

2026

Arbor Acres News & Events Calendar

SEPTEMBER

Lamplighter

Layers of History with Nick Bragg and Phil Archer

Friday, September 11 | 4:00 PM | Piner Hall | Reception to Follow

Arbor Acres residents are invited to a special Live & Learn presentation celebrating one of Winston-Salem's most beloved artists, storytellers, and cultural leaders, Nicholas Burton "Nick" Bragg. On Friday, September 11 at 4:00 PM in Piner Hall, Phil Archer of Reynolda House Museum of American Art will lead *Layers of History*, a close look at the paintings on view in the Galleria this fall. A reception will follow the program. The exhibition remains on display throughout September and October, giving residents the chance to revisit the work at their own pace.

The Galleria show brings together six major paintings, each offering its own lens on how art records and reinterprets history. The exhibition opens with a three part series, *History of the World Part 1, Part 2, and Part 3*, in which Bragg traces sweeping arcs of human history through layered, imaginative composition. *Architecture of the World, From Cave to Cantilever* takes a narrower and more structural view, following the evolution of the built environment from its earliest forms to modern engineering. *History of Museums* turns the lens inward, considering the institutions that have long served as caretakers of memory and culture, a subject close to Bragg's own decades at Reynolda House.

The exhibition's centerpiece is a new work created specifically for this show: *Great Wagon Road*, which traces the history of the road leading to Reynolda House itself. Phil Archer will speak in particular depth about this piece, drawing on his years alongside Bragg at Reynolda House to place it within the broader story the exhibition tells and within the region's own history.

Residents are encouraged to arrive early to view the Galleria exhibition before the presentation and to return afterward with fresh eyes. Bragg and Archer's conversation will move painting by painting, offering context, detail, and personal

insight that residents won't get simply by viewing the work on their own. Together, the exhibition and Live & Learn presentation offer a rare chance to spend an afternoon inside the layers of history Bragg has spent a lifetime painting. This promises to be an enlightening and inspiring afternoon for anyone who appreciates art, history, and the stories held within the places around us.



Nick Bragg

Making Sense Backwards: The Nick Bragg Story

Documentary

Thursday, September 3 | 3:00 PM | Piner Hall

Join us for a special screening of *Making Sense Backwards: The Nick Bragg Story* as we prepare to welcome Nick Bragg to Arbor Acres the following week. This compelling documentary offers an introduction to his remarkable life, tracing the experiences, challenges, and defining moments that shaped his journey. Whether you plan to attend Nick's presentation or simply enjoy an inspiring true story, this film provides meaningful context and sets the stage for his upcoming visit.



ARBOR
ACRES
The Art of Living

We honor our
commitments
while planning
for tomorrow.

Stewardship

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

Readers' Theatre Group

Tuesday, September 1 | 4:00 pm | Piner Hall

Start the month with an afternoon of laughter and entertainment! The Arbor Acres Readers' Theatre returns with a brand-new show: ***Applause, Applause!!*** featuring delightful scenes, talented resident performers, and plenty of fun. Come enjoy a wonderful performance and show your support with a round of applause!



90's and Above: Decades of Joy Quarterly Luncheon and Social

Tuesday, September 8 | 12:00 PM | Arbor Room

We are delighted to celebrate our residents who are gracefully and beautifully aging through our 90's and Above: Decades of Joy Quarterly Luncheon & Social.

Each quarter, we gather in the Arbor Room for a special luncheon featuring a delicious meal prepared by our talented Dining Arts team, along with meaningful conversations, laughter, and fellowship as we celebrate the remarkable lives and stories within our community.

Invitations are sent through the Wellness Arts Department a couple of weeks prior to each luncheon. If you are 90 or above and do not receive an invitation, please contact Wellness Arts at Ext. 1914 so we can ensure you are included in this special celebration.

"Age is not measured by the years we live, but by the moments we create and the joy we share along the way."

Mahjong

Gauging interest at Arbor Acres

Mahjong is a traditional tile-based game that originated in China. If you would be interested in taking a beginner Mahjong class, please contact the Wellness Arts Department.



Men's Club Returns from Summer Break!

Expect an informational flyer in boxes outlining our exciting presentation schedule through the end of 2026.

Men's Club

State of the City with Mayor Allen Joines

Thursday, September 10 | 12:00 PM | Piner Hall

We are pleased to welcome Mayor Allen Joines for a special presentation on the *State of the City*. Mayor Joines will share insights on the accomplishments, opportunities, and challenges facing our community, providing a thoughtful look at the continued growth and future of Winston-Salem. Join us for an informative discussion and an opportunity to learn more about the issues shaping our community. **RSVP by Sept. 7.**



Men's Club Lunch menu:

- *Chicken chasseur* (Fresh tomato, mushrooms, and white wine sauce)
- *Heirloom tomato and cucumber salad*
- *Mashed Yukon gold potatoes*
- *Grilled asparagus*
- *Fresh fruit salad*
- *Sister Schubert's diner rolls*
- *Peach cobbler and caramel sauce*

Coming Up:

Arbor Acres Woodworkers Annual Sale

Wednesday October 21 | 2:00 - 4:00 PM | Piner Hall

Mark your calendar now and plan to arrive early for the best selection of beautifully handcrafted, one-of-a-kind wood creations made by our talented resident woodworkers. From functional pieces to unique gifts and decorative items, there will be something for everyone to enjoy. These quality pieces are always popular and often sell quickly, so don't miss this opportunity to support the Woodshop and take home a special handcrafted treasure! We look forward to seeing you there!



