

2026

Arbor Acres News &amp; Events Calendar

OCTOBER

# Lamplighter

## “Is This the Land of Liberty?”

### Soldiers and Slavery in the War of American Independence

Thursday, October 29 | 4:00 PM | Piner Hall | Reception to Follow



As we continue to commemorate the 250th anniversary of the signing of the Declaration of Independence, we not only celebrate the nation's founding, but also reflect on the complex realities that shaped it. What did the promise of liberty mean in a country where hundreds of thousands of people remained enslaved? How did those who fought for American independence reconcile that contradiction?

Arbor Acres' recognition of this milestone continues on Thursday, October 29 at 4:00 PM in Piner Hall with a special Live & Learn presentation by Dr. Jake Ruddiman, Associate Professor of History at Wake Forest University.



Dr. Jake Ruddiman

Drawing upon soldiers' letters, journals, travel accounts, and memoirs, Dr. Ruddiman will bring to life the experiences of Black and White Americans, Britons, Hessians, and French participants who encountered slavery during the War of American Independence. As the conflict carried people far from home, it exposed them to unfamiliar communities and different systems of enslavement. What did they see? How did those experiences challenge their assumptions about freedom, justice, and the society they were helping to create? How did the upheaval of war affect enslaved people, creating new dangers, relationships, and opportunities?

The program's title comes from the words of a Continental Army officer who witnessed the sale and humiliation of

an enslaved man in North Carolina. Confronted by the distance between the cause for which he had fought and the suffering before him, the officer asked, “**Is this the land of liberty?**”

That question lies at the heart of Dr. Ruddiman's work as a historian. Through the stories of ordinary people living through extraordinary events, he explores how war and revolution transformed communities, shaped individual lives, and influenced the way later generations have understood the nation's founding.

Dr. Ruddiman received his Ph.D. from Yale University. His first book, *Becoming Men of Some Consequence: Youth and Military Service in the Revolutionary War*, examines the lives of young men in the Continental Army. He teaches courses on Early American history from Columbus through the Constitution, a new class about U.S. Military History, and a seminar for first year students on the fictional stories – in novels, plays, and on film – that Americans share to explain the past.

This thought-provoking presentation will invite residents to look beyond familiar narratives of the American Revolution and consider the lived experiences of those who endured it. Through their stories, participants will explore enduring questions about liberty, human dignity, and the unfinished challenges that remain part of the nation's legacy.

All residents are warmly encouraged to attend.

## Residents' Employee Christmas Fund Campaign

Beginning in November, the **Residents' Employee Christmas Fund Campaign** provides residents with a special opportunity to show their gratitude to the many Artists who enrich our community year-round. As tipping is not practiced here, this campaign serves as a collective expression of appreciation. More information will be included in the November Lamplighter, and highlights will be shared at the November Town Hall.

*Committee: Winborne and Chan Chandler, co-chairs; Louise Bazemore, Jim Bunn, Tom Cannon, Carolyn Clifton, Bill Clingman, Vicki Hunt, Bill Parsley, Ed Pleasants, and Anne Walker.*



# 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

## Men's Club

**Future Plans at Reynolda House with Phil Archer**  
**Thursday, October 8 | 12:00 PM | Piner Hall**

Join us for an engaging Men's Club presentation with Phil Archer, Deputy Director at Reynolda House Museum of American Art. Phil will offer a behind-the-scenes look at the future plans at Reynolda House, including previews of upcoming exhibitions, programs, and exciting projects. As always, recordings of the speaker presentation will be available on Go Icon at a future date. Visit Go Icon to register and see full details including menu. **RSVP by October 5.**

## Arbor Acres Woodworkers Annual Sale

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

Come shop 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!



## The Beauty of Nature - Two Visions

**Jane Dicus and Kathy Schermer-Gramm**  
**Friday, November 6 | 4:00 pm | Piner Hall**

Prepare to be thrilled by the work of these two botanically inclined artists!

Jane knew she was an artist as a child when she took her dad's cardboard shirt holder to draw on. She had no paper, no crayons and no teaching early on. During childhood, Jane took a field trip downtown Winston-Salem to the Arts Council where she observed and was inspired by young students making baskets.



Jane Dicus



Kathy Schermer-Gramm

Kathy grew up in a home where plants and gardening were an important part of each day as her father was a Dutch gardener and shared his love of plants with her. Kathy's childhood in Southern California in the free spirited '70s and exposure to handmade crafts and drawings encouraged her artistic nature.

Jane earned her BA from UNC Greensboro and NC Environmental Education Certification. Kathy received her MA in Illustration and Design from California State University and moved to North Carolina to enroll in the Botanical Art and Illustration program at NCBG and is a Society of Botanical Artists Fellow. As teachers, Jane and Kathy met and became friends at Downtown Elementary School in Winston-Salem.

Both artists focus on botanicals. Jane creates botanical printing with cyanotypes: a photographic process using the sun as the light source. She finds beauty in the imperfect and organic disintegration of nature. Her printmaking provides unpredictable, unique outcomes.

Rather than portraying beautiful flowers, Kathy prefers to observe and display, often in graphite, the everyday world of average plants such as damaged twigs, roots, and old fruits so that the observer tunes in to the plant and not the surroundings. This process encourages an "illusion of reality" by painting in layers. In this show, Kathy features native plants and Jane features ornamentals and natives.

