating and moving thousands of trained soldiers in a well-regulated manner.



Titanic: The Exhibition

The Park Expo and Conference Center, Charlotte
Monday, July 20

9:00 AM - Leaving Berrier Front Lobby

11:00 AM - Arrive at Titanic Exhibit (Approx)

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

(See full itinerary published in Go Icon)

This immersive experience brings the story of the RMS Titanic to life through more than 300 authentic artifacts, full-scale recreations of the ship's interiors, and interactive exhibits. Guests receive a boarding pass tied to a real passenger so you can follow that person's journey throughout the exhibit, creating a personal connection to the tragedy. Highlights include replicas of the Grand Staircase, first- and third-class cabins, the promenade deck, and exhibits detailing the ship's discovery on the ocean floor. The tour is self-guided at your own pace, and typically takes 60-90 minutes to explore. You have the option of adding an audio experience to your tour for an additional \$10 when we arrive. **Minimum of 10 participants required. Non-refundable tickets are approximately \$33. A \$10.00 transportation fee will be billed to your account. Register on by July 14.**



Afterwards, enjoy lunch at **Rooster's Wood-fired Kitchen**, known for its fresh, locally sourced ingredients and wood-fired specialties, and a menu that celebrates Southern flavors with a modern touch.

An Evening with Thomas Jefferson

Drama Performance

Thursday, July 23 | 7:00 - 8:00 PM | Piner Hall

Travel back in time as "Mr. Thomas Jefferson of Monticello" shares reflections from the year 1822 and recounts the events, ideas, and challenges that led to the signing of the Declaration of Independence. Through this engaging first-person presentation, audiences will gain insight into the life, leadership, and legacy of one of America's Founding Fathers. Portrayed by historian and interpreter Tom Pitz.

Resolved to Live and Die: The Revolutionary Roots of Southwest Virginia

Documentary & Discussion Series

Monday, July 27 | 1:00 PM | Piner Hall



Join our Documentary & Discussion Series as we explore *Resolved to Live and Die: The Revolutionary Roots of Southwest Virginia*, a fascinating PBS documentary that uncovers the stories of the settlers, patriots, and communities that helped shape the American frontier during the Revolutionary War era. Through compelling historical accounts and beautiful regional storytelling, the film highlights the courage, resilience, and determination of those who forged a new nation in the Appalachian Mountains. Following the screening, stay for a guided discussion as we reflect on the people, events, and lasting legacy of this pivotal period in American history.

Vocal Health For Aging Voices Presentation by Barbara DeMaio

Drama Performance

Thursday, July 30 | 3:00 - 5:00 PM | Piner Hall

Join us for a presentation by Barbara DeMaio, American Soprano, on "Vocal Health for the Aging Voice", followed by a 45 minute master class. DeMaio is currently an associate professor of voice and vocal pedagogy coordinator at the University of Central Oklahoma, teaching both opera and musical theatre styles, as well as opera history and the voice pedagogy curriculum. **RSVP by July 24.**

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.



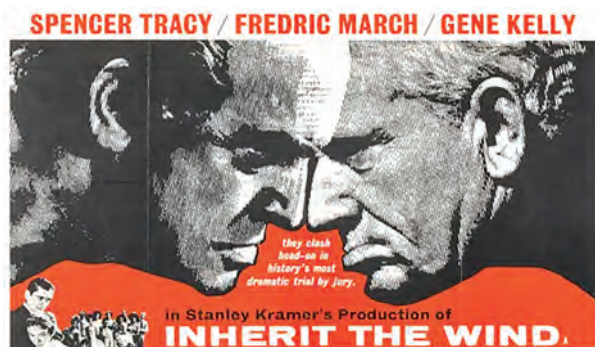
Note: July 4th Matinee Movie will not be shown as we celebrate Independence Day with special America 250 programming.

Movies with Matt

Friday, July 10 | 7 PM | Piner Hall
Inherit the Wind

NR | 1960 | Courtroom Drama | 2hrs 8m

A powerful courtroom drama inspired by the famous Scopes "Monkey Trial." The film explores the conflict between science and religion as two prominent attorneys face off in a small-town legal battle over the teaching of evolution.



Saturday, July 11 | 2 PM | Piner Hall
Les Misérables

PG-13 | 2012

Musical Drama | 2hrs 38m

An epic musical drama based on the classic novel by Victor Hugo. Set in 19th-century France, it follows ex-convict Jean Valjean as he seeks redemption while being relentlessly pursued by Inspector Javert.