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

September On-Campus Music Performances:

Motown Band

Friday, September 18 | 7:00 PM | Piner Hall

Porter and Howe Duo

Monday, September 21 | 7:00 PM | Piner Hall

Winston-Salem Symphony soloist Robert Young

Friday, September 25 | 3:00 PM | Piner Hall

Theatre Alliance: *Ragtime*

Musical Theatre Performance

Sunday, September 13

1:30 PM - Leaving Berrier Front Lobby

2:00 PM - Show Begins

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

Join us for an unforgettable performance of *Ragtime* at Theatre Alliance. Based on E. L. Doctorow's acclaimed novel, this powerful Tony Award-winning musical intertwines the stories of three families from different walks of life at the dawn of the 20th century. Set against a backdrop of sweeping social change, *Ragtime* explores themes of hope, justice, and the pursuit of the American Dream through a soaring, unforgettable score. Experience one of musical theatre's most moving and celebrated productions with fellow residents.

Wake Forest Face-to-Face Speaker Forum Returns This September

Wake Forest University's acclaimed Face-to-Face Speaker Forum returns this fall with another outstanding lineup of nationally recognized guests. The series brings together distinguished leaders, scholars, artists, and innovators for engaging conversations about the issues and ideas shaping our world today. The first event of the season will feature Cynthia Erivo on Wednesday, September 16, 2026. Additional speakers include Ken Burns (October 21), Michael Schur (December 3), José Andrés (February 25), and Jack Nicklaus (April 20).



If you are interested in attending the September program, please sign up with the Wellness Arts Department as soon as possible for transportation. Residents are responsible for purchasing their own event tickets. These programs frequently sell out, so early ticket purchases are strongly encouraged. A minimum of five participants is required for Arbor Acres to provide transportation.

For more information about the series and to purchase tickets, visit the Wake Forest Face-to-Face Speaker Forum website: <https://facetoface.wfu.edu>

Enjoy Another Season with the Winston-Salem Symphony

The 2026-27 Winston-Salem Symphony season is almost here, and we're delighted that Arbor Acres is once again a proud official sponsor! Our partnership gives residents exclusive savings on both season subscriptions and individual concert tickets. If you plan to attend, please remember that residents are responsible for purchasing their own tickets. The Wellness Arts Department is happy to provide transportation for both the Saturday evening performance and the Sunday matinee performance. If you would like to ride with the group, please be sure to register for transportation through Go Icon. We look forward to enjoying these performances together!



The upcoming season includes an exciting lineup:

September 26 & 27 – Gershwin, Rachmaninoff, & Trane

November 14 & 15 – Violins of Hope

January 23 & 24 – Brahms 1 + Beethoven and Glass

March 6 & 7 – Romeo & Juliet

April 24 & 25 – False Heroes: Don Quixote
and Beethoven's "Eroica"

May 29 & 30 – Carmina Burana + Muhly's Doom Painting

When purchasing tickets, use the discount code **ARBORSUBS10** to receive 10% off season subscriptions or **ARBORSINGLES20** for 20% off single tickets. Residents may purchase tickets through the Winston-Salem Symphony website: www.wssymphony.org/tickets, or by calling 336-464-0145.

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

Lifelong Learning at Arbor Acres.

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

Community Tour: Behind the Scenes at Unifi: Innovation in Sustainable Textiles

Friday, September 11

10:30 AM - Leaving Berrier Front Lobby

11:00 AM - Tour Starts

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



Join us for a unique behind-the-scenes tour of Unifi in Yadkinville, a global leader in textile manufacturing and sustainability. We'll learn how Unifi transforms recycled

materials into innovative performance fabrics through its renowned **REPREEVE®** fiber technology. Following the tour, enjoy lunch on-site with meals provided by The Center Bistro, a local Yadkinville favorite. The menu will be available on Go Icon, and residents will need to place their lunch order in advance so meals can be prepared ahead of time. Come explore, learn, and enjoy a day celebrating local innovation and sustainability! Note: This tour includes approximately 3/4-1 mile of walking; closed-toe shoes are required. Full details on Go Icon. **RSVP by September 9.**

Writers & Their Books: Charlie Lovett

Book Presentation

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

Join us for a special visit with Charlie Lovett, a Winston-Salem native, bestselling author, playwright, and lifelong lover of books and storytelling. A graduate of Davidson College, Charlie has built an acclaimed career as a novelist and literary scholar, known for weaving together history, mystery, and his deep appreciation for the written word. Charlie will share his newest novel, *The Paradox Club*, a captivating tale that explores secrets, connections, and the surprising ways the past can shape the present. Copies of *The Paradox Club* will be available for purchase at the presentation.



Enneagram Series

Discover Yourself, Connect with Others!

Class Dates: Wednesdays, September 23 - October 28

Class Times: 10:30 AM – 12:00 PM

Join us for an engaging four-part series led by experienced educator, counselor, and certified enneagram practitioner Julie Smith. The enneagram is a powerful personality framework that explores nine interconnected personality types, helping participants gain greater self-awareness, strengthen relationships, and better understand patterns of thinking, feeling, and behavior. This series offers valuable insights into personal growth, resilience, and meaningful connection with others.

Cost: \$35 (billed to your account). **Registration is limited to 30 residents** (first come, first served).



Princess Diana: Unexpected Icon

Documentary & Discussion

Tuesday, September 22 | 11:00 AM | Piner Hall

NR | 2023 | Amazon Prime | 48min

Join us for our next Documentary & Discussion as we explore the remarkable life and enduring legacy of Princess Diana. *Princess Diana: Unexpected Icon* examines how the "People's Princess" transformed the role of a modern royal through her compassion, humanitarian work, and willingness to challenge tradition.



Following the screening, we'll gather for a thoughtful discussion about Diana's lasting impact on the British monarchy, global philanthropy, and popular culture.