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

## October On-Campus Music Performances:

### Tyler Dodson

**Thursday, October 1 | 4:30 PM | Womble Terrace**

Join us for a special wine social on Womble Terrace featuring North Carolina singer-songwriter and multi-instrumentalist Tyler Dodson. Enjoy his soulful blend of Americana, country, and classic R&B as we kick back, relax, and enjoy an afternoon of live music.

### Penny Candy Band at Grill & Chill

**Wednesday, October 14 | 5:30 PM | Womble Terrace**

Get ready to kick back at Grill & Chill: Luau Edition with live music from Penny Candy Band! They'll be bringing a special playlist featuring island-inspired favorites to set the mood for an afternoon of food, fun, and summer vibes.

### Dmitri Shteinberg (UNCSA)

**Piano Recital**

**Saturday, October 17 | 4:00 PM | Piner Hall**

Enjoy an afternoon of beautiful music with Dmitri Shteinberg, professor of piano at the University of North Carolina School of the Arts. Join us for an engaging recital featuring works from the piano repertoire.

## Artworks Gallery: Elizabeth Kelly

**Sunday, October 4**

**1:45 PM - Leaving Berrier Front Lobby**

**2:00 PM - Show**

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

Join us in supporting Arbor Acres resident and watercolor artist Elizabeth Sawyer Kelly at her upcoming art exhibition at Artworks Gallery on October 4. Known for her colorful and energetic

watercolors, Elizabeth's work reflects both technical skill and her appreciation of all that surrounds her in the world. This is a wonderful opportunity to celebrate a talented member of our community and enjoy an afternoon of local art. **RSVP by October 2.**



## Theatre Alliance: Mel Brooks' Young Frankenstein

**Musical Theatre Performance**

**Sunday, October 11**

**1:30 PM - Leaving Berrier Front Lobby**

**2:00 PM - Show Begins**

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

Join us for an afternoon of laughs and classic musical comedy as Theatre Alliance brings Mel Brooks' hilarious *Young Frankenstein* to the stage. Based on the beloved film, this madcap production is sure to be a fun night out!

**\*High Chance of Ticket Sell Out\***

**Non-refundable tickets approx. \$25.00. Five people must be registered by October 1 or we will not be able to purchase tickets or provide transportation.**



## Wake Forest "Face to Face" Speaker Forum

**Ken Burns**

**Wednesday, October 21 | Wait Chapel**

**6:45 PM - Leaving Berrier Front Lobby**

**7:30 PM - Show**

**9:00 PM - Return to Arbor Acres (Approx)**

Don't forget to register for Arbor Acres transportation to the WFU "Face to Face" with renowned documentarian Ken Burns by October 19! Residents are responsible for purchasing their own event tickets, and 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.

**RSVP by October 12.**

## Piedmont Opera Visit

**Thursday, October 22 | 4:00 PM | Piner Hall**

Piedmont Opera's General Director and Conductor, Joseph Mechavich, will present an engaging look at the company's

50th Anniversary Season. He will explore the stories, history, and music behind this season's productions, including *Another Sunrise and Before It All Goes Dark* by Jake Heggie and Gene Scheer, *The Great American Songbook*, and Giachino Rossini's *The Barber of Seville*. Attendees will gain insight into what makes each production a unique operatic experience. **Tickets will be available for purchase after the presentation.**



# Lifelong Learning at Arbor Acres.

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

## Documentary & Discussion:

### *Ripley: Believe It or Not*

PBS, American Experience, 52 min.

Friday, October 16 | 11:00 AM

Gathering Place



LeRoy Robert Ripley rose to fame during the Great Depression, transforming himself from a skinny, buck-toothed boy into an entertainer who mesmerized the nation with his razzle-dazzle blend of homespun Americana, colorful exotica and freakish oddities. Americans not only loved his bizarre fare, but were fascinated by the man himself. Stay for a guided discussion after the documentary. **RSVP by October 15.**

Introducing New Arbor Acres Instructor: Heidi Andrew!

## AI for Beginners:

### Learning to Ask the Right Questions

Saturday, October 24 | 11:00 AM | Gathering Place

Curious about artificial intelligence but not sure where to begin? This **beginner-friendly**, hands-on class will introduce you to the basics of writing prompts – what to ask AI and how to ask it – in a simple, easy-to-understand way. No prior experience with AI is needed! Heidi is an AI Solutions Consultant, and for the past 1.5 years, she has been teaching engaging, interactive AI classes designed to help people understand and confidently use modern artificial intelligence tools. Her courses blend practical demonstrations, real-world projects, and clear step-by-step guidance, making AI approachable for beginners while still offering meaningful depth for more advanced learners. Watching students discover what they can create – and how quickly they can learn – has been one of the most rewarding parts of her work. **Cost: \$10 per resident, 10 spots available. RSVP by October 21.**

## Moravian Archives Visit

Tuesday, October 27

Event details to come on Go Icon

Step into Winston-Salem's rich history with a special visit to the Moravian Archives. Home to centuries of records, photographs, maps, manuscripts, and other treasures, the Archives offers a fascinating glimpse into the people and traditions that helped shape our community. Join us for a behind-the-scenes look at this remarkable collection and discover stories from Winston-Salem's Moravian past that you may never have encountered before. It's a wonderful opportunity for history lovers, curious minds, and anyone interested in the history of our community. **RSVP by October 23.**



