

2026

Arbor Acres News & Events Calendar

AUGUST

Lamplighter



Celebrate George!

Wednesday, August 12 | 2:00 PM | Piner Hall

Our Arbor Acres community will be celebrating our beautiful fine-feathered friend, George, who departed June 23. He has an interesting story which we'll be sharing, along with what we believe is an impressive legacy. Please join us to celebrate George!

Photo by Paul Armstrong



Symphony for Hope: Music, Faith & Community

Tuesday, August 4 | 4:00 PM | Piner Hall

As a proud community sponsor of Symphony for Hope, Arbor Acres invites residents to a special musical presentation celebrating an inspiring regional initiative that brings together music, worship, generosity, and the shared work of strengthening food security across Northwest North Carolina.

The program will feature composer Dr. Michael Dodds, soprano Charli Mills, and pianist Ināra Zandmane. Through music and conversation, residents will learn more about this innovative partnership among Second Harvest Food Bank of Northwest North Carolina, the Winston-Salem Symphony, and Dr. Dodds, whose newly composed symphony for festival chorus and orchestra is inspired by Psalm 103 and will anchor a series of ecumenical celebrations in Winston-Salem, High Point, and Greensboro in fall 2027.



Dr. Michael Dodds

Dr. Dodds is professor of music history at the University of North Carolina School of the Arts and Director of Worship, Music & the Arts at First Presbyterian Church in Winston-Salem. His previous choral symphony, *I Will*

Exalt You, was composed for the 40th anniversary of Crisis Control Ministry and later became part of the award-winning documentary *Blessed Unrest*, narrated by Rosemary Harris.

At its heart, Symphony for Hope reflects Dr. Dodds' belief that music can nourish the soul, strengthen community, and kindle hope in difficult times. This special presentation will offer residents an opportunity to hear from the composer, experience beautiful music, and learn how this remarkable project will support Second Harvest's work to address hunger throughout our region.

A social gathering will follow the performance, offering an opportunity to meet fellow attendees and continue the conversation.

"Where there is love, there is hope. When neighbors love one another, hope follows, because hope is kindled by knowing that we are not alone."

Blessed Unrest Documentary Screening

Join us on **Tuesday, July 28, at 2:00 PM in Piner Hall** for a special screening of *Blessed Unrest*, the documentary about Michael Dodds. Following the film, Michael will be with us to share insights into the project and answer questions. Don't miss this unique opportunity to experience the film and engage with Michael.



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

4th of July Golf Cart Parade

Our community came together in festive fashion for the 4th of July Golf Cart Parade. Thank you to everyone who participated by decorating and driving a golf cart, as well as those who lined the route to cheer on the parade and show their patriotic spirit.

This wonderful community gathering highlighted the creativity, enthusiasm, and camaraderie that make Arbor Acres such a special place to call home.

A special shout-out goes to **Betty Crandall** for coordinating this year's parade, and to **Chan and Winborne Chandler** for leading the procession with their signature enthusiasm, patriotic music, and the ever-popular fog horn. Their energy helped make the celebration memorable for all who attended. Thank you to everyone who helped make this Independence Day a special 250th celebration.



Saturday Matinee Movies The Silver Screen Society

Led by Laura Kline, Pat Crews,
Graham Talbott, and Mark Rucker



We want to wish them a special thank you for their volunteer time, care, and enthusiasm they bring to our Saturday Matinee Movies each month. Their hard work and commitment help create a welcoming and enjoyable experience for everyone who attends.

Join us **every Saturday at 2:00 PM in Piner Hall** for an afternoon at the movies with the Silver Screen Society. Our monthly matinees offer an excellent opportunity to enjoy a great film, broaden your movie knowledge, and spend time with friends while staying cool during the summer months. ***Please stay tuned to Go Icon should a cancellation occur.***

Each month features a variety of genres, from musical dramas to action adventures and everything in between, ensuring there's something for every movie lover. Whether you're a longtime film enthusiast or simply looking for a fun Saturday afternoon activity, we invite you to bring a snack, find a seat, and enjoy the show. We hope to see you at an upcoming Saturday Matinee Movie!

Readers' Theatre Group

Led by Kathie Eppert and Susan Loenard
Tuesday, September 1 | 4:00 PM | Piner Hall

Applause, Applause!!

The Arbor Acres Readers' Theater proudly announces their new season. Five delightful scenes; ten talented Arbor Acres residents; barrels of laughs for you, our friends and neighbors.



As the atmosphere on our big blue marble gets more chaotic, do you ever think: "This must have been designed by a committee!" Maybe it was.

Or have you ever been trapped in the eternal circular reasoning of Bureaucracy, and wondered: "Did the Creation Committee have this much trouble replacing a mountain with a molehill? Was all of Heaven shaking by dirt-movers and hole-diggers and noise, and dust..." Well, you get the picture.

Or maybe this picture is all wrong. Maybe all the world really is a stage and all the men and women merely players. And the audience is more interesting than the play, until Adam shows up in his birthday suit. Let's face it. Humans don't know apples from oranges or who's on first.