Exciting New Class Coming This Fall:

Introduction to Printmaking with Mona Wu

September 24, October 1, and October 8

2:00 - 4:00 PM | Gathering Place

Class Size: Maximum of 6 participants

Duration: 3-week series (one class per week)

Instructor: Resident artist Mona Wu.

Designed for beginners, this hands-on series will introduce participants to the creative process of printmaking in a welcoming and supportive environment. All supplies will be provided, so just bring is your enthusiasm, positivity, and creativity! Whether you are exploring a new artistic interest or looking to expand your creative skills, this is a wonderful opportunity to learn from a talented instructor and connect with fellow artists.



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.



Saturday, September 5 | 2 PM | Piner Hall *Some Like it Hot*

PG-13 | 1959 | Romantic Comedy | 2hrs 1m

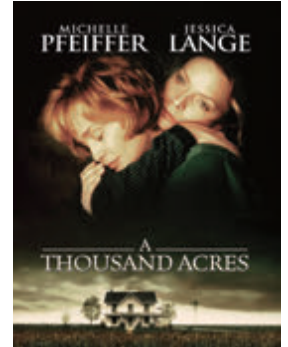
After witnessing a Mafia murder, slick saxophone player Joe and his long-suffering buddy, Jerry, improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida.



Saturday, September 19 | 2 PM | Piner Hall *A Thousand Acres*

R | 1997 | Drama | 2hrs 45m

A modern-day telling of King Lear. Larry Cook is the patriarch of a mid-Western farming dynasty who announces his desire to share the land between his three daughters, precipitating a list of crises that threaten to engulf the family.



Saturday, September 12 | 2 PM | Piner Hall *All About Eve*

NR | 1950 | Drama | 2hrs 18m

Backstage story revolving around aspiring actress Eve Harrington. Tattered and forlorn, Eve shows up in the dressing room of Broadway mega-star Margo Channing, telling a melancholy life story to Margo and her friends. Margo takes Eve under her wing, and it appears that Eve is a conniver that uses Margo.



Saturday, September 26 | 2 PM | Piner Hall *Field of Dreams*

PG | 1989 | Supernatural Fantasy | 1hr 47m

When Iowa farmer Ray hears a mysterious voice one night in his cornfield saying "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land. Afterward, the ghosts of great players start emerging from the crops to play ball. But Ray learns this field of dreams is about more than bringing former baseball greats out to play.



Summer Movie Double Feature

In response to resident requests, we're pleased to present two stylish movie afternoons featuring *The Devil Wears Prada* and its highly anticipated sequel.

Thursday, September 10 | 3 PM | Piner Hall *The Devil Wears Prada*

PG-13 | 2006 | Comedy/Drama | 1hr 49m

When aspiring journalist Andy Sachs lands a job as assistant to the formidable editor of a top fashion magazine, she quickly discovers the demands of the glamorous, fast-paced world of high fashion. Filled with sharp wit, memorable performances, and plenty of style, *The Devil Wears Prada* is a smart and entertaining comedy-drama starring Meryl Streep, Anne Hathaway, and Emily Blunt.



Thursday, September 17 | 3 PM | Piner Hall *The Devil Wears Prada 2*

PG-13 | 2026 | Comedy/Drama | 1hr 59m

The iconic characters return in *The Devil Wears Prada 2*, reuniting audiences with Miranda Priestly and the fast-paced world of fashion years after the original film. As the industry evolves and old relationships are tested, the sequel delivers sharp humor, stylish drama, and a fresh chapter for familiar faces.



Off-Campus Excursion Opportunities.

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

The Art of the Pour

Explore Lesser-Known Beer Company

Saturday, September 12

3:00 PM – Leaving Berrier Front Lobby

5:00 PM – Return to Arbor Acres (Approx)

Our next outing will be at the Lesser-Known Beer Company, one of Winston-Salem's newest independent craft breweries. Inspired by the rich brewing traditions of the Czech Republic, the brewery places a special emphasis on expertly crafted lagers while also offering a rotating selection of IPAs, ales, stouts, and seasonal releases. It's a destination that beer enthusiasts will especially appreciate for its attention to brewing technique and European influences. Not a beer drinker? No problem! Lesser-Known also offers a selection of wine and non-alcoholic beverages, making it an enjoyable stop for everyone in the group.

RSVP by September 7.

Community Tour:

The Generations Center

Friday, September 18

10:45 AM – Leaving Berrier Front Lobby

11:00 AM – Tour

12:15 PM – Return to Arbor Acres (Approx)



**Intergenerational
Center**
for Arts and Wellness

Join us for a guided tour of The Generations Center, a vibrant community hub that brings people of all ages together through education, wellness, and the arts. Home to Senior Services and the Intergenerational Center for Arts and Wellness, the facility offers innovative programs that promote lifelong learning, creative expression, and meaningful connections across generations. **RSVP by September 14.**

Community Tour:

Samaritan's Purse Airlift Response Center

Tuesday, September 22

1:00 PM – Leaving Berrier Front Lobby

2:00 PM – Tour

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



Discover how Samaritan's Purse mobilizes relief efforts around the world during a tour of its Airlift Response Center in Greensboro. You'll learn how emergency relief supplies are received, organized, and prepared for rapid deployment to communities affected by disasters and humanitarian crises. This unique opportunity offers an inspiring look at the logistics, compassion, and teamwork. Note: The tour lasts approximately 1-1½ hours. Flat, comfortable shoes are recommended. Photography is welcome and encouraged! **RSVP by September 18.**

The Curious Palate:

For the adventurer in all of us!