Great Courses hosted by Wellness Arts

**Mondays** (beginning October 5th)

**at 11 AM in Gathering Place** (4th floor Corpening)

### *The Real History of Dracula*

For the month of October, in the spirit of Halloween, we're going beyond the legend to explore the fascinating history behind Dracula. Few fictional characters have become as deeply embedded in popular culture as Count Dracula. In *The Real History of Dracula*, folklorists Dr. Sara Cleto and Dr. Brittany Warman explore the centuries-old folklore behind vampires and the enduring fascination with the world's most famous vampire. Drawing on history, literature, folklore, film, and television, this 10-episode course examines how vampires have evolved – and what they reveal about our deepest fears, desires, and anxieties. From Bram Stoker's iconic Count to modern interpretations, discover why the vampire remains one of our most enduring and adaptable cultural figures.

Great Courses hosted by resident volunteer, Mark Rucker

**Saturdays at 7:00 PM in Piner Hall**

Currently Showing: *The Historical Jesus*

Who was Jesus of Nazareth? In this 24-lecture course, Professor Bart Ehrman explores Jesus from a purely historical perspective, examining the New Testament Gospels, the political and cultural world of 1st-century Palestine, and the evidence scholars use to reconstruct Jesus's life and teachings. The course concludes by exploring how Jesus's followers came to understand and write about him, offering insight into both the historical Jesus and the beginnings of Christianity.

## Forsyth Library On Campus

**Monday, October 26**

**10:30 AM | Piner Hall**

Mobile Library



Stop in to renew your library card, return borrowed books, browse books to check out, or request titles to be delivered. Library staff will be on hand to help with questions, recommendations, and all your library needs. Bring your library card and discover something new to read!

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

## Genealogy Exploration:

### The Stories Hiding in Your Family Photographs

Thursday, October 15 | 3:00 PM | Piner Hall

Presenter: Lisa Lisson

Co-Sponsored by Fountain Hill Home Care and Wellness Arts

Old family photographs are often the conversation starters that spark an interest in family history and genealogy. In this illustrated program, genealogy educator and speaker Lisa Lisson will explore the clues hidden in family photographs, including clothing, settings, objects, and the relationships among the people pictured. She will show how those details can help uncover more about the people, places, and stories in your family history.

This program is designed for both those who already have experience researching their family history and those who are simply curious about the stories behind their family photographs.

Have a family photograph you are curious about? Residents are invited to email a copy to Lisa at [Lisa@LisaLisson.com](mailto:Lisa@LisaLisson.com) by October 2 for possible inclusion in the presentation. Please include anything you already know about the photograph and a question you have about it. A short Q&A will follow the presentation. You may bring family photographs with you for Lisa to look at. **Light refreshments will be served.** **RSVP by October 14.**



**Fountain Hill**  
HOME CARE by Arbor Acres



About Lisa Lisson: Lisa Lisson is a genealogy researcher, educator, and speaker and the founder of *Are You My Cousin?*. She has spent years helping family historians uncover the stories of their ancestors through practical research strategies, online education, and speaking programs. Lisa presents genealogy topics to audiences both in person and online, with a focus on making family history research approachable and engaging.



## Heart Math Tutoring Presentation

October 14 | 2:00 PM | Piner Hall

Join Cydney Kramer, Executive Director of National Partnerships for Heart Math Tutoring, to learn more about this meaningful program supporting local elementary students. Cydney will share how volunteer tutors help students strengthen foundational math skills while building confidence and positive relationships. No previous tutoring or math experience is required – training, lesson plans, and support are provided.

## Nichols Hearing Fall Series

October 15 | 10:30 AM | Piner Hall

Join audiologist Dr. Anna Nichols for a fall series exploring the connection between hearing health, dementia, and overall wellness. Learn more about hearing loss, its potential impact on cognitive health, and simple ways to support your hearing and well-being. **Be on the lookout for Part Two of the series coming in November! RSVP by October 12.**



Dr. Anna Nichols

# 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, October 3 | 2 PM | Piner Hall**

***The Italian Job***

PG-13 | 2003 | Action Thriller | 1hr 51m

After a heist in Venice, Steve turns on his partners in crime, killing safecracker John Bridger and keeping all the gold for himself; the rest of the team, including leader Charlie Croker, driver Handsome Rob, explosives man Left Ear and tech geek Lyle, vows revenge; they enlist the help of Bridger's daughter, Stella, and plot to recover the gold from Steve's Los Angeles mansion.



**Saturday, October 10**

**\*\*Note: No movie will be shown on Saturday, October 10.**

**Saturday, October 17 | 2 PM**

**Gathering Place (4th Floor Corpening, note different location)**

***Dark Victory***

NR | 1939 | Psychological Drama, Romance | 1hr 44m

Socialite Judith Traherne lives a lavish but emotionally empty life. Riding horses is one of her few joys, and her stable master is secretly in love with her. Told she has a brain tumor by her doctor, Frederick Steele, Judith becomes distraught. After she decides to have surgery to remove the tumor, Judith realizes she is in love with Dr. Steele, but more troubling medical news may sabotage her new relationship, and her second chance at life.