Don't forget to applaud!! *And don't forget to attend the Arbor Acres Readers' Theater performance on Tuesday, September 1 at 4:00 PM in Piner Hall.*

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

If you have a request for an arts-related outing, performance, concert, museum visit, or other cultural experience, please submit your request by emailing sbruce@arboracres.org or by visiting the Wellness Arts office to complete a request form. Requests should be submitted at least 30 days in advance to allow adequate time for review, ticket purchases, and transportation arrangements. All requests will be reviewed by the Arts & Activities Committee and considered as part of the ongoing planning process for future programming and outings.

Children of Eden

Musical Theatre Performance

Stained Glass Playhouse

Sunday, August 2

2:30 PM - Leaving Berrier Front Lobby

3:00 PM - Show Begins

5:30 PM - Return to Arbor Acres (Approx)



Join us for an unforgettable performance of *Children of Eden*, the beloved musical by Stephen Schwartz (composer of *Wicked* and *Godspell*) and John Caird. Inspired by the stories of Adam and Eve and Noah's Ark, this heartwarming production explores family, love, forgiveness, and the courage to make choices that shape our future. With soaring music, touching moments, and a timeless message of hope, *Children of Eden* is a theatrical experience that audiences of all ages can enjoy.

Non-refundable tickets are approximately \$23.

Please RSVP by July 30. Register in Go Icon, or call Cortney Reddell at ext. 1914 in the Wellness Arts Dept.

Symphony of Hope

Michael Dodd Performance

Musical Performance

Tuesday, August 4 | 4:00 PM | Piner Hall

As a proud community sponsor of Symphony for Hope, Arbor Acres invites residents to a special presentation celebrating a regional initiative that brings together music, faith, and service to support hunger relief across Northwest North Carolina. Featuring composer Dr. Michael Dodds, soprano Charli Mills, and pianist Ināra Zandmane, the program will include music, conversation, and an introduction to this inspiring partnership with Second Harvest Food Bank and the Winston-Salem Symphony. A social gathering will follow.

Dr. Vincent Van Gelder

Musical Performance – Piano Recital

Monday, August 10 | 7:00 PM | Piner Hall

Join internationally acclaimed pianist Dr. Vincent van Gelder for an evening of beloved classics, including La Campanella, Turkish March, selections from Prokofiev's Romeo and Juliet, and vibrant music from the Caribbean and Spain. A prize-winning performer, composer, and former Duke University piano faculty member, Dr. van Gelder has appeared at Carnegie Hall and concert halls throughout the United States and Europe. This promises to be a captivating program showcasing both dazzling virtuosity and musical storytelling.



John Franklin

Musical Performance

Tuesday, August 18 | 7:00 PM | Piner Hall

John is an accomplished musician whose career spans classical, jazz, swing, rock, soul, funk, beach music, and more. A graduate of the University of South Carolina with a degree in Music Education, he has performed with artists including Dizzy Gillespie and Natalie Cole, and has been a featured performer with several well-known regional bands.



David Cray

Musical Performance

Friday, August 21 | 4:00 PM | Piner Hall

Enjoy an afternoon of beautiful music with David Cray, a professional classical guitarist, multi-instrumentalist, recording engineer, and award-winning poet. With more than 1,300 live performances to his credit, David is known for his expressive musicianship, original compositions, and engaging performances that create a warm and memorable listening experience.

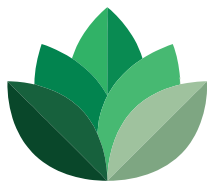


Lifelong Learning at Arbor Acres.

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

Great Courses Series: Fundamentals of Sustainable Living

Each Monday Beginning August 3
11:00 AM | Piner Hall



Join us **every Monday from August 3 – September 7, 11 AM – 12 PM** (*Please note: on August 24, the session will begin at 11:30 AM*) to discover practical ways to live more sustainably in this engaging Great Courses series led by Professor Lonnie A. Gamble, an award-winning educator, sustainability pioneer, and North Carolina State University engineering graduate. This series explores practical, everyday ways to live more sustainably while reducing waste, conserving resources, and lowering household costs. Through expert-led lectures, you will discover simple strategies for energy efficiency, water conservation, growing your own food, and making environmentally conscious choices that benefit both you and future generations.

JFK: Born to Lead (Amazon Prime, 1 hour)
Documentary & Discussion Series
Monday, August 17 | 2:00 PM | Piner Hall

Explore the life and legacy of America's 35th president in *JFK: Born to Lead*. This documentary traces John F. Kennedy's early years, military service, rise to the presidency, and the leadership that inspired a generation. Join us for the film followed by a thoughtful group discussion about Kennedy's enduring impact on American history. Following the screening, stay for a guided discussion as we reflect on the lasting impact of Kennedy's life and career.



Learn About the Winston-Salem Foundation Informative Presentation

Thursday, August 20 | 3:00 PM | Piner Hall

Enjoy an informative presentation by Elaine Summerfield and Sandra Fishel-Booth from the Winston-Salem Foundation. Founded in 1919, the Winston-Salem Foundation is one of the nation's oldest community foundations and has spent more than a century connecting people, resources, and ideas to strengthen Forsyth County. Through grants, scholarships, community partnerships, and strategic initiatives, the Foundation supports efforts that enhance education, housing, economic opportunity, civic engagement, and overall quality of life in our community. Learn more about the Foundation's impact in Winston-Salem, the important work being done throughout our community, and how philanthropy helps create positive change for current and future generations. All are welcome.