*Explore new flavors, cuisines,
and local favorites.*



Curry and Noodle

Tuesday, September 8 | Departs at 11:00 AM

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

Expand your culinary horizons with a visit to Curry and Noodle, a local favorite offering a flavorful blend of Thai and Asian-inspired cuisine. Featured are aromatic curries, savory noodle bowls, stir-fries, fried rice, and other traditional favorites. Whether you're a fan of bold flavors or trying Thai cuisine for the first time, Curry and Noodle provides a dining experience that's sure to satisfy. **RSVP by September 4.**

Milner's American Southern

Tuesday, September 15 | Departs at 5:00 PM

7:00 PM - Return to Arbor Acres (Approx)

Experience an evening of outstanding Southern hospitality at Milner's American Southern, one of Winston-Salem's favorite locally owned restaurants. Known for its inviting atmosphere and elevated Southern cuisine, Milner's offers a menu featuring fresh seafood, hand-cut steaks, classic comfort foods, and seasonal specialties, all thoughtfully prepared with a contemporary touch. **RSVP by September 13.**

Grecian Corner

Tuesday, September 29 | Departs at 11:00 AM

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

Enjoy a taste of the Mediterranean at the beloved Winston-Salem restaurant known for its authentic Greek flavors and warm, family-owned hospitality. The menu features favorites such as gyros, souvlaki, spanakopita, fresh salads, and traditional Greek specialties, along with homemade desserts like baklava. **RSVP by September 25.**

Shopping Opportunities

Tuesday, September 1 | 1 PM – 3 PM (APPROX)

Cloverdale Shopping Center. RSVP by August 29.

Tuesday, September 15 | 1 PM – 3 PM (APPROX)

Sherwood Plaza. RSVP by September 11.

Tuesday, September 29 | 1 PM – 3 PM (APPROX)

Walmart in King. RSVP by September 25.



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

Engagement with Purpose:

Strengthening community through service and voting

Election 2026: Are You Ready to Vote? Your Vote, Your Voice!

Planning to vote in the November 3, 2026 election? Have you moved recently? Do you know where to vote? Do you need to request an absentee ballot? Are you interested in participating in early voting?



We want to provide the community with helpful voter information and resources to answer your questions and help you prepare for Election Day, including:

- How to check your voter registration status
- Important voter registration deadlines
- Ways to register or update your registration
- How to submit your voter registration application
- Information on absentee voting and early voting options

Complete voter information will be available through Go Icon, and printed copies will be available on the Berrier Information Rack.

MAT Team Assistance: The Mobile Assistance Team (MAT) will be on campus on Wednesday, September 9 at 2 PM in Piner Hall to assist residents with voter registration questions, registration updates, absentee ballot information, and navigating available voter resources. There will be a voting information session from 1-2 PM in Piner Hall before the MAT team visit.

Stay informed and make sure you're election ready!

VOLUNTEER Impacting Lives and Communities

Volunteering strengthens community connections, encourages engagement, and fosters a sense of belonging. At Arbor Acres, volunteers help create a culture of empowerment, creativity, and service. The Wellness Arts Team values every volunteer and strives to provide meaningful opportunities for individuals of all abilities and levels of independence.

On a personal level, volunteering enhances well-being by building social connections, boosting self-confidence, and providing opportunities to share your knowledge, skills, and talents.

Get involved today! Arbor Acres has so many exciting opportunities to volunteer, so be sure to check out where the needs are, or contact Wellness Arts to find out more.

New Volunteer Opportunity Spotlight



The Wellness Arts Department recognizes that many residents already volunteer with a variety of organizations throughout Winston-Salem. Our new Volunteer Opportunity Spotlight introduces residents to local organizations and service opportunities they may not yet know about.

What Do You Know About the SECU Family House?

The mission of the SECU Family House is to provide affordable lodging for adult patients and their caregivers who travel to Winston-Salem for medical treatment. As a community known for its outstanding medical resources, Winston-Salem attracts individuals seeking specialized care. The SECU Family House offers a comfortable and welcoming alternative to hospital waiting rooms, providing support and stability during challenging times.



Volunteers can make a meaningful impact by preparing meals for residents, assembling welcome bags, assisting with special projects, and supporting other service opportunities throughout the year.

If you discover an organization or volunteer opportunity you would like to share with the Arbor Acres community, please contact Amaria Rankins, Wellness Arts Assistant, at arankins@arboracres.org or ext. 1917. We also welcome opportunities to partner with residents in developing volunteer projects for small groups.

Current Arbor Acres Volunteer Opportunities:

- **Group Discussion Facilitator:** Support various ongoing programming such as Documentary & Discussions and Intergenerational. In this role, you will help guide engaging discussions, foster intellectual curiosity, and create a welcoming environment where participants feel comfortable sharing their perspectives and experiences. Ideal for individuals who enjoy facilitating conversations, encouraging participation, and helping create a space where ideas can flow, connect, and inspire.
- **Men's Club Assistant:** Support the monthly Men's Club meeting by distributing name tags, recording attendance, and organizing and filing name tags following each meeting. Requires a commitment of approximately once per month.

For a full position description or to learn about all of our volunteer opportunities on campus, please contact Amaria Rankins, Wellness Arts Assistant at arankins@arboracres.org or ext. 1917.