## Movies with Matt

***Train Dreams***

**Friday, October 9 | 7 PM | Piner Hall**

PG-13 | 2025 | Period Drama | 1hr 42m

A quiet, beautifully filmed drama based on Denis Johnson's acclaimed novella. Set in the early 20th century, it follows Robert Grainier, a railroad worker whose life unfolds against the sweeping changes of the American West. A moving story about love, loss, resilience, and the passage of time. **RSVP by October 8.**



**Saturday, October 24 | 2 PM | Piner Hall**

***Hanging Up***

PG-13 | 2000 | Comedy, Drama | 1hr 34m

A trio of sisters do what they do best with life, love, and lunacy on the telephone lines that bind when their father is admitted to a Los Angeles Hospital. After years of wild living, intermittent affection, and constant phoning, they bond over their ambivalence toward the approaching death of their curmudgeonly father, to whom none of them was particularly close.



## Suggestions Needed!

**Saturday, October 31**

**2 PM | Piner Hall**

**Halloween Special!**



Do you have a favorite Halloween classic or spooky comedy you would like to see on Halloween day? The Wellness Arts Department wants to hear from you! **We are looking for recommendations** for the Saturday Matinee Movie for Halloween day!

Please send any recommendations to Amaria Rankins, Wellness Arts Assistant, at [arankins@arboracres.org](mailto:arankins@arboracres.org) or ext. 1917 by Friday, October 23. We look forward to hearing your suggestions and choosing a movie that will make this Halloween matinee a special treat!

# Off-Campus Excursion Opportunities.

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

## Ladies Lunch Bunch at Southern Home and Kitchen

Thursday, October 8

11:45 AM – Leaving Berrier Front Lobby

12:00 PM – Lunch

2:00 PM – Return to Arbor Acres (Approx)

Join us for a **new monthly culinary experience** hosted by cookbook author Dianne McDonnell of *Don't Crowd the Pan*. Enjoy a chef-prepared lunch, cooking demonstration, cocktail, and great conversation in an intimate setting. **Only 12 spots available! Cost is \$40 and includes transportation. See Go Icon for details and registration.**

## The Art of the Pour.

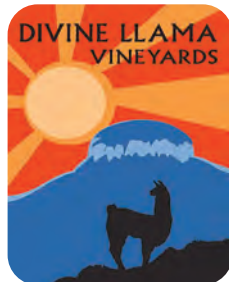
### Divine Llama

Saturday, October 10

11:30 AM – Leaving Berrier Front Lobby

2:00 PM – Return to Arbor Acres (Approx)

Join us for a relaxing visit to Divine Llama Vineyards in the Yadkin Valley! Enjoy the beautiful vineyard scenery, learn more about the winery, and, of course, meet the resident llamas. Lunch plans are still being finalized, with more information to come. Be on the lookout for additional details and sign-up information on Go Icon! **RSVP by October 7.**



## Candlelight: Tribute to Fleetwood Mac

Sunday, October 25 | Millennium Center

6:00 PM – Leaving Berrier Front Lobby

6:30 PM – Show

8:00 PM – Return to Arbor Acres (Approx)

Experience the music of Fleetwood Mac like never before on October 25 at the Millennium Center. Enjoy favorites like *Dreams*, *Landslide*, *Rhiannon*, and *Go Your Own Way* performed by a string quartet surrounded by the warm glow of candlelight. A beautiful evening of music you won't want to miss! **\*High Chance of Ticket Sell Out\*** **Non-refundable tickets are approx. \$35. Five people must be registered by October 5 or we will not be able to purchase tickets or provide transportation.**



## The Curious Palate:

For the adventurer in all of us!

Explore new flavors, cuisines, and local favorites.



## Three Bulls American Steakhouse in Clemmons

Tuesday, October 6 | Departs at 5:00 PM

7:30 PM - Return to Arbor Acres (Approx)

Join us for an enjoyable evening at Three Bulls American Steakhouse in Clemmons. Known for hearty American fare, hand-cut steaks, and a welcoming atmosphere, it's a wonderful spot to gather with friends and enjoy a delicious meal together. **RSVP by October 2.**



## Cibo Trattoria

Tuesday, October 13 | Departs at 5:00 PM

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

Experience an evening of Italian dining at Cibo Trattoria in Winston-Salem's Arts District. Enjoy a delicious menu inspired by the culinary traditions of Northern and Southern Italy, paired with warm hospitality and a lively atmosphere. It's the perfect opportunity to enjoy a wonderful meal and good company! **RSVP by October 9.**



## Diamondback Grill

Tuesday, October 27 | Departs at 5:00 PM

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

Join us for a delicious evening at Diamondback Grill, a Winston-Salem favorite known for its fresh, flavorful American cuisine and inviting atmosphere. Enjoy a wonderful meal, great conversation, and an opportunity to dine out with friends! **RSVP by October 23.**



## Shopping Opportunities

Tuesday, October 6 | 1 PM – 3 PM (APPROX)

Cloverdale Shopping Center. **RSVP by October 4.**

Tuesday, October 20 | 1 PM – 3 PM (APPROX)

Walmart in King. **RSVP by October 18.**

Tuesday, October 27 | 1 PM – 3 PM (APPROX)

Hamrick's. **RSVP by October 25.**



# Engagement with Purpose:

## Strengthening community through service and voting

### The greeNest 2026 Holiday Store

Have you ever heard of the greeNest Holiday Store? Would you like to learn more? Now is your opportunity to learn how the greeNest Holiday Store benefits not only individuals but also our community.