Unboxed: Art Beyond the Museum

Museum Visit

NCMA Winston-Salem Downtown

Wednesday, August 26

1:00 PM - Leaving Berrier Front Lobby

3:30 PM - Return to Arbor Acres (Approx)



Join us for a visit to the new downtown Winston-Salem location of the North Carolina Museum of Art to experience *Unboxed: Art Beyond the Museum*, an exhibition that brings works from the museum's collection into the community. The exhibit also features artwork by our own resident, Mona Wu, making this a wonderful opportunity to celebrate both world-class art and Arbor Acres talent. **RSVP by August 24.**

In the Know: Your Quarterly Guide to Programming & Engagement

Thursday, August 27 | 11:00 AM | Piner Hall

Join us for *In the Know*, a quarterly update from the Wellness Arts Department. Meet members of our team, review the Dimensions of Wellness that guide our programming, learn about upcoming events and initiatives, discover volunteer opportunities, and hear how resident feedback helps shape our offerings. Enjoy light refreshments, engaging conversation, and a chance to learn more about Wellness Arts programming and opportunities at Arbor Acres.

Forsyth Library On-Campus

Monday, August 24

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.



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.



Saturday, August 1 | 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, August 8 | 2 PM | Piner Hall

The Music Man

G | 1962

Classical Musical | 2hrs 31m

Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town. As Harold begins to develop feelings for Marian, the librarian, he faces a difficult decision about skipping town.



Saturday, August 15 | 2 PM | Piner Hall

The Great Escape

PG-13 | 1963

Historical Thriller | 2hrs 49m

Imprisoned during World War II in a German POW camp, a group of Allied soldiers are intent on breaking out, not only to escape, but also to draw Nazi forces away from battle to search for fugitives. Outwitting their captors by digging a tunnel out of the prison grounds, the soldiers find the stakes much higher when escape becomes a reality.



Saturday, August 22 | 2 PM | Piner Hall

The Three Musketeers

PG | 1973

Adventure/Action | 1hr 45m

A spirited adaptation of Alexandre Dumas' classic novel, this swashbuckling adventure follows a young swordsman who joins forces with the King's Musketeers to defend the honor of France. Filled with thrilling sword fights, clever humor, and unforgettable camaraderie, it's a timeless tale of friendship, loyalty, and courage.



Saturday, August 29 | 2 PM | Piner Hall

The Four Musketeers

PG | 1974

Adventure/Comedy | 1hr 48m

Picking up where the first film ends, this exciting sequel follows the Musketeers as they face dangerous conspiracies, political intrigue, and daring battles in defense of the French crown. Blending action, humor, and adventure, it delivers a satisfying conclusion.



Movies with Matt

Friday, August 14 | 7 PM | Piner Hall

***Ghostlight* R | 2024 | Drama | 1hr 55m**

A moving and heartfelt drama, *Ghostlight* follows a grieving construction worker who unexpectedly finds healing and connection after joining a local community theater production. Filled with humor, warmth, and powerful performances, this acclaimed film explores the ways art, family, and friendship can help us navigate life's most difficult moments.



Off-Campus Excursion Opportunities.

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

Zootastic Park

Wednesday, August 19

9:30 AM – Leaving Berrier Front Lobby

10:45 AM – Arrive at Park

1:00 PM – Lunch at The Quarter in Statesville

3:00 PM – Return to Arbor Acres (Approx)

Get ready for a wild adventure at Zootastic Park! Enjoy a scenic drive-through safari featuring exotic animals from around the world, along with opportunities to explore walk-through exhibits and experience up-close animal encounters. After our visit, we'll head to Statesville for a relaxing lunch at The Quarter before returning to Arbor Acres. We look forward to a fun day of wildlife, fellowship, and discovery! (See full itinerary posted in Go Icon). Bring a credit/debit card for meals/souvenirs and bring water bottles/snacks for the drive. **Tickets are approx. \$17 per person. RSVP by August 17.**



The Art of the Pour

Curran Alexander Vineyards

Saturday, August 29

11:00 AM – Leaving Berrier Front Lobby

12:00 PM – Arrive at Vineyard

3:00 PM – Return to Arbor Acres (Approx)

Join us for a visit to Curran Alexander Vineyards, a beautiful local winery in Lexington owned by our own Dr. Stubbs and his wife, Jean Olive, whose family's land became the foundation for the vineyard. We will pick up lunch along the way from Hoyt's Country Cooking (place your order with the Wellness Arts Dept.) to enjoy at the winery. Have a relaxing afternoon surrounded by scenic views, handcrafted wines, and the opportunity to celebrate this special Arbor Acres connection. **RSVP by August 27.**



Shopping Opportunities

Tuesday, August 4 | 1 PM – 3 PM (APPROX)
Cloverdale Shopping Center. RSVP by August 3.

Tuesday, August 18 | 1 PM – 3 PM (APPROX)
Sherwood Plaza. RSVP by August 17.