September 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			01 1:00Independent Shopping at Cloverdale Plaza 4:00Readers Theatre Presents: Applause, Applause!!	02 5:00Vespers	03 8:30Computer Q & A Town Hall 10:00Arbor Carvers 2:00📺 Documentary: Making Sense Backwards: The Nick Bragg Story 3:00Holy Eucharist with St. Paul's Episcopal Church	04 10:00Tour of Strickland Place Writers & Their Books: Charlie Lovett 3:00Open Play Mah-jongg Happy Hour	05 11:00Intergenerational: Minds in Motion 2:00Movie: Some Like It Hot (1959) 3:00Board Games
	06 10:15Fellowship & Coffee 11:05Arbor Acres Community Worship in Piner Hall 5:00Croquet - Open Play	07 11:00📺 Great Courses: Fundamentals of Sustainable Living 6:30Monday Night Cards	08 11:00Curious Palate: Curry and Noodle 12:00Decades of Joy: 90s Luncheon 2:00Construction Town Hall	09 1:00Voting Information Session 2:00MAT Team Visit 2:00Low Vision Group 5:00Vespers 7:00Bingo	10 8:30Computer Q & A Men's Club 12:00Arbor Carvers 2:00Summer Special Feature: The Devil Wears Prada	11 10:30Eco-Wise: Unifi Tour 1:30Women's Bible Study 3:15Open Play Mah-jongg 4:00Live & Learn: "Layers of History with Nick Bragg and Phil Archer" 4:30Happy Hour	12 2:00Movie: All About Eve (1950) 3:00Board Games 3:00Art of the Pour: Lesser Known Beer Company
	13 10:15Fellowship & Coffee 11:05Arbor Acres Community Worship in Piner Hall 2:00Theatre Alliance Presents: Ragtime 5:00Croquet - Open Play	14 11:00📺 Great Courses: Fundamentals of Sustainable Living 1:30Sharps and Flats Rehearsal 6:30Monday Night Cards	15 1:00Independent Shopping at Sherwood Plaza 5:00Curious Palate: Milner's	16 5:00Vespers 6:45Face To Face : Cynthia Erivo	17 8:30Computer Q & A 2:00Arbor Carvers 2:00Movers and Shakers: Parkinson's Support Group 3:00Summer Special Feature: The Devil Wears Prada 2	18 10:45Community Tour: The Generations Center 1:30Women's Bible Study 3:15Open Play Mah-jongg 4:30Happy Hour 7:00Music Performance: Motown Band	19 11:00Intergenerational: Wisdom & Wonder 2:00Movie: A Thousand Acres (1997) 3:00Board Games
	20 10:15Fellowship & Coffee 11:05Arbor Acres Community Worship in Piner Hall 5:00Croquet - Open Play	21 11:00📺 Great Courses: Fundamentals of Sustainable Living 1:30Sharps and Flats Rehearsal 6:30Monday Night Cards 7:00📺 Music Performance: Porter & Howe Duo	22 11:00Documentary & Discussion: Princess Diana: Unexpected Icon 1:00Community Tour: Samaritan's Purse Airlift Response Center	23 9:00Benjamin Long Fresco Trail Adventure 10:45Ennegram Series: Discover Yourself, Connect with Others 5:00Vespers 7:00Bingo	24 8:30Computer Q & A 9:00Benjamin Long Fresco Trail Adventure 2:00Arbor Carvers 2:00Introduction to Printmaking with Mona Wu	25 9:00Benjamin Long Fresco Trail Adventure 12:00Men's Fellowship Lunch 1:30Women's Bible Study 3:00Music Performance: Winston Salem Symphony Presents Robert Young 3:15Open Play Mah-jongg 4:30Happy Hour 5:00Trivia	26 2:00Movie: Field of Dreams (1989) 3:00Board Games 7:00Winston-Salem Symphony Transportation
	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	27 10:15Fellowship & Coffee 11:05Arbor Acres Community Worship in Piner Hall 2:30Winston-Salem Symphony Transportation 5:00Croquet - Open Play	28 10:30Forsyth County Library ON CAMPUS 1:30Sharps and Flats Rehearsal 6:30Monday Night Cards	29 11:00Curious Palate: Grecian Corner 1:00Independent Shopping at Walmart in King	30 5:00Vespers		

Questions? Contact:

Stormie Bruce

Wellness Arts Manager

336-724-7921 ext. 1266

sbruce@arboracres.org

Cortney Reddell

Wellness Arts Coordinator

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Arbor Acres *Wellness Arts News*

Wisdom & Wonder: A Share and Learn Series

A heartfelt thank-you to all of the residents who took time out of their Saturday to participate in the **second session** of Wisdom & Wonder: A Share & Learn Series that is integrated into our Intergenerational Collective.

Students from the R. J. Reynolds Demon Do Good Community Service group led an engaging presentation on **Technology Through the Decades**. The presentation sparked meaningful conversations about how technology has evolved and the unique experiences that residents, teenagers, and young professionals have had navigating these changes.

The high school students also had the opportunity to listen and learn from residents as they shared personal stories and memories about their experiences with technology throughout the years. These conversations created a wonderful opportunity for generations to connect, learn from one another, and appreciate the different perspectives that each generation brings to the conversation.

The Demon Do Good Community Service group meets every other Saturday and is fully integrated into all components of the Intergenerational Collective. We are excited to continue building meaningful connections through shared experiences, learning, and conversation.

These are the September dates when the Demon Do Good Community Service group will be in attendance:

Saturday, September 5, 2026 | 9:45 AM - 11 AM
Minds in Motion

Saturday, September 19, 2026 | 9:45 AM - 11 AM
Wisdom & Wonder

If you have questions, would like more information about the Intergenerational Collective, or would like to register for any of the upcoming dates, please contact Amaria Rankins, Wellness Arts Assistant, at arankins@arboracres.org or ext. 1917.

We look forward to continuing to bring generations together through the Intergenerational Collective!

Coming in October: Go Icon Training!

Interested in learning more about Go Icon? Beginning in October, the Wellness Arts Department will be offering small, classroom-style Go Icon training sessions for residents. Whether you are a beginner just getting started or a more experienced user looking to explore additional features and capabilities, these sessions will help you get the most out of the platform.