The greeNest Holiday Store is celebrating its 10th anniversary. The store became a reality when Judy Ingram, a greeNest volunteer (also known as Mrs. Claus), saw an opportunity to turn donations of gently used holiday items into a revenue generating activity. The first seasonal Holiday Store opened in a vacant store in a shopping center at the corner of Robinhood and Peace Haven and its success prompted more and more holiday items to be donated each year.

The store sells gently used holiday items at bargain prices. From artificial holiday trees, lights, and ornaments, to holiday themed dishes, table cloths, wall-

hangings, and pillows, the store offers a wide variety of home and yard decorations. Best of all, donors know that their gently used items will find a home instead of ending up in the landfill. Shoppers come away with items costing a fraction of their retail price, and greeNest uses the net profits to further its mission of helping families in transition furnish their residence.

On **Monday, October 5, 4:30 - 5:30 PM** in Piner Hall, Judy Ingram, one of the Holiday Store's founders, and Linda Childers, 2026 head of Team Tinsel, will speak about this year's Holiday Store and share stories and photos of past years' stores. Refreshments will be served.

On **Tuesday, November 17**, transportation will be provided for those wanting to shop at this year's Holiday Store.

If you have gently used holiday items that you would like to donate, please contact Cherie Hennig, [cheriehennig@msn.com](mailto:cheriehennig@msn.com) or 828-577-5016 to arrange for their pick-up.

If you are able, you can shop at greeNest's Holiday pre-sale on Friday, October 9, 10 AM - 6 PM at greeNest, 630 Brookstown, Avenue.

### Make Your Voice Heard: Voting Transportation



Election Day is **Tuesday, November 3rd**, and Wellness Arts is making it easier to get to the polls! Transportation will be available for residents who would like to vote early or on Election Day.

Early Voting Transportation:  
Tuesday, October 20 at 11 AM  
Tuesday, October 20 at 3:30 PM  
Monday, October 26 at 3 PM

Transportation will also be provided on **Election Day, November 3**. Additional details and sign-up information will be available soon. Voting information sheets can be found on the Berrier Information Rack. Mark your calendar and make a plan to **make your voice heard!**

## VOLUNTEER

### Impacting Lives and Communities

Do you have a talent, hobby, passion, or area of expertise that you would enjoy sharing with the Arbor Acres community? Whether you'd like to teach a skill, lead a discussion, demonstrate a craft, share your collection, or simply tell others about something you love, we'd love to hear from you!

Please reach out to the Wellness Arts team at ext. 1917 or email [arankins@arboracres.org](mailto:arankins@arboracres.org) to share your idea.

# Spirit of Halloween



## HALLOWEEN HAPPENINGS AT ARBOR ACRES

### Announcing: Hauntingly Good Home Décor Contest

Show off your Halloween spirit and enter our Hauntingly Good Home Décor Contest! Whether you've created a festive pumpkin carving, decorated your yard, or added some spooky touches to your home, we want to see it. Simply snap a photo and email it to the Wellness Arts team at [creddell@arboracres.org](mailto:creddell@arboracres.org) by October 20.

The winner will be announced at our Halloween Happy Hour, where a special prize will be awarded. Get creative, have fun, and let's see your best Halloween decorations!



Join us for a variety of festive Halloween activities happening all across our campus! We look forward to celebrating a fun, festive, and family-friendly Halloween season with everyone at Arbor Acres!



### An Evening of Magic with Josh Farley

Thursday, October 29 | 6:30 PM | Robinson Hall

Enjoy an entertaining performance by magician and illusionist Josh Farley.

### Halloween Happy Hour

Friday, October 30 | 4:30 - 6 PM | Book Nook

Join Wellness Arts for a festive Halloween Happy Hour! Enjoy frightfully-fun appetizers, Witch's Brew, and wine as we celebrate the season together. We'll also announce the winner of our Hauntingly Good Home Décor Contest! Come in costume or simply come as you are for an afternoon of Halloween fun, good food, and good company.

### Staff Costume Contest

Friday, October 30

Staff members will show off their creativity in a campus-wide costume contest throughout the day. Residents can participate by voting for their favorite costumes. Voting stations will be located at entrances and common areas across campus. Costume Voting Stations: Entrance to Berrier, Strickland Place, and Asbury Place.

### Trick-or-Treating

Friday, October 30 | 6:00 - 7:00 PM (Tentative)  
Strickland Place / Brock Court

Children will visit campus for an evening of trick-or-treating. Independent Living residents are invited to participate by:

- Dressing in costume
- Helping refill candy stations
- Decorating golf carts and handing out candy along the route

### Halloween Musical Performances with Ragtime Pianist Ethan Uslan

Saturday, October 31

11:00 AM | Strickland Place/Brock Court

2:00 PM | Asbury Place/Promenade

3:45 PM | Arborview/Atrium

Ethan Uslan will bring Halloween spirit to campus with costumed performances throughout the day in all three areas of our community.