Tuesday, August 25 | 1 PM – 3 PM (APPROX)
Walmart in King. RSVP by August 24.



The Curious Palate:

For the adventurer in all of us!

Explore new flavors, cuisines, and local favorites.



Twisted Pine

Thursday, August 6 | Departs at 4:30 PM

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

A local favorite known for its welcoming atmosphere and creative menu featuring fresh, Southern-inspired flavors. Whether you're trying one of their signature sandwiches, a hearty entrée, or a seasonal special, there's something for every taste.

RSVP by August 3.



River Birch Lodge

Wednesday, August 12 | Departs at 4:30 PM

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

Known for its warm lodge-style atmosphere and menu featuring fresh seafood, steaks, salads, and seasonal specialties, River Birch offers something to satisfy every palate. Enjoy a relaxing afternoon of delicious food and great conversation. **RSVP by August 10.**

Bossy Beulah's

Tuesday, August 18 | Departs at 11:00 AM

12:30 PM - Return to Arbor Acres (Approx)

A beloved Southern chicken shop known for its crispy fried chicken sandwiches, scratch-made sides, and friendly atmosphere. From classic favorites to flavorful twists, the menu offers something for everyone. **RSVP by August 13.**



Mellow Mushroom

Tuesday, August 25 | Departs at 4:00 PM

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

Creative pizzas, fresh salads, hearty sandwiches, and shareable appetizers are served in a colorful, laid-back atmosphere. Mellow Mushroom is known for its hand-tossed, stone-baked pizzas and imaginative menu. **RSVP by August 23.**



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



Coming Soon

A 3-Day, 2-Night Benjamin Long Fresco Trail Adventure

Plan to join us for a 3-day, 2-night journey through the North Carolina mountains as we explore the remarkable frescoes of renowned artist Benjamin F. Long IV.

Long is recognized as one of the few living masters of fresco painting wet plaster, the centuries-old technique used by Michelangelo in the Sistine Chapel. After studying in North Carolina and New York, Long apprenticed in Florence, Italy, before returning home to create some of the state's most celebrated works of art.

Our tour will follow portions of the Benjamin F. Long IV Fresco Trail, featuring visits to churches which house the frescos to fresco sites in Wilkesboro, Glendale Springs, West Jefferson, Blowing Rock, Crossnore, and Morganton.

Planned Itinerary

Day 1

- Depart Arbor Acres – 9 AM
- Fresco visits in Wilkesboro and Glendale Springs
- Lunch and fresco tour in West Jefferson
- Dinner and overnight stay in Blowing Rock

Day 2

- Breakfast in Blowing Rock
- Visit Ruple Memorial Presbyterian Church
- Lunch in Blowing Rock
- Tour the Blowing Rock Art & History Museum
- Dinner and overnight stay

Day 3

- Breakfast in Blowing Rock
- Visit E.H. Sloop Chapel in Crossnore
- Lunch and final fresco visit in Morganton
- Return to Arbor Acres (approximately 5 PM)



Trip Highlights

- Six locations featuring Benjamin Long's celebrated frescoes
- Scenic mountain travel and charming small towns
- Two nights in beautiful Blowing Rock
- Art, history, architecture, and cultural exploration

Costs & Registration

- Fresco tours: Free (group donations may be discussed)
- Transportation fee*: \$78.00 per person
- Hotel accommodations*: \$150.00 per night
Residents will reserve and pay for their rooms directly prior to the trip. Please contact Cherie Hennig for hotel information and booking details.
- Meals, souvenirs, and personal purchases are resident responsibility. Please bring two forms of payment and a valid photo ID.

Space is limited! Register through Go Icon or contact the Wellness Arts Department for assistance with registration. Call Cortney Reddell at ext. 1914.

*For trip questions, please contact Cherie Hennig via email at cheriehennig@msn.com or call 828-577-5016.
We hope you will join us for this unique adventure!

New York City Travel Opportunity

The Wellness Arts Department is excited to offer residents the opportunity to travel together as a group to New York City! A special thank you to Lynn Spangler for sharing this wonderful travel opportunity with our community. We are thrilled to help showcase this exciting adventure. Please note that this will be an active trip. The itinerary includes sightseeing that will require walking, navigating steps, and enjoying full, busy days exploring the city.

Trip Dates: September 17 – 20, 2026 (3 nights)
Pricing: Double Occupancy: \$1,795 per person
Itinerary: Details provided on Go Icon.

Questions: Contact Christian Tours: Kristen Dellinger at 828-465-3900.
If you choose to confirm your travel arrangements with Christian Tours, please notify Stormie Bruce at ext. 1266 or email sbruce@arboracres.org so we can coordinate group transportation to the airport.