A training schedule will be announced soon. Go Icon helps residents stay informed about community events, register for programs, and navigate important community resources and services. For assistance with class registration, please contact Cortney at ext. 1914.

Hispanic Heritage Month September – October

Each year, Hispanic Heritage Month is observed from September 15 through October 15, recognizing the histories, cultures, and contributions of Americans whose heritage traces to Spain, Mexico, the Caribbean, and Central and South America. The celebration begins on September 15th because it marks the independence anniversary of several Latin American countries, including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico, Chile, and Belize also celebrate important national observances during this period.

Hispanic Heritage Month began in 1968 as Hispanic Heritage Week under President Lyndon B. Johnson and was expanded to a month-long observance by Congress in 1988. The recognition honors the enduring influence of Hispanic and Latino communities in shaping the cultural, economic, scientific, artistic, and civic life of the United States.



As part of Arbor Acres' 2026 Cultural Programming theme, **Resilience, Innovation, and Cultural Legacy**, we celebrate the rich traditions, achievements, and stories of Hispanic and Latino cultures while encouraging learning, appreciation, and meaningful cultural connections throughout our community.

Sources:

- National Hispanic Heritage Month, U.S. Census Bureau
- National Hispanic Heritage Month, Library of Congress
- National Archives and Records Administration (NARA)

Wellness Arts Community Connections:

Celebrating Compassion, Service & Hope

The Wellness Arts Department is proud to highlight the incredible work of local nonprofit organizations that bring compassion, generosity, and hope to our greater community. We will partner with a nonprofit organization periodically to provide residents with opportunities to learn more through educational programs, conversations, and community visits.

Together, we will explore the meaningful impact these organizations have on our city and the many ways they support individuals and families in need. Future partners may include organizations such as Second Harvest Food Bank, Ronald McDonald House, Intergenerational Center for Arts and Wellness, greeNest, Samaritan's Purse, and many others.

Stay tuned for upcoming opportunities to tour these organizations, hear their stories, and gain a deeper understanding of the outstanding work being done every day to strengthen and enrich our community.

October Community Connection greeNest 2026 Holiday Store

Learn more about the greeNest Holiday Store and how it benefits our community! Celebrating its **10th anniversary**, the Holiday Store transforms gently used holiday décor donations into a fundraising opportunity that supports greeNest's mission of helping families in transition furnish their homes.



Shoppers can find a wide variety of affordable holiday treasures, including trees, ornaments, decorations, linens, and more, while giving donated items a second life and keeping them out of landfills.

Join us on Monday, October 5, from 4:30 – 5:30 PM in Piner Hall as Judy Ingram, one of the Holiday Store founders, and Linda Childers, 2026 Head of Team Tinsel, share the story behind the store, past highlights, and what's coming this year. Refreshments will be served.

For those wishing to donate gently used holiday items, please contact Cherie Hennig at cheriehennig@msn.com or 828-577-5016 to arrange pickup.

Transportation will be available on Tuesday, November 17 for residents interested in shopping at the Holiday Store.

Join the Arbor Acres Team for the Walk to End Alzheimer's®

Alzheimer's disease touches millions of individuals and families each year, and many within our Arbor Acres community have been personally impacted by dementia and memory loss. This fall, we invite residents, team members, family members, and friends to come together in support of a cause that affects so many lives.



On **Saturday, November 7 at 10:00 AM**, the Arbor Acres Alzheimer's Team will participate in the Walk to End Alzheimer's® at Bailey Park in Winston-Salem. The Alzheimer's Association's Walk to End Alzheimer's is the world's largest event dedicated to raising awareness and support for Alzheimer's care and research. Together, we can honor those living with Alzheimer's, remember loved ones, support caregivers, and help advance the search for a cure. Information on how to join the Arbor Acres team and order an official Arbor Acres team shirt will be shared on Go Icon by September 1.

Walk With Us Before the Walk

To help us prepare for November 7, Wellness Arts Fitness Coordinator, Heidi Day, has organized a campus walking series to encourage movement, fellowship, and support for this important cause. Whether you plan to attend the Walk to End Alzheimer's or simply want to support the effort on campus, everyone is welcome to participate.

Arbor Acres Alzheimer's Team Training Walks

Dates: September 23 – October 28

When: Wednesdays at 2:00 PM

Where: Meet in the Rotunda/Wellness Center

No special training is required, just bring comfortable shoes and a willingness to walk alongside your neighbors for a meaningful cause. Every step helps raise awareness and demonstrates our commitment to those affected by Alzheimer's disease and other forms of dementia. Don't forget to wear purple if possible on our walk days! We hope you will join us as we walk with purpose, build community, and support the fight to end Alzheimer's.

Physical Wellness Opportunities.

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

Wellness News

with Heidi Day, Fitness Coordinator

Join us for these special self-care sessions:

The MELT Method®

Friday, September 4 | 1:30 PM | **Hand Treatment***

Friday, September 11 | 1:30 PM | **Foot Treatment***

Friday, September 25 | 1:30 PM | **Roller Treatment***

The MELT Method® is a gentle self-care technique that enhances mobility, stability, and performance. It has been clinically shown to help reduce pain while restoring overall well-being.

MELT focuses on the body's fascia – the supportive connective tissue that surrounds every muscle, organ, bone, blood vessel, and nerve fiber. Using simple hand, foot, and roller techniques, participants can help release accumulated stress, improve body awareness, and restore healthy movement.

*Please Note:

- The Hand and Foot Treatments are performed in seated and standing positions.
- The Roller Treatment is conducted on the mat.
- **RSVP** through Go Icon or with Heidi Day, Fitness Coordinator at ext. 1227 for each session.



2026 Upcoming Croquet Tournaments

October 5-9 - Doubles - Men's & Women's

October 12-16 - Singles - Men's & Women's

Mark your calendars to play, watch and enjoy these tournaments. Sign-ups and details will be on Go Icon in September. Play well, have big fun, and keep the balls rolling!



Back to School – Fitness Studies

Head back to class this September with Fitness Studies! During our regularly scheduled fitness classes and Fitness Center stations, participants will go beyond movement by exploring anatomy, balance, and proper alignment.

These engaging weekly themes will help residents better understand how their bodies move while improving strength, confidence, balance, and overall wellness.

Weekly Topics:

Week 1: September 8 - 11

Foundation – Feet & Ankles

Discover how strong, stable feet and ankles improve balance, posture, and movement from the ground up.

Week 2: September 14 - 18

Powerhouse – Strong & Steady Legs

Explore how strong, well-aligned legs improve stability, coordination, functional movement, and confidence in everyday activities.

Week 3: September 21 - 25

Lift & Lengthen – Spine & Shoulders

Focus on posture, spinal alignment, shoulder mobility, and techniques to reduce tension while moving with greater ease.

Week 4: September 28 - 30

Connect & Move – Hips & Core

Learn how the hips and core work together to build strength, enhance mobility, improve balance, and support efficient movement.

Reminder:

Resident Fitness Resources

Go Icon - Class videos are available to watch from your home should you be unable to attend the regularly scheduled classes at the fitness center.

Steps from Go Icon:

- Login to Go Icon
- Scroll down to tab on left titled **Wellness Center**
- Select **Heidi's Fitness Videos**
- Select desired class from different tabs
- Enjoy!

Don't forget to stretch and stay hydrated!

Spiritual Arts

Quiet in the Midst of Finding Chaos

By Rev. Mary Beth Beck-Henderson

Humanity creates chaos in which we all live. Finding quiet moments to rejuvenate can be a challenge. It is with intentionality that we are most able to create quietude within the loudness of the world. By intentionally calling upon the mystery of silence, we make space in our minds, bodies, and spirits for individual rest of the soul. Schedule time to recharge and do what works for you. May it be so.



Navigating Griefland Returns in October

Navigating Griefland is a six week group that helps us discover our way through that land in the company of fellow travelers. Watch for details coming soon.

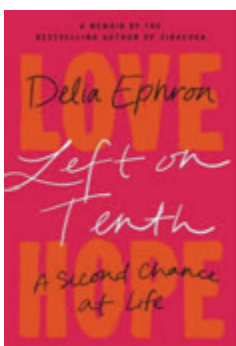
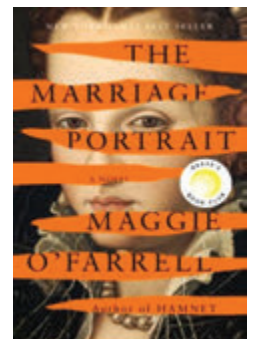
We welcome people of all faiths and beliefs. Our mission is to enrich the lives of those who live and work at Arbor Acres, as well as their families.	Service/Offering	Day	Time	Location
	Livestream from Centenary UMC	Sunday	11:00 AM	Strickland Place
	Worship Service	Sunday	10:00 AM	Asbury Place
		Sunday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

All caught up on the latest bestsellers? Here are a couple of older books beloved by one of the librarians. Check for them on the shelves, or place a hold through the online catalog.

Maggie O'Farrell, Irish author of the book *Hamnet*, wrote *The Marriage Portrait* after reading Robert Browning's poem, *My Last Duchess*. The poem is based on the true story of Lucrezia de' Medici who was married off to the Duke of Ferrara in Renaissance Italy, and died at 16. In her book, O'Farrell explores the life of the disillusioned young bride and wonders if the teenage wife suspected her husband of considering murder for the lack of an heir. As an official "marriage portrait" is slowly completed, the jeopardy and castle intrigue increase. Twists and turns bring about a happier ending than in real life. Shelf location: FIC OFA



Left on Tenth, a memoir by Delia Ephron, begins in 2015 with the loss of her much beloved husband. The author's struggles over the next months made her feel "like an alien in her own body." Eventually the writer contributed an article to the NYT about her frustrations attempting to cancel her husband's landline. One of the responses to the article came from a California psychiatrist who had also battled Verizon over his late wife's landline. An email correspondence intensified, and love took off. In spite of a diagnosis of acute myelogenous leukemia (the same disease that killed her famous sister), the pair married in March of 2017. Given 4 months to live with AML, she opted for a ground-breaking stem cell transplant. Shelf location: B Ephron

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



Neighborhood Meetings

Andrew Applegate and other senior leaders will meet with residents to provide construction updates. Following is a schedule of the meetings. If you are unable to attend the meeting date and time for your area, please feel free to attend one of the other meetings.

Date	Area	Location
Tuesday, Sept. 22 2:00 – 3:30	Aldersgate Square	Piner Hall
Wednesday, Sept. 23 10:00 – 11:30	Womble, Stockton, McPherson, Corpening	Piner Hall
Friday, Sept. 25 1:00 – 2:30	All Houses	Piner Hall



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

Maintenance Tip of the Month:

Check for signs of water leaks. Water damage can wreak havoc on your apartment's structure and your belongings. Regularly inspect sinks, faucets, and pipes for leaks. Check ceilings and walls for any signs of water intrusion or staining. Report any issues to maintenance immediately to prevent further damage and ensure a dry and comfortable living space.

September Anniversary:

Shay Hunter, 8 years and Jon Deal, 1 year.