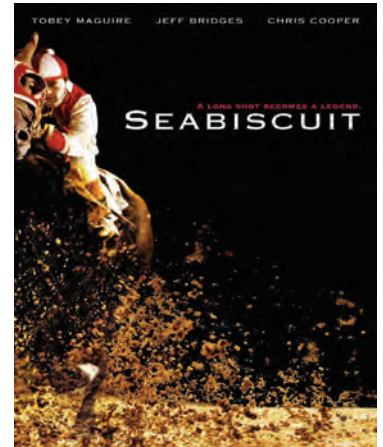


Saturday, July 18 | 2 PM | Piner Hall
Seabiscuit

PG-13 | 2003

Sports Biographical Drama
2hrs 20m

An inspiring historical sports drama based on the true story of an undersized racehorse that became a symbol of hope during the Great Depression. The film follows the unlikely team of owner, trainer, and jockey who helped turn Seabiscuit into a racing legend.



Saturday, July 25 | 2 PM | Piner Hall
Calendar Girls

PG-13 | 2003

Comedy, Drama | 1h 48m

Based on a true story about a group of middle-aged women in England who create an unconventional calendar to raise money for charity. Their unexpected success brings both humor and challenges as they navigate newfound attention and friendship.



Summer Special Double Features

Wednesday, July 22 | 2:30 PM | Piner Hall

Top Gun PG | 1986 | 1h 50m

Wednesday, July 28 | 2:30 PM | Piner Hall

Top Gun: Maverick PG-13 | 2022 | 2h 11m

The Top Gun Naval Fighter Weapons School is where the best of the best train to refine their elite flying skills.



Off-Campus Excursion Opportunities.

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

Winston-Salem Dash Baseball Game

Thursday, July 2 (Weather permitting)

6:15 PM – Leaving Berrier Front Lobby

6:30 PM – Game Starts

10:00 PM – Return to Arbor Acres (Approx)



Join us 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. Enjoy fireworks after the game! Reminder: Truist Stadium is cashless, so bring a debit or credit card for food, beverage, and souvenir purchases. **Tickets are approximately \$12. RSVP by June 25.**

Fraleigh's Boutique Shopping Trip and Lunch at Brick Oven Pizzeria

Tuesday, July 14

9:30 AM – Leaving Berrier Front Lobby

1:30 PM – Return to Arbor Acres (Approx)

A fun afternoon of shopping and dining in Clemmons at Fraleigh's Boutique, where you can browse a wonderful selection of clothing, accessories, gifts, and home décor. After shopping, we'll head to Brick Oven Pizzeria for a delicious lunch featuring handcrafted pizzas, salads, sandwiches, and more. Enjoy good food, great company, and a relaxing day out with friends. **RSVP by July 10.**

The Art of the Pour

Raise a glass to good company and new experiences! Our new **The Art of the Pour series** will take us to some of the region's most popular wineries and craft breweries. Beginning with a trip to Wise Man Brewing in July, we will alternate monthly between winery and brewery destinations, offering residents the opportunity to explore local flavors, scenic settings, live music, and unique venues throughout the year. Whether you're a wine enthusiast, craft beer fan, or simply enjoy a fun afternoon outing with friends, there is something for everyone to enjoy. Come make "pour decisions" with us!

The Art of the Pour Wise Man Brewing

Saturday, July 25

4:00 PM – Leaving Berrier Front Lobby

6:00 PM – Return to Arbor Acres (Approx)



Explore one of Winston-Salem's favorite gathering spots and enjoy a fun afternoon, locally crafted beverages, and great company at Wise Man Brewing. Food trucks are often on-site, and non-alcoholic options are available. **RSVP by July 20.**

The Curious Palate:

For the adventurer in all of us!

Explore new flavors, cuisines, and local favorites.



Yamas Mediterranean Street Food

Wednesday, July 15 | Departs at 11:00 AM

1:00 PM - Return to Arbor Acres (Approx)

Enjoy fresh, made-to-order Mediterranean favorites including wraps, bowls, salads, and traditional dishes inspired by the cuisines of Greece and the Middle East. With its bright atmosphere and variety of options, Yamas offers a delicious opportunity to explore new flavors. **RSVP by July 10.**



Fratelli's Italian Steakhouse

Tuesday, July 21 | Departs at 4:00 PM

6:00 PM - Return to Arbor Acres (Approx)

Classic Italian cuisine, fresh pasta, Italian specialties, and delicious lunch favorites in an elegant yet comfortable setting. **RSVP by July 15.**