August 2026

ARBOR ACRES

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								2:00 Movie: <i>Les Miserables</i> 3:00 Board Games 7:00 The Great Courses Plus 01 PH MPR PH
	10:15 Fellowship & Coffee 11:05 Arbor Acres Community Worship in Piner Hall 2:30 Stained Glass Playhouse Presents: <i>Children of Eden</i> 5:00 Croquet - Open Play 02 BN PH BFL CC	11:00 📺 Great Courses: Fundamentals of Sustainable Living 6:30 Monday Night Cards 03 PH MPR	1:00 Independent Shopping at Cloverdale Plaza 4:00 Symphony for Hope - A Musical Presentation by Michael Dodds 04 BFL PH	5:00 Vespers 05 PH	8:30 Computer Q & A Town Hall 10:00 Arbor Carvers 2:00 Holy Eucharist with St. Paul's Episcopal Church 3:30 Curious Palate: Twisted Pine 06 LR PH WS RH BFL	10:00 Tour of Asbury Place 3:15 Open Play Mah-jongg 4:30 Happy Hour 07 BN MPR BN	10:00 Minds in Motion: Demon Do Good 2:00 Movie: <i>The Music Man</i> 3:00 Board Games 08 PH PH MPR	
	10:15 Fellowship & Coffee 11:05 Arbor Acres Community Worship in Piner Hall 5:00 Croquet - Open Play 09 BN PH CC	11:00 📺 Great Courses: Fundamentals of Sustainable Living 6:30 Sounds of Summer: The Holtkamp Organ 6:30 Monday Night Cards 7:00 Piano Recital by Dr. Vincent van Gelder 10 PH BFL MPR PH	11:00 Documentary & Discussion: JFK: Born to Lead 3:00 Katherine Eagler of Fountain Hill Home Care Presents Living Well at Home 11 PH PH	2:00 Celebrate the Life & Legacy of George the Goose 2:00 Low Vision Group 4:30 Curious Palate: River Birch Lodge 5:00 Vespers 7:00 Bingo 12 PH MPR BFL PH MPR	8:30 Computer Q & A 2:00 Arbor Carvers 13 LR WS	3:15 Open Play Mah-jongg 4:30 Happy Hour 7:00 Movies with Matt: <i>Ghostlight</i> (2024) 14 MPR BN PH	2:00 Movie: <i>The Great Escape</i> 3:00 Board Games 15 PH MPR	
		10:15 Fellowship & Coffee 11:05 Arbor Acres Community Worship in Piner Hall 5:00 Croquet - Open Play 16 BN PH CC	11:00 📺 Great Courses: Fundamentals of Sustainable Living 6:30 Monday Night Cards 17 PH MPR	11:00 Curious Palate: Bossy Beulah's 1:00 Independent Shopping at Sherwood Plaza 2:00 Construction Town Hall 7:00 Music Performance: John Franklin 18 BFL BFL PH PH	9:30 Zootastic Drive-Thru Park & Lunch at The Quarter 5:00 Vespers 19 BFL PH	8:30 Computer Q & A 2:00 Arbor Carvers 3:00 Presentation: The Winston-Salem Foundation by Elaine Summerfield 20 LR WS PH	3:15 Open Play Mah-jongg 4:00 Music Performance: David Cray 4:30 Happy Hour 21 MPR PH BN	10:00 Wisdom & Wonder: Demon Do Good 2:00 Movie: <i>The Three Musketeers</i> (1973) 3:00 Board Games 22 PH PH MPR
	Questions? Contact: Stormie Bruce Wellness Arts Manager 336-724-7921 ext. 1266 sbruce@arboracres.org	10:15 Fellowship & Coffee 11:05 Arbor Acres Community Worship in Piner Hall 5:00 Croquet - Open Play 23 BN PH CC	10:30 Forsyth County Library ON CAMPUS 11:30 📺 Great Courses: Fundamentals of Sustainable Living 6:30 Monday Night Cards 24 PH PH MPR	1:00 Independent Shopping: Walmart (King Location) 4:30 Curious Palate: Mellow Mushroom 25 BFL BFL	1:00 Museum Visit: NCMA - Unboxed: Art Beyond the Museum Exhibit 5:00 Vespers 7:00 Bingo 26 BFL PH MPR	8:30 Computer Q & A 11:00 In the Know: Your Quarterly Guide to Programming & Engagement 2:00 Arbor Carvers 27 LR PH WS	12:00 Men's Fellowship Lunch 3:15 Open Play Mah-jongg 4:30 Happy Hour 5:00 Trivia 28 PDR MPR BN PH	11:00 The Art of the Pour: Curran Alexander Vineyards 2:00 Movie: <i>The Four Musketeers</i> (1974) 3:00 Board Games 29 BFL PH MPR
Cortney Reddell Wellness Arts Coordinator 336-724-7921 ext. 1914 creddell@arboracres.org	10:15 Fellowship & Coffee 11:05 Arbor Acres Community Worship in Piner Hall 5:00 Croquet - Open Play 30 BN PH CC	11:00 📺 Great Courses: Fundamentals of Sustainable Living 6:30 Monday Night Cards 31 PH MPR						

Questions? Contact:

Stormie Bruce

Wellness Arts Manager

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sbruce@arboracres.org

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Wellness Arts Coordinator

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Arbor Acres *Wellness Arts News*

On the Horizon: Arbor Acres Market & Gather

We are excited to introduce a new opportunity designed to bring shopping, community connection, and local flavor right to campus!