Completed Work Orders Last Month: 1,751



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

Welcome to the Housekeeping Team, Mrs. Charlotte Valentine. Charlotte is currently training and is excited to join the team.



Document Shredding Services: On-sight, self-serve shredding service is available in the Tunnel to Healthcare adjacent to the Book Nook. For large shredding projects, please contact Lewis Krider at ext. 1387.

Housekeeping and Laundry Appreciation Week is September 21st - 25th. Please take a moment to give a special thanks to the members of this special team.



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

Safety: There is some deep concern about driving on campus in vehicles and golf carts. Please make sure that you are driving at an appropriate speed and coming to a full stop at all stop signs. Also, please refrain from parking along the streets, in front of buildings or entrance ways. This causes delays of emergency vehicles and other safety related issues.

July Statistics:

Total medical calls: 30, False PET calls: 19
Average response time: 4.1 minutes



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

Landscaping: October is our free planting month. If you have any plants (5 perennials and 4 flats of annuals) that you would like to have planted, please submit a request to Elizabeth Smith through Go Icon or esmith@arboracres.org by the end of Sept. The planting schedule is on a first come, first served basis.

Celebrating September Birthdays

	RESIDENTS	EMPLOYEES
5 th		Rachel Bell Darrell Carpenter Kayla Ziegler
7 th	Evelyn Laxton Jane McNair Kathryn Pittman	
8 th	Anna Dillard	Shirley Jennings
9 th		Patricia Brown Hannah Rau Ashley Vineyard
11 th		Damiri Thomas
12 th		Daisy Ayona-Bello Nadine Chamberlain Yulanda Reed
13 th	Mary Audrey Apple	Terrell Caldwell Emilia Rico-Jasso Larry Joe
15 th	Bud Colvard Bob Michielutte Sharon Whalen	Brent Campbell Taylor Lomax Jazion Mack Delmayia Williams
16 th	Mary Sue Smith	Isabella Landaverde

	RESIDENTS	EMPLOYEES
17 th	Hannah Appel	
18 th		Elizabeth Byrd Seara Banos-Damian Courtney Plater
20 th	Claudia Fleming	Erica Moore
21 st	Margaret Holmes	Kenya Frasier Kimberly Hawks
22 nd	Ouida Cunningham	Julie Oakes
25 th	Thorne Worley	Brenda McCormick
26 th	Gerard Gunzenhauser Phil Perricone	
27 th	Martha Brown John Timmons	Chelsea Griffin Alexus Ginyard Wendy Sawyer
28 th	Sondra Barnes	
29 th	David Hatcher Gwendolyn Lytle Bob Schwartz	Justin Chalmers
30 th		Mary Agashua Jolie Shafer



We value everyone's history and potential.

The Cook's Corner

Celebrate the flavors of fall at Arbor Acres! As the leaves begin to change and the air turns crisp, fall brings with it a season of comfort, connection, and delicious food. Autumn is a wonderful time to gather with friends and neighbors to enjoy seasonal flavors that warm both the heart and the table.



Fall is known for its abundance of fresh, local ingredients. Apples, pumpkins, sweet potatoes, squash, pears, and hearty greens make their way into favorite recipes that celebrate the harvest season. From homemade soups and savory casseroles to freshly baked apple pie and pumpkin treats, these classic dishes evoke cherished memories while creating new ones with loved ones.

At Arbor Acres, dining is more than a meal... it's an experience. Residents enjoy chef-prepared menus that highlight these seasonal ingredients, providing

both exceptional flavor and balanced nutrition. Whether sharing cozy lunch with friends or gathering for a festive autumn celebration, every meal offers an opportunity to connect and enjoy the simple pleasures of the season.

We offer nutritious seasonal ingredients that provide vitamins, antioxidants, and fiber to support overall wellness. This complements the Arbor Acres active lifestyle and supports a wellness-focused approach to retirement living. It's one more way the community helps residents thrive while enjoying every season to its fullest.

As autumn unfolds, we embrace everything that makes this time of year special – flavorful dining, beautiful surroundings, and friendships that grow stronger with every shared meal. Here, fall isn't a simply a season; it's an experience to be savored. My hope is that you enjoy every tasty minute of it!

Happy fall, y'all!

Chef Jolie

Upcoming Dining Events

Labor Day Menu

Monday, September 7 (*Grill will be closed on Labor Day*)

Main Street | 11:30 AM – 1:30 PM & 5:00 – 7:30 PM

Book Nook | 9 AM – 2:00 PM

Enjoy a tasty celebration of our nation's great work force:

Entrée offerings:

Hot dogs
Hamburgers
BBQ pork shoulder sandwich
Baked beans
Mac and cheese
Fried okra
Corn on the cob
Deviled eggs
Cole slaw
Watermelon
Potato salad
Cherry pie
Banana pudding
Peach crisp with pecan crumble and a maple cream sauce



Rosh Hashanah Menu

Saturday, September 12 | Lakeside Dining Room

Entrée offerings:

All Day: Slow cooked brisket
After 5:00 PM: Apricot glazed roasted chicken
Rice pilaf with leeks, dates, and dried cherries
Honey glazed carrots with benne seeds
Roasted butternut squash
Steamed beets
Salad bar feature Honey apple salad with pomegranates

Lunch & Learn

Saturday, September 23 | 12:00 PM | Arbor Room

Join Chef Jolie and Heidi Day for a specially prepared brain healthy lunch in the Arbor Room. Included will be a discussion on the importance of brain health, nutrition, community, and activity to help stave off dementia and Alzheimer's disease. Educational, nutritious, and delicious – this is a lunch you don't want to miss. **Cost: \$15. Reservations are required.** Register on Go Icon.

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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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