October 2026

ARBOR  
ACRES

Active Aging Week October 5th-11th

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Meeting Places:</div> <div>AA Arbor Acres</div> <div>AR Arbor Room</div> <div>BR Ball Room (Wellness Center)</div> <div>BFL Berrier Front Lobby</div> <div>BN Book Nook</div> <div>CC Croquet Court</div> <div>GP Gathering Place (4th floor Corpening)</div> <div>HP Hanes Park</div> <div>LR Living Room in Berrier</div> <div>MPR Multi-purpose Room (3rd floor Corpening)</div> <div>PH Piner Hall</div> <div>PDR Private Dining Room</div> <div>RH Robinson Hall</div> <div>WC Wellness Center</div> <div>WT Womble Terrace</div> <div>WS Woodshop</div> <div>Questions? Contact:</div> <div>Stormie Bruce<br/>Wellness Arts Manager<br/>336-724-7921 ext. 1266<br/>sbruce@arboracres.org</div> <div>Cortney Reddell<br/>Wellness Arts Coordinator<br/>336-724-7921 ext. 1914<br/>creddell@arboracres.org</div> |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                | <div>01</div> <div>8:30a Computer Q &amp; A<br/>10:00a Town Hall<br/>2:00p Arbor Carvers<br/>3:00p Introduction to Printmaking with Mona Wu<br/>3:30p Holy Eucharist with St. Paul's Episcopal Church<br/>4:30p Music Performance &amp; Wine Social with Tyler Dodson</div> <div>LR<br/>PH<br/>WS<br/>GP<br/>RH<br/>WT</div>                                        | <div>02</div> <div>10:00a Tour of Asbury Place<br/>1:30p Women's Bible Study<br/>3:15p Open Play Mah-jongg<br/>4:30p Happy Hour</div> <div>BN<br/>MPR<br/>BN</div>                                                                                                                                                                  | <div>03</div> <div>10:00a Intergenerational<br/>2:00p Movie: The Italian Job<br/>3:00p Board Games<br/>7:00p Great Courses: History-<br/>-"The Historical Jesus"</div> <div>PH<br/>PH<br/>MPR<br/>PH</div>                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>04</div> <div>10:15a Fellowship &amp; Coffee<br/>11:05a Arbor Acres Community<br/>Worship in Piner Hall<br/>1:45p Artworks Gallery:<br/>Elizabeth Kelly Art Show<br/>5:00p Croquet - Open Play</div> <div>BN<br/>PH<br/>BFL<br/>CC</div>                    | <div>05</div> <div>9:00a Men's &amp; Women's Doubles<br/>Croquet Tournament<br/>11:00a Great Courses: The Real History<br/>of Dracula<br/>1:30p Sharps and Flats Rehearsal<br/>4:30p greeNest Holiday Store<br/>Presentation<br/>6:30p Monday Night Cards</div> <div>CH<br/>GP<br/>PH<br/>PH<br/>MPR</div> | <div>06</div> <div>9:00a Men's &amp; Women's Doubles<br/>Croquet Tournament<br/>1:00p Independent Shopping at<br/>Cloverdale Plaza<br/>3:00p The Dwelling Series -<br/>Documentary: The Dwellers<br/>5:00p Curious Palate: Three Bulls<br/>American Steakhouse in<br/>Clemmons</div> <div>CH<br/>BFL<br/>PH<br/>BFL</div> | <div>07</div> <div>All Day Flu Fair All Day (check Go<br/>Icon for schedule by<br/>location)<br/>9:00a Men's &amp; Women's Doubles<br/>Croquet Tournament<br/>10:45a Ennegram Series<br/>5:00p Vespers</div> <div>PH<br/>CH<br/>GP<br/>PH</div>                                                                | <div>08</div> <div>8:30a Computer Q &amp; A<br/>9:00a Men's &amp; Women's Doubles<br/>Croquet Tournament<br/>11:45a Ladies' Lunch Bunch<br/>12:00p Men's Club<br/>2:00p Arbor Carvers<br/>3:00p Introduction to Printmaking<br/>with Mona Wu</div> <div>LR<br/>CH<br/>BFL<br/>PH<br/>WS<br/>GP</div>                                                                | <div>09</div> <div>9:00a Men's &amp; Women's Doubles<br/>Croquet Tournament<br/>1:30p Women's Bible Study<br/>2:00p The Dwelling Series - On-Site<br/>Tour<br/>3:15p Open Play Mah-jongg<br/>4:30p Happy Hour<br/>7:00p Movies with Matt: Train Dreams</div> <div>CH<br/>MPR<br/>BFL<br/>MPR<br/>BN<br/>PH</div>                    | <div>10</div> <div>10:00a CLEO Technology Help<br/>11:30a Art of the Pour: Divine<br/>Llama Vineyards<br/>2:00p Movie:<br/>3:00p Board Games<br/>7:00p Great Courses: History-<br/>-"The Historical Jesus"</div> <div>BMS<br/>BFL<br/>PH<br/>MPR<br/>PH</div>                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>11</div> <div>10:15a Fellowship &amp; Coffee<br/>11:05a Arbor Acres Community<br/>Worship in Piner Hall<br/>1:30p Theatre Alliance Presents:<br/>Mel Brooks' Young<br/>Frankenstein<br/>5:00p Croquet - Open Play</div> <div>BN<br/>PH<br/>BFL<br/>CC</div> | <div>12</div> <div>9:00a Men's &amp; Women's Singles<br/>Croquet Tournament<br/>11:00a Great Courses: The Real<br/>History of Dracula<br/>1:30p Sharps and Flats<br/>Rehearsal<br/>6:30p Monday Night Cards</div> <div>CH<br/>GP<br/>PH<br/>MPR</div>                                                      | <div>13</div> <div>9:00a Men's &amp; Women's Singles<br/>Croquet Tournament<br/>11:00a Bridging the Digital Gap<br/>2:00p Construction Town Hall<br/>5:00p Curious Palate: Cibo<br/>Trattoria</div> <div>CH<br/>GP<br/>PH<br/>BFL</div>                                                                                   | <div>14</div> <div>9:00a Men's &amp; Women's Singles<br/>Croquet Tournament<br/>10:45a Ennegram Series<br/>2:00p Heart Math Tutoring<br/>Presentation<br/>2:00p Low Vision Group<br/>5:00p Vespers<br/>5:30p Grill &amp; Chill<br/>7:00p Bingo</div> <div>CH<br/>GP<br/>PH<br/>MPR<br/>PH<br/>WT<br/>MPR</div> | <div>15</div> <div>8:30a Computer Q &amp; A<br/>9:00a Men's &amp; Women's Singles<br/>Croquet Tournament<br/>10:30a Dr. Nichols Hearing Series<br/>2:00p Arbor Carvers<br/>2:30p Movers and Shakers:<br/>Parkinson's Support Group<br/>3:00p Genealogy Workshop<br/>3:00p Introduction to Printmaking</div> <div>LR<br/>CH<br/>PH<br/>WS<br/>GP<br/>PH<br/>GP</div> | <div>16</div> <div>9:00a Men's &amp; Women's Singles<br/>Croquet Tournament<br/>11:00a Documentary &amp; Discussion -<br/>Ripley: Believe it or Not<br/>1:30p Women's Bible Study<br/>3:15p Open Play Mah-jongg<br/>4:30p Happy Hour<br/>6:00p Croquet Celebration Banquet</div> <div>CH<br/>GP<br/>MPR<br/>MPR<br/>BN<br/>PH</div> | <div>17</div> <div>10:00a Intergenerational<br/>2:00p Movie: Dark Victory<br/>3:00p Board Games<br/>4:00p Music Performance: Piano<br/>Recital by Dmitri<br/>Shteinberg<br/>7:00p Great Courses: History--<br/>"The Historical Jesus"</div> <div>PH<br/>GP<br/>MPR<br/>PH<br/>PH</div> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>18</div> <div>10:15a Fellowship &amp; Coffee<br/>11:05a Arbor Acres Community<br/>Worship in Piner Hall<br/>5:00p Croquet - Open Play</div> <div>BN<br/>PH<br/>CC</div>                                                                                     | <div>19</div> <div>11:00a Great Courses: The Real<br/>History of Dracula<br/>1:30p Sharps and Flats<br/>Rehearsal<br/>6:30p Monday Night Cards</div> <div>GP<br/>PH<br/>MPR</div>                                                                                                                          | <div>20</div> <div>11:00a Early Voting<br/>Transportation<br/>11:00a Navigating Griefland<br/>1:00p Independent Shopping<br/>at Walmart in King<br/>3:30p Early Voting<br/>Transportation</div> <div>BFL<br/>GP<br/>BFL<br/>BFL</div>                                                                                     | <div>21</div> <div>10:45a Ennegram Series: Discover<br/>Yourself, Connect with<br/>Others<br/>2:00p Annual Woodworkers Sale<br/>5:00p Vespers<br/>6:45p Face to Face: Ken Burns</div> <div>GP<br/>PH<br/>PH<br/>BFL</div>                                                                                      | <div>22</div> <div>All Day Garden of Peace/Paws<br/>Dedication Ceremony (details<br/>to come)<br/>8:30a Computer Q &amp; A<br/>2:00p Arbor Carvers<br/>4:00p Piedmont Opera Visit<br/>6:30p The Dwelling Series: Voices<br/>from the Dwelling--Live<br/>Engagement</div> <div>WT<br/>LR<br/>WS<br/>PH<br/>BFL</div>                                                 | <div>23</div> <div>12:00p Men's Fellowship Lunch<br/>1:30p Women's Bible Study<br/>3:15p Open Play Mah-jongg<br/>4:30p Happy Hour<br/>5:00p Trivia</div> <div>PDR<br/>MPR<br/>MPR<br/>BN<br/>PH</div>                                                                                                                               | <div>24</div> <div>10:00a CLEO Technology Help<br/>11:00a AI for Beginners Class<br/>2:00p Movie: Hanging Up<br/>3:00p Board Games<br/>7:00p Great Courses: History-<br/>-"The Historical Jesus"</div> <div>BMS<br/>GP<br/>PH<br/>MPR<br/>PH</div>                                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>25</div> <div>10:15a Fellowship &amp; Coffee<br/>11:05a Arbor Acres Community<br/>Worship in Piner Hall<br/>5:00p Croquet - Open Play<br/>6:00p Candlelight Tribute to<br/>Fleetwood Mac</div> <div>BN<br/>PH<br/>CC<br/>BFL</div>                          | <div>26</div> <div>10:30a Forsyth County Library ON<br/>CAMPUS<br/>11:00a Great Courses: The Real History<br/>of Dracula<br/>1:30p Sharps and Flats Rehearsal<br/>3:00p Early Voting Transportation<br/>6:30p Monday Night Cards</div> <div>PH<br/>GP<br/>PH<br/>BFL<br/>MPR</div>                         | <div>27</div> <div>All Day Moravian Archives Tour<br/>(details to come)<br/>11:00a Bridging the Digital Gap<br/>11:00a Navigating Griefland<br/>1:00p Independent Shopping at<br/>Hamrick's<br/>5:00p Curious Palate:<br/>Diamondback Grill</div> <div>BFL<br/>GP<br/>GP<br/>BFL<br/>BFL</div>                            | <div>28</div> <div>10:45a Ennegram Series:<br/>Discover Yourself,<br/>Connect with Others<br/>5:00p Vespers<br/>7:00p Bingo</div> <div>GP<br/>PH<br/>MPR</div>                                                                                                                                                 | <div>29</div> <div>8:30a Computer Q &amp; A<br/>2:00p Arbor Carvers<br/>4:00p Live &amp; Learn: "Is This the<br/>Land of Liberty?"</div> <div>LR<br/>WS<br/>PH</div>                                                                                                                                                                                                | <div>30</div> <div>1:30p Women's Bible Study<br/>3:15p Open Play Mah-jongg<br/>4:30p Halloween Happy Hour</div> <div>MPR<br/>MPR<br/>BN</div>                                                                                                                                                                                       | <div>31</div> <div>2:00p Movie: Halloween<br/>Special! (Movie Title to<br/>Come)<br/>3:00p Board Games</div> <div>PH<br/>MPR</div>                                                                                                                                                     |