Sushi Rose

Tuesday, July 28 | Departs at 4:00 PM

6:00 PM - Return to Arbor Acres (Approx)

A vibrant new restaurant offering a unique blend of Japanese and Peruvian-inspired cuisine. Enjoy creative sushi rolls, fresh seafood, and bold flavors



Won Best New Restaurant by *Best of Winston* last year. **RSVP by July 23.**

Shopping Opportunities

Tuesday, July 7 | 1:00 PM – 3:00 PM (APPROX)
Cloverdale Shopping Center. **RSVP by July 1.**

Tuesday, July 21 | 1:00 PM – 3:00 PM (APPROX)
Sherwood Plaza. **RSVP by July 16.**



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

A Look Ahead to Save the Date



WS Symphony Discounts

www.wssymphony.org/season2627

Stay tuned for the Wellness Arts Community Symphony Meeting that will go over ticket and transportation information



2026-2027 Symphony Dates:

Saturday & Sunday, September 26 & 27, 2026
Gershwin, Rachmaninoff, & Trane

Saturday & Sunday, November 14 & 15, 2026
Violins of Hope

Saturday & Sunday, January 23 & 24, 2027
Brahms 1 + Beethoven and Glass

Saturday & Sunday, March 6 & 7, 2027
Romeo & Juliet

Saturday & Sunday, April 24 & 25, 2027
False Heroes: Don Quixote & Beethoven's "Eroica"

Saturday & Sunday, May 29 & 30, 2027
Carmina Burana + Muhly's Doom Painting

Piedmont Opera

www.piedmontopera.org/season



Piedmont Opera celebrates its 50th Anniversary, honoring five decades of bringing opera to the Greater Triad. Piedmont Opera will be on campus for a presentation and ticket sales. Stay tuned for this date to be released in Lamplighter and Go-Icon.

Another Sunrise and Before It All Goes Dark

November 2026 | Hanesbrands Theatre | Winston-Salem

One of the most meaningful and historically significant projects Piedmont Opera has ever undertaken: the North Carolina premiere of *Another Sunrise and Before It All Goes Dark*. Originally commissioned by Music of Remembrance, these two powerful contemporary operas were created by Grammy Award-winning composer Jake Heggie and Pulitzer Prize-winning librettist Gene Scheer. To deepen engagement with their themes of memory, resilience, hope, and bearing witness to the Holocaust, we will also host educational opportunities and meaningful discussions.

The Barber of Seville

March 2027 | High Point Theatre

The mustache is back! Gioachino Rossini's *The Barber of Seville* will keep us laughing in this classic favorite, a whirlwind of wit, disguise, and romantic scheming.

Face-to-Face Speaker Forums

facetoface.wfu.edu



Join us for Wake Forest University's Face-to-Face Speaker Forum, a thought-provoking series that brings distinguished leaders, scholars, and innovators together for engaging conversations on issues shaping our world today. Remember to purchase tickets early, as these events sell out fast. We need a minimum of 5 participants to provide transportation.

September 16, 2026: **Cynthia Erivo**

October 21, 2026: **Ken Burns**

December 3, 2026: **Michael Schur**

February 25, 2027: **José Andrés**

April 20, 2027: **Jack Nicklaus**



Winston-Salem Open Coming This August

Based on community interest and resident requests, we are currently exploring the purchase of tickets for the Winston-Salem Open, taking place August 22–29. We hope to offer opportunities to attend both day and evening sessions so residents can choose the experience that best fits their schedule. Stay tuned for additional details as plans are finalized. We look forward to bringing world-class tennis to our summer outing calendar!

Upcoming Trips:



Ben Long Fresco Tour

Save the dates of September 23-25, 2026, to visit the Blue Ridge Frescoes along the Benjamin F. Long IV Fresco Trail. We will visit eleven frescoes at seven locations near Winston-Salem, spending two nights at the historic Alpine Village Inn in Blowing Rock, NC.

New York Broadway Show

Interest has been expressed for a trip to New York to see a Broadway show! We are sending out a request to our travel companies to receive itinerary and costs and will post updates soon. If you are interested in this trip, please email Cortney at creddell@arboracres.org to be added to our communications list for updates and notices.

HAPPY FOURTH OF JULY

July 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

9:30 Lees-McRae Summer
Theatre Presents: America
250
5:00 Vespers

BFL

PH

02

8:30 Computer Q & A
10:00 Town Hall
2:00 Arbor Carvers
3:00 Debate 101: Lifelong
Learning with Wake Forest
University
3:30 Holy Eucharist with St.
Paul's Episcopal Church
6:00 Winston-Salem Dash
Baseball Game & 4th of July
Fireworks

LR

PH

WS

PH

RH

BFL

03

10:00 Tour of Strickland Place
1:30 Women's Bible Study
3:15 Open Play Mah-jongg
4:00 Art Exhibit: Vision and
Variety
4:30 Happy Hour

BN

MPR

MPR

PH

BN

04

9:30 Old Salem Fourth of July
Celebration
10:00 Arbor Acres 4th of July Golf
Cart Parade
2:00 Arbor Acres Independence
Day Celebration featuring
live music by Penny Candy
Band
3:00 Board Games
7:00 The Great Courses Plus

BFL

WPL

WT

MPR

PH

05

10:15 Fellowship & Coffee
11:05 Arbor Acres Community
Worship in Piner Hall
5:00 Croquet - Open Play

BN

PH

CC

06

4:00 Ukulele Sing-A-Long with
the Highland Strummers
6:30 Monday Night Cards

PH

MPR

07

1:00 Independent Shopping at
Cloverdale Shopping
Center
7:00 Advent Hopewell
Moravian Church Band

BFL

PH

08

1:00 Summer Line Dance Class
2:00 Low Vision Group
5:00 Vespers
7:00 Bingo

BR

MPR

PH

MPR

09

8:30 Computer Q & A
2:00 Arbor Carvers
3:00 Debate 101: Lifelong
Learning with Wake
Forest University

LR

WS

PH

10

1:30 Women's Bible Study
3:15 Open Play Mah-jongg
4:00 Fife and Drum 4th of July
Demonstration
4:30 Happy Hour
7:00 Music Performance: Sasha
Papernik + Justin
Poindexter

MPR

MPR

PH

BN

PH

11

2:00 Movie: Les Miserables
3:00 Board Games
7:00 The Great Courses Plus

PH

MPR

PH

12

10:15 Fellowship & Coffee
11:05 Arbor Acres Community
Worship in Piner Hall
1:30 Artworks Gallery: Mona
Wu Art Show
5:00 Croquet - Open Play

BN

PH

BFL

CC

13

6:30 Monday Night Cards
7:00 Sounds of the Summer:
Reuter Organ

MPR

BFL

14

9:30 Fraleigh's Boutique
Shopping Trip & Lunch at
Brick Oven Pizzeria

BFL

15

11:00 Curious Palate: Yamas
Mediterranean Street
Food
1:00 Summer Line Dance
Class
5:00 Vespers

BFL

BR

PH

16

8:30 Computer Q & A
2:00 Arbor Carvers
2:00 Movers and Shakers:
Parkinson's Support
Group
3:00 Debate 101: Lifelong
Learning with Wake
Forest University

LR

WS

GP

PH

17

1:30 Summer Drumming Class
1:30 Women's Bible Study
3:15 Open Play Mah-jongg
4:30 Happy Hour
7:00 ☑️ Terpsicorps Theatre of
Dance Presents:
AscenDANCE

BR

MPR

MPR

BN

BFL

18

2:00 Movie: Seabiscuit
3:00 Board Games
7:00 The Great Courses Plus

PH

MPR

PH

19

10:15 Fellowship & Coffee
11:05 Arbor Acres Community
Worship in Piner Hall
1:30 Theatre Alliance
Presents: Shear
Madness--America's
Favorite Whodunnit
Mystery!
5:00 Croquet - Open Play

BN

PH

BFL

CC

20

9:00 ☑️ Titanic: The Exhibition
(Charlotte Day Trip)
2:00 Wellness Center - Food
Demo with Chef Joli
6:30 Monday Night Cards

BFL

BR

MPR

21

1:00 Independent Shopping at
Sherwood Plaza
2:00 Construction Town Hall
4:00 Curious Palate: Fratelli's

BFL

PH

BFL

22

1:00 Summer Line Dance Class
2:30 Summer Special Feature:
Top Gun (1986)
5:00 Vespers
7:00 Bingo

BR

PH

PH

MPR

23

8:30 Computer Q & A
2:00 Arbor Carvers
7:00 Presentation: Thomas
Jefferson

LR

WS

PH

24

12:00 Men's Fellowship Lunch
1:30 Summer Drumming Class
1:30 Women's Bible Study
3:15 Open Play Mah-jongg
4:30 Happy Hour
5:00 Trivia

PDR

BR

MPR

MPR

BN

PH

25

2:00 Movie: Calendar Girls
3:00 Board Games
4:00 The Art of the Pour: Wise
Man Brewing
7:00 The Great Courses Plus

PH

MPR

BFL

PH

26

10:15 Fellowship & Coffee
11:05 Arbor Acres Community
Worship in Piner Hall
5:00 Croquet - Open Play

BN

PH

CC

27

10:30 Forsyth County Library
ON CAMPUS
1:00 ☑️ Documentary &
Discussion: Resolved
to Live and Die: The
Revolutionary Roots
of Southwest Virginia
6:30 Monday Night Cards

PH

PH

MPR

28

4:00 Curious Palate: Sushi Rose

BFL

29

1:00 Summer Line Dance Class
2:30 Summer Special Feature:
Top Gun: Maverick (2022)
5:00 Vespers

BR

PH

PH

30

8:30 Computer Q & A
2:00 Arbor Carvers
3:00 Presentation by Barbara
DeMaio on Vocal Health
For Aging Voices

LR

WS

PH

31

1:00 Semiquincentennial Ice
Cream Social
1:30 Summer Drumming Class
1:30 Women's Bible Study
3:15 Open Play Mah-jongg
4:30 Happy Hour
7:00 Movies with Matt: Inherit
the Wind

PH

BR

MPR

MPR

BN

PH



Arbor Acres *Wellness Arts News*

Wellness Arts Department Update & New Programming Opportunities

The Wellness Arts Department would like to extend a heartfelt thank you to the Arbor Acres community for the warm welcome and support shown to our newest Artists: Amaria Rankins, Wellness Arts Assistant, and Cortney Reddell, Wellness Arts Coordinator.

As we continue our onboarding, training, and departmental organization efforts, we are excited to work alongside residents, volunteers, and staff to further enhance opportunities that support healthy, active aging through the Dimensions of Wellness. We remain committed to continual learning, growth, and improvement, and we sincerely appreciate the feedback, encouragement, and partnership of our community as we move forward together.

In response to resident interests, requests, and our ongoing commitment to providing inclusive and meaningful opportunities, we are pleased to introduce the following programs.

The Art of the Pour

Raise a glass to new experiences! Beginning this July, The Art of the Pour will take residents on monthly outings to local wineries and craft breweries throughout the region. Starting with Wise Man Brewing, the series will alternate between brewery and winery destinations, offering opportunities to enjoy local flavors, scenic venues, live music, and social connection. Whether you're a wine enthusiast, craft beer fan, or simply looking for a fun outing with friends, there's something for everyone to enjoy.



The Intergenerational Collective

We are also expanding our commitment to intergenerational engagement through the launch of the Intergenerational Collective, a new initiative designed to strengthen connections between residents and younger generations while helping reduce ageism through meaningful interactions.

The program focuses on three key areas:

Wisdom & Wonder – Large forum presentations, panel discussions, and shared learning opportunities where residents and students exchange knowledge, experiences, and perspectives.

Sips & Stories – Small-group and one-on-one conversations that encourage relationship-building through shared stories and meaningful dialogue.

Minds in Motion – Interactive activities such as trivia, games, puzzles, and creative challenges that promote cognitive wellness while fostering connections across generations.

Stay tuned to Go Icon for dates on upcoming engaging opportunities.

Documentaries & Discussions

For those who enjoy lifelong learning and meaningful conversation, we are pleased to introduce Documentaries & Discussions. This new series will feature thought-provoking documentaries covering topics such as history, culture, travel, biography, and current events.

Following each viewing, residents will be invited to participate in guided discussions that encourage reflection, curiosity, and the sharing of ideas. Resident volunteer facilitators are also welcome to help lead discussions throughout the series.

These new programs reflect our commitment to creating opportunities for learning, connection, enrichment, and community engagement while supporting multiple Dimensions of Wellness. We encourage residents to explore the detailed program information available on Go Icon and consider participating in these exciting new offerings.

We value resident input and believe the best programs are developed through collaboration. If you have ideas for future programming, please contact Stormie Bruce, Wellness Arts Manager, at sbruce@arboracres.org.

Physical Wellness Opportunities.

Stay active, well, and connected through classes and programs that promote lifelong vitality

Wellness News

with Heidi Day, Fitness Coordinator



July is a **firecracker** of time to embrace movement, sunshine, and the many benefits of staying active. Regular physical activity helps maintain strength, balance, flexibility, and cardiovascular health, while also supporting mental well-being and reducing stress.

This month, challenge yourself to make movement a daily habit. Research continues to show that physical activity not only benefits the body but also supports brain health, memory, and cognitive function. By staying active, socially engaged, and committed to your wellness goals, you are investing in your independence and quality of life. Enjoy the energy of summer and give one of our new group classes in the Wellness Center a try and celebrate the positive impact that regular movement can have on your overall health and well-being.

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

— Healthfully yours, *Heidi*

Red, White and Blue Fitness Celebration

Friday, July 3 | Wellness Center

Wear your holiday colors and enjoy refreshing watermelon.



Wellness Center Workshop

Design Your Ultimate Summer: Fitness & Longevity Goals

Lead by Heidi Day, Fitness Coordinator

Friday, July 10 | 11:15 AM - 12:00 PM | Wellness Center

Summer, sun, and lasting success is a perfect time to reset and enjoy a stronger, healthier, and more vibrant season.

- Precision Goal Setting
- Optimizing Daily Habits
- The Power of Personal Biomarkers
- Overcoming Summer Obstacles

Go beyond “working out.” Learn how to train smarter, track what matters, and build a lifestyle that thrives for the long haul.

New Summer Group Classes

Line Dancing (All Levels)

Wednesdays | 1:00 PM | Wellness Center

Begins July 8 with Joy Williams, Guest Instructor

Join us to stay active, meet great people, and learn some fun dances. No experience needed, and no partner required!

Group Drumming (All Levels)

Fridays | 1:30 PM | Wellness Center

Begins July 17 with John Beck, Guest Instructor

Find your Rhythm. Feel the Vibration. Looking for a powerful way to connect with other, try something new and tap into your inner rhythm? Our drumming circle is a welcoming space where we come together to create beats, celebrate community. No musical experience is required, and drums are provided.

Flamingo Friday

Friday, July 17 | Drop-In Anytime | Wellness Center

Celebrate summer and the

“Balance of Standing on One Leg.”

Wear your **PINK**, enjoy **PINK** refreshments, and socialize with your friends and neighbors before, during, and after your class or workout.



Hydration Reminder

As temperatures rise, remember to drink plenty of fluids throughout the day – even if you don’t feel thirsty. Staying hydrated can help maintain energy, support overall health, and reduce the risk of heat-related illness. Keep a water bottle nearby, choose water-rich foods like fruits and vegetables, and take breaks in cool spaces when spending time outdoors. Older adults are 20% - 30% more likely to experience dehydration than younger adults due to age-related changes such as decreased thirst sensation, chronic illnesses, mobility limitations, and medication use. Dehydration is associated with serious health consequences for seniors, including: UTIs, cognitive decline, increased risk of falls, and increased mortality risk. So remember to sip water throughout the day, stay cool, and make hydration a daily habit – your body will thank you for it.

Spiritual Arts



Scripture offers many guidelines for faithful, meaningful living, the two most familiar being to love God with all your heart, mind and spirit and your neighbor as yourself. But in one of his letters to the Church in Rome, Paul offers perhaps the best guidelines for how we are to go about our days in the world. I present for you a paraphrase of his words as an aspirational challenge:

Let love be sincere, hating what is evil and clinging to what is good. Honor one another in love above yourselves. Keep your spiritual fervor, serving God. Be joyful in hope, patient in affliction and faithful in prayer. Share with those in need, practicing true hospitality.

Bless those who dislike you and put you down. Rejoice with those who rejoice and mourn with those who mourn. Live in harmony with one another. Do not be proud, conceited, or see yourself as “above” anyone else. Do not repay anyone evil for evil, being careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone.

Amen!!

- Chaplain Bert Sanders

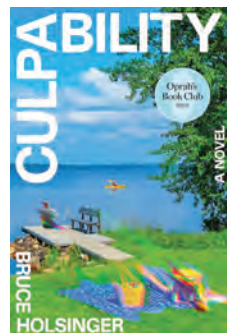
We welcome people of all faiths and beliefs. Our mission is to enrich the lives of those who live and work at Arbor Acres, as well as their families.	Service/Offering	Day	Time	Location
	Livestream from Centenary UMC	Sunday	11:00 AM	Strickland Place
	Worship Service	Sunday	10:00 AM	Asbury Place
		Sunday	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



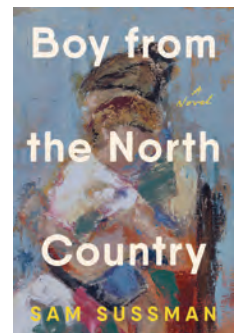
The Library Corner News

We have some new books at the library!

Culpability serves as both a family drama and a techno-thriller. It explores the nature of responsibility vs culpability revolving around a self-driving car crash as well as AI ethics. An absorbing amalgam of family dynamics post-accident, mystery as to actual facts of the event, and plot development that keeps one turning pages. Shelf location: FIC HOL.



Sussman's debut novel, *Boy from the North Country*, examines a young man's discovery of his dying mother's past when he returns home to care for her. The truth of his own origins also comes into play in this fictionalized account of the author's life, including his mother's real-life affair with Boy Dylan. Shelf location: FIC SUS.



Celebrating July Birthdays

	RESIDENTS	EMPLOYEES
1 st	Pranab Das	Stella Daniels
2 nd		Faith Spates Lakisha Wolfe
3 rd	Anita Ogburn	
4 th		Phillip Whaley
5 th	Gail Troost	Sabrina Peele Kaitlyn Simmons
6 th	Butch Harris Mary Lois Leith Alison Priest	Tonya Walker
7 th	John Dial Christoph Nostitz	Paul Delaney
8 th		Tamala White
9 th	Sandy Scott	Julie Calhoun
12 th	Doris Clark Debra Liu	Liliana Bustos-Jaimes
13 th	Bobbie Caldwell	
14 th		Tamia Thompson
15 th	Stella Surratt	Latilia Wilson
16 th	Ed Hennig	
17 th	Elizabeth Welch	Brittany Litaker Kimberly Williams
18 th		Raymond Abrams Sharon Pollard

	RESIDENTS	EMPLOYEES
19 th	Pat Crews	
20 th	Leon Coward Cama Merritt	Mornekia Brunson Zachary Martin Monica Mays
21 st		Elisha Hilton Jasmine Tate
22 nd		Talia Johnson
23 rd	Bill Wolfe	
24 th		Lashawn Chapman Alissa Marin
26 th	Libby Boone	Jeremy Brannock Shermila Roopchan Michael Shepard
28 th	Mike Capristo	Jakia Chaplin Gerald Roberts Shaquanda Smith Amy Wallace
29 th	Kay Baldridge Marcia Deem Marty Moore	Rebecca Banks Shaun Bell Jessica Howe
30 th	Grace McKinnon	
31 st		Tyler Hairston



Arbor Acres 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

Behind every program, service, and community experience is a dedicated team working to support daily life at Arbor Acres. This section provides updates from key operational departments, offering a glimpse into the ongoing efforts, improvements, and initiatives that help our community thrive.

Each month, you'll find reports from Dining, Maintenance, Landscaping & Renovations, Security, and Housekeeping. These updates are intended to keep residents informed, celebrate accomplishments, and provide transparency about the projects and services that contribute to the exceptional quality of life we enjoy together.

We hope these reports help you stay connected to the work happening across campus and provide valuable insight into the many ways our teams serve the Arbor Acres community.



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

For the month of June:

Maintenance completed 1366 work orders.

June Anniversary:

Ed Bowman, 2 years.

***When to Call Management:* Never attempt major plumbing or electrical repairs on your own.** Report water leaks, electrical sparking, pest sightings, and broken fixtures immediately to prevent minor issues from turning into expensive emergencies.



Lewis Krider
Director of Environmental Arts
Ext. 1387
lkrider@arboracres.org

Completed Summer Projects:

Community Gutter Cleaning
Aldersgate Square Garage and Balcony Cleaning
Stockton Window Washing
Community Pressure Washing of Houses

Annual Cleanings are available through the year. Please contact Courtney Plater, Housekeeping Lead at ext. 1185.

Vacation Pause on Cleaning Services: If you are going on vacation or will be out of your resident for an extended period of time and would like to cancel or modify your standard cleaning schedule, please contact Aeshia Sellars, Housekeeping Supervisor at ext. 1237.



Matt McLaughlin
Manager of
Renovations and Landscaping
Ext. 1580
mmclaughlin@arboracres.org

Please welcome Elizabeth Smith as our new Administrative Coordinator. Elizabeth comes to us with experience in both landscaping and construction administrative work. Elizabeth will be taking over landscaping requests, and can be reached directly at esmith@arboracres.org or ext. 3737.

Renovations Completed in July:

- 513 Strawbridge Road

Current Renovations:

- 314 Stockton
- 1150 Francis Asbury Drive
- 620 Cokesbury Drive
- 300 Oriole Court
- 413 Stockton



Tracey Luffman
 Senior Director of Security
 Ext. 1304
 tluffman@arboracres.org

True joy is being surrounded by friends and family, it also comes with increased traffic and congestion that could cause safety concerns. If you are having an event on campus, please remind your guests to park in designated visitor parking lots. Parking in the streets, turnarounds, and no parking zones causes congestion and safety hazards for other drivers in those areas. Golf carts are no exception.

Maps are available to guide you to parking areas for you and your guests.

June Statistics:

Total medical calls: 31

Average response time: 6 minutes

Total false calls: 23



Honey Harvest Time!

Our amazing volunteer beekeepers are harvesting honey over the next 7–10 days, and we are excited to offer this season's honey to the Arbor Acres community beginning **Tuesday, June 30!**

Honey sales will be held in the **Berrier Living Room** on **Tuesdays and Thursdays from 1:00 PM to 3:00 PM** for approximately 2 – 3 weeks, while supplies last. This year's honey will be available in two sizes:

4 oz. jar — \$7 6 oz. jar — \$9

All honey purchases will be billed directly to your Arbor Acres account. Forms will be filled out and collected when you pick up your honey.

A heartfelt thank you to our dedicated volunteer beekeepers for helping sweeten life at Arbor Acres with their delicious, locally harvested honey. We appreciate the time, care, and commitment they invest in maintaining our hives and providing this special community tradition.

Honey is available in limited quantities, so be sure to mark a honey sale date on your calendar!

Wellness Arts Volunteers Needed!

Group Discussion Facilitator

Are you passionate about meaningful conversations and thought-provoking topics? Do you enjoy bringing people together and encouraging the exchange of ideas? If so, this opportunity may be perfect for you! As a Group Discussion Facilitator, you will have the opportunity to facilitate either our Documentary and Discussion program or our new intergenerational program, *Wisdom & Wonder: A Share & Learn Series*.

As a facilitator, you will help guide engaging discussions, foster intellectual curiosity, and create a welcoming environment where participants feel comfortable sharing their perspectives and experiences.

For a full position description, please contact Amaria Rankins, Wellness Arts Assistant at 336-724-7921, ext. 1917.

4th of July Decorator

Do you enjoy decorating and bringing festive spaces to life? Are you looking for a fun way to share your creativity with the Arbor Acres community? This opportunity could be for you!

As a 4th of July Decorator, you will help transform Arbor Acres into a vibrant and welcoming setting for our Independence Day celebrations. This temporary volunteer opportunity will take place during the week of June 29 – July 1, 2026.

For a full position description, please contact Amaria Rankins, Wellness Arts Assistant at 336-724-7921, ext. 1917.



ARBOR ACRES

Trust

We communicate honestly,
timely, and effectively.

The Cook's Corner

Join me for a talk and taste on the importance of brain health and diet Monday, July 20, at 2:30 PM in the Wellness Center.

Brain health is essential for maintaining memory, thinking skills, and overall quality of life. Nutrition plays a major role in supporting the brain and reducing the risk of conditions such as dementia and Alzheimer's disease.



Alzheimer's is the most common form of dementia, affecting millions of older adults worldwide. Although there is no complete cure, healthy eating habits may help slow cognitive decline and protect brain function.

If this is something you find interesting and would like to learn more, join us as we discuss ways to incorporate more "brain food" into our daily lives and menus here at Arbor Acres.

I look forward to seeing you there!

Chef Jolie

Upcoming Dining Events

July 4th Celebration

Saturday, July 4 | Lakeside Dining Room

11:00 AM - 1:30 PM Lunch

4:30 PM - 7:30 PM Dinner

Join us for our annual Independence Day soiree'!

Entrée offerings:

Hamburgers
Hot dogs
BBQ chicken
Corn on the cob
Squash casserole
Baked beans
Mac and cheese
Fresh cut watermelon
Cole slaw
Pasta salad
Deviled eggs
Red, white, and blue sheet cake
Strawberry delight



250 Years of the American Farm Wine Dinner

Wednesday, July 15 | 5:30 PM | Arbor Room

A Celebration of soil, stewardship, and the American table. For 250 years, the American farm has stood at the center of the nation's story. From the first colonial kitchen gardens and small livestock holdings, to today's vast and technologically advanced agricultural systems, farming has shaped not only American landscape, but also its culture, economy, and identity.

We will be procuring food from all over the country from some of the oldest working farms and ranches in our nation to nourish your body, and entertain your mind and soul. This will be an evening of education, story telling, and a celebration of the vast history of farming and food in the United States. We look forward to seeing you there.

Cost is \$100 per person. Reservations are recommended. Register by calling the Gourmet Valet at 336-724-7921 ext. 1311.

Our Mission

We create communities
that celebrate
the art of living.



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www.arboracres.org and via Go Icon Community Portal.

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