Wellness Arts soon will be launching Arbor Acres Market & Gather, a recurring vendor marketplace featuring a rotating selection of local businesses and artisans. Residents can look forward to browsing items such as fresh produce, baked goods, seasonal décor, clothing, books, handcrafted gifts, specialty foods, and other unique treasures.

Our goal is to offer convenient access to shopping experiences for residents while also supporting local small businesses throughout the Winston-Salem community. Market & Gather will provide an enjoyable opportunity to socialize with neighbors, discover products, and enjoy the experience of shopping without leaving campus.

We anticipate hosting the market once to twice each month, potentially on the first and last Tuesday of the month, depending on vendor availability and participation. Featured vendors and market dates will vary throughout the year, providing fresh and seasonal offerings with each visit.

Monthly schedules and participating vendors will be announced through Go Icon and The Lamplighter, so be sure to watch for upcoming dates and details.

We look forward to bringing this new community gathering space to Arbor Acres and creating an enjoyable marketplace experience for residents across campus. Stay tuned for more information as we prepare for our first Market & Gather Day!

Understanding Ticketed Outings and Event Registrations

One of the many joys of community life at Arbor Acres is the opportunity to attend performances, concerts, sporting events, museums, and other special outings together. These experiences often require advance planning, group reservations, and the purchase of tickets before the event takes place.

We would like to share a friendly reminder about registering for events that require ticket purchases. When you register for a ticketed outing, Wellness Arts often purchases tickets on your behalf in advance to secure seating and group reservations. By registering, you are authorizing Wellness Arts to purchase a ticket for you, and your resident account will be billed for the cost of the ticket.

We understand that life happens. Unexpected health concerns, medical appointments, family obligations, and other circumstances can arise without warning. However, because most venues and ticket providers do not offer refunds once tickets have been purchased, your account will remain responsible for the ticket cost even if you are unable to attend.

If you find that you are unable to attend an event after tickets have been purchased, we encourage you to consider transferring or gifting your ticket to a friend or neighbor whenever possible. Wellness Arts will also continue to provide reminders, notices, and confirmation calls to help participants stay informed about upcoming events.

Your cooperation helps us manage program budgets responsibly, maintain strong relationships with venues and ticket providers, and continue offering the high-quality outings and cultural experiences our residents enjoy.

Thank you for your understanding, consideration, and support as we work together to provide meaningful experiences for the Arbor Acres community.



Physical Wellness Opportunities.

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

Wellness News

with Heidi Day, Fitness Coordinator



Keep Moving, Keep Thriving!

August is the perfect time to take advantage of our beautiful pool with lap swimming, water walking, or aquatic fitness classes – an excellent way to stay active while being gentle on your joints. Whether you're attending a group fitness class, working out in the fitness center, practicing yoga, or enjoying time in the pool, every movement counts. Join us this month at the Arbor Acres Wellness Center as we continue to build healthy bodies, active minds, and a vibrant community – because it's never too late to feel stronger, healthier, and more energized!

– Healthfully yours, *Heidi*



Pool Beach Volleyball

Thursday, August 20 | 3:45 PM

Make a splash and stay active with our Pool Beach Volleyball Mixer, where friendly competition meets a great workout in the water. Improve coordination, balance, and teamwork while enjoying laughter, movement, and summer fun with friends. No experience necessary.

Floating Summer Sound Bath and Relaxation Workshop

Wednesday, August 12 | 2:00 PM

Drift into deep relaxation during our Summer Floating Sound Bath Workshop, where you'll float peacefully in the pool while the soothing tones of gentle instruments create a calming, immersive experience. Let the warmth of the summer, the gentle movement of the water, and the healing sounds melt away stress and leave you feeling refreshed, restored, and renewed. **Please reserve your personal floating mattress ASAP. Limited enrollment sign up on Go Icon or with Heidi Day.**

Swim & Sunshine Pool Mixers

Thursday, August 13 | 9:30 AM and 10:30 AM

Friday, August 14 | 9:30 AM and 10:30 AM

Cool off, connect, and enjoy the best of summer. Spend summer in a refreshing aqua class, swimming, and socializing with friends and neighbors. Enjoy refreshments, decorations, pool toys, all in a fun, welcoming poolside atmosphere. We welcome new participants!



Fountain Hill
HOME CARE by Arbor Acres

Fountain Hill Home Care presents:

Living Well at Home

Tuesday, August 11 | 3:00 PM | Piner Hall

This presentation is designed to educate residents while demonstrating the value of home care.

The goal is for residents to leave feeling empowered, informed, and knowing that Fountain Hill Home Care is a trusted resource when they need a little extra support.

Stay Cool and Stay Hydrated!

Summer heat is still with us, making hydration more important than ever. As we age, our sense of thirst naturally decreases, so it's easy to become dehydrated without realizing it. Keep water close by, enjoy water-rich fruits and vegetables, and try to stay in cool, shaded areas during the hottest parts of the day. Making hydration a daily habit can help support your energy, balance, and overall well-being all summer long.



Spiritual Arts



Family Connect

Wednesday, August 19 | 5:00 - 6:00 PM
Long-Reavis Living Room, Strickland Place

Family Connect is a monthly gathering designed to bring together family members of residents living with dementia. Join your chaplain, staff, and fellow families for an evening of connection, support, and shared experiences in a welcoming and understanding environment.

This Month's Topic:

***Staying Close - Love Expressed
is Love Received***

Light refreshments will be served. While an RSVP is appreciated, feel free to join us even if you decide at the last minute.

For more information or to RSVP, contact Mary Beth Henderson at 336-721-1161 ext. 1382 or mhenderson@arboracres.org.

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!

Find them on our shelves according to their call numbers or place a hold through the online catalog.

Although there are occasional schedule changes, here are the current library office hours:

Mondays	11:00 - 12:00 4:00 - 5:00
Tuesdays	1:00 - 2:00
Wednesdays	1:00 - 2:00
Thursdays	1:00 - 2:00
Fridays	11:00 - 12:00
Saturdays	9:30 - 10:30
Sundays	10:00 - 11:00



If you could use some reading material that will make you feel good, ***Sitting with Dogs*** could do the trick. It's a memoir written by an Emmy-nominated dog advocate who has gained a following by recording his time spent with individual shelter dogs. As he shows his quiet kindness and patience to frightened abandoned dogs, he gradually helps them become more "adoptable" within the scary shelter setting. Shelf location: 636.7 KAN.



Named by the Boston Globe as the "best thriller of 2025," ***Heartwood*** follows the disappearance of an experienced Appalachian Trail hiker, Valerie Gillis. Readers learn about this nurse's life through letters she continues to write to her mother while lost. We also witness the desperate efforts of the search and rescue team as we learn that Valerie's disappearance may not be accidental. Shelf location: FIC GAI.

Celebrating August Birthdays

	RESIDENTS	EMPLOYEES
1 st	Liz Luecke Lynn Spangler	Brianna Gaither
3 rd		Chevon York
5 th	Faye Griffin Camille Smith	
7 th		Leslie Moreno-Morales Holly White
8 th	Bill Faircloth	
9 th	Kathie Eppert Bill Michielutte	
11 th		Alana Anderson
12 th	Ray Spangler, Jr. Caryn Spears	Tyron Cheeseboro
13 th	Bill Parsley	
14 th	Tom Hunt Ellen Parsley Eddie Stubbins	Wendy Cason
15 th		Martha Gravely
16 th		Jocelyn Brito-Garcia
17 th	Flo Tisdale	Darrell Holland
18 th		Khrishonda Hickman Amy Ross
19 th		Carlene Riwdy

	RESIDENTS	EMPLOYEES
20 th	Fawky Abdallah Suzie Anderson	
21 st	Marsha Mutch	James Howell Morgan Hunt
22 nd		Rhonda Collins Hannah Fulp
24 th	Peggie High	Sadi Cagle Jonathan Deal
25 th	Ross Allen Phyllis Piluso	Analauni Frierson
26 th	Martha Klaimon Becky Wyatt	Javen Hiatt
27 th	Carolyn Duckett Constance Gray	
29 th	Chan Chandler Pam Wierman	Jared Hutcherson Lynn Parker
30 th		Ron Hines Surena Squire
31 st	Gene Frekko	



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



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

Maintenance Tip of the Month:

Check all faucets for drips and if you notice any drips, please report to the Maintenance department at ext. 1239.

August Anniversary:

Diamond Maldonado, Maintenance Coordinator, 9 years.

Completed Work Orders Last Month: 1,176



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

On July 20, 2026, the Welcome Center at the Susanna Wesley Entrance closed for construction. Security staff will be operating out of the gatehouse at the resident entrance (and temporary main entrance) on Aldersgate Drive. Due to the increase in traffic, we ask you to be patient and understanding during waiting times.

Safety:

While you are out getting your exercise in between the heat waves, please use the sidewalks. Walking in the street is dangerous for you and others.

Resident Emergency Training: July 21st at 4:00 PM in Piner Hall.

June Statistics:

Total medical calls: 241
Average response time: 4.48 minutes
False PET calls: 23



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

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

Landscaping Reminder: Bland Landscaping, Co. will mow weekly when weather permits. Conditions that may delay or prevent mowing include rain, extreme heat, and drought conditions.

Renovations Completed in August:

- 1150 Francis Asbury

Current Renovations:

- 314 Stockton
- 620 Cokesbury Drive
- 300 Oriole Court
- 624 Cokesbury Drive
- 413 Stockton

A Look Ahead this Fall...

Discover Your Family Story.

Have you ever wondered about the stories behind old family photographs, treasured keepsakes, or the names on your family tree? Join us for a special genealogy presentation with **Lisa Lisson**, founder of *Are You My Cousin?* and a nationally recognized genealogy educator. Lisa has spent more than 15 years helping individuals discover, preserve, and share their family stories through genealogy research, family photographs, oral histories, and storytelling.

Whether you are just beginning your family history journey or have years of research experience, this presentation will provide inspiration and practical tips for uncovering family connections and preserving your legacy for future generations.



Dates are currently being finalized for late August or early September. Based on resident interest, we are also exploring the possibility of offering a genealogy class series this fall for those who would like to continue researching and documenting their family history in greater depth.

Watch for additional details and registration information in upcoming community announcements.

Writers & Their Books

Join us each quarter for Writers & Their Books, a popular series that brings readers and authors together for an inside look at the stories behind the pages. Discover what inspires today's writers, learn about their creative process, and enjoy the opportunity to engage with authors and their work.

Featured Author: Charlie Lovett

We're delighted to welcome back bestselling author Charlie Lovett for a special presentation on his newest novel, *The Paradox Club*, releasing September 1. In this intriguing literary mystery, Tess Maxwell is drawn into a world of hidden societies, cryptic clues, and long-buried secrets that could alter history itself. Filled with suspense, intellect, and the storytelling charm that has made Lovett a reader favorite. *The Paradox Club* promises to be a fascinating discussion for book lovers and mystery enthusiasts alike.

Book purchases and a book signing will follow the presentation. Residents wishing to purchase a book should bring a credit card for payment. Date and time to be announced soon.

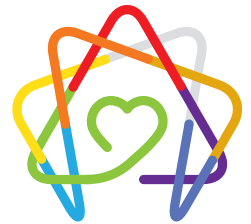
Enneagram Series Returns This Fall!

Back by popular demand! Join us this fall for another engaging Enneagram Series with instructor **Julie Smith**. Whether you attended the spring sessions or are new to the Enneagram, this series offers a meaningful opportunity to deepen self-awareness, strengthen relationships, and gain insight into the motivations that shape our lives.

The Enneagram is a powerful personality framework that helps us better understand ourselves and others through nine interconnected personality types. Through Julie's expert guidance, participants will explore personal growth, communication styles, and pathways to greater understanding and connection.

Wednesdays, 10:30 AM – 12:00 PM
Fall 2026 Dates:

- September 16
- September 23
- October 14
- October 21



Additional details and registration information will be available soon. Mark your calendars and plan to join us for this enriching experience!

A Spotlight on the Heart of Arbor Acres: Our Volunteers

I'm grateful to spotlight the incredible volunteers who help make Arbor Acres such a special community. Whether decorating our campus, selling honey, or lending a helping hand wherever it's needed, these dedicated residents generously share their time and talents to enrich the lives of others.

A heartfelt thank you to everyone who helped distribute strawberries, assisted residents during our Alzheimer Campus Walk, created festive Fourth of July decorations, sold honey, placed monthly calendars for residents' convenience, and delivered birthday cards. Your kindness, generosity, and commitment make a meaningful difference every day.

~ *Amaria Rankins, Wellness Arts Assistant*

To use your time, talents, and generosity to enrich the lives of others, please contact Amaria Rankins at arankins@arboracres.org or ext. 1917 for more information on how you can volunteer at Arbor Acres.

The Cook's Corner

One of my greatest joys is creating menus that are not only delicious, but also support your brain health and well-being. That's why I am excited to introduce our brain diet initiative at Arbor Acres.



This is a fresh approach to dining that combines great flavor with ingredients known to support cognitive health. Over the coming weeks, you will see new brain diet-inspired menu items in the Arbor Room, and throughout all our dining venues. We have carefully developed recipes featuring colorful vegetables, fresh berries, whole grains, lean proteins, healthy fats, herbs, and other nutrient-rich ingredients that are as satisfying as they are nourishing.

We're also giving the Lakeside salad bar a fresh, new look with an expanded variety of seasonal produce, wholesome grains, lean proteins, and flavorful

toppings, so you can build a salad that is both nutritious and delicious. Our action station will feature rotating brain diet specials, giving you the opportunity to try something new each week. For those looking for a quick bite, we will add more grab and go options that make healthy eating easy and convenient. Also, look for wholesome and healthy options in the Book Nook, as well as the Asbury Place dining room and health care.

Food has always been about bringing people together, creating memories, and caring for one on another. The Dining Arts team is honored to serve you each day, and we hope these new offerings will inspire you to enjoy the wonderful connection between good food and good health. We look forward to hearing your feedback as we continue to grow this exciting program together.

I encourage you to give me any ideas or recipes you have, and... I'll see you in the dining room.

Chef Jolie

Upcoming Dining Events

Culinary Showcase: Celebrating the Creativity of Our Team

Tuesday August 18 | 2:00 - 3:30 PM | Main Street

Each member of our cooking team will prepare a signature dish that reflects their own style, inspiration, and passion for food. This is an opportunity for our chefs and cooks to step outside the daily menu and create something uniquely their own – from cherished family recipes to innovative new creations.

As you stroll along Main Street, you will have the chance to visit each tasting station, meet the cooks behind the dishes, hear the stories and inspiration behind their recipes, and enjoy a variety of different samples. Every station will offer a different culinary experience making this a fun and flavorful afternoon.



At Arbor Acres, we believe that great food brings people together. This event celebrates not only exceptional cooking but also the dedication, talent, and heart that our culinary team brings to your table every day. We are proud to provide the ingredients and have the opportunity for our staff to showcase their skills and share their love of cooking with our community.

We hope you join us! Come hungry, bring your curiosity, and help us celebrate the people who make dining at Arbor Acres so special.

Enjoy the Art of Living!



**ARBOR
ACRES**

Lamplighter is 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.

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