## Arbor Acres *Wellness Arts News*

### Active Aging Month at Arbor Acres

While the official Active Aging Week is October 5-11, Arbor Acres will celebrate **Active Aging throughout October – and encourage active aging every day of the year!**

Active aging is about more than exercise. The International Council on Active Aging (ICAA) describes it as a positive approach to aging that encourages engagement in all aspects of life through **physical, intellectual, social, spiritual, emotional, vocational, and environmental well-being.**

At Arbor Acres, we embrace this philosophy year-round through fitness, lifelong learning, creativity, volunteer opportunities, spiritual engagement, social connections, and more. Throughout October, Wellness Arts programming will highlight these **Seven Dimensions of Wellness:**

- **Physical:** Fitness, aquatics, walking opportunities, and our Active Aging Triathlon & Biathlon.
- **Intellectual:** Lifelong Learning, Great Courses, and creative classes such as Introduction to Printmaking with Mona Wu.
- **Social:** Happy Hours, Trivia, group outings, and community gatherings.
- **Spiritual:** Chapel services, discussion groups, and opportunities for reflection and purpose.
- **Environmental:** Gardening, nature-focused activities, and opportunities to appreciate and care for our surroundings.
- **Vocational:** Resident-led programs, volunteer opportunities, committees, and sharing talents and expertise.
- **Emotional:** Programs that encourage resilience, creativity, laughter, companionship, and overall well-being.

Residents are encouraged to try something new, reconnect with favorite activities, and discover programs that support one or more dimensions of wellness.

#### Active Aging Grand Finale

We'll wrap up our month-long celebration with the Arbor Acres Triathlon & Biathlon Celebration! Designed for all ability levels, this fun, non-competitive event will feature swimming or water walking, biking or NuStep, and indoor walking –plus music, refreshments, cheering, medals, and special recognition. **Active aging isn't just something we celebrate for one week or one month – it's something we embrace all year long!**

#### Annual Flu Fair

Wednesday, October 7 | Piner Hall

We're partnering with Jonestown Pharmacy to provide flu vaccinations for our Independent Living residents. Please check your schedule and arrive at your designated time. If you plan to receive a flu shot, we encourage you to speak with your primary care physician beforehand. Thank you for helping keep our community healthy and well!

**Emergency Packet Updates:** Bring your emergency packet! Our team will be in the Marketing Showroom to review and update your information.



#### Go Icon Training Schedule Bridging the Digital Gap

Tuesday, October 13 | 11:00 AM - 11:45 AM

Gathering Place (4th Floor Corpening)

Bring your smartphone, laptop, or tablet and join us for a hands-on training session designed to help you confidently navigate the Go Icon Calendar and make the most of its features.

Topics will include:

- How to navigate the Go Icon Calendar
- How to register for events, programs, & activities
- Helpful tips and tricks for using the platform
- Time for questions and individual assistance

Whether you are new to Go Icon or simply looking to become more comfortable using it, this session will provide practical guidance and support. We look forward to helping you stay connected and informed!

#### Ticket Purchase Update

Many performances and special events sell out quickly. To help secure tickets for residents, Wellness Arts will begin providing RSVP deadlines that reflect the need to purchase tickets in advance. We understand that committing to an outing several weeks ahead can sometimes be difficult, and we will be as thoughtful as possible when establishing registration deadlines.

To help identify events requiring an earlier commitment, you may see the notation "High Chance of Ticket Sell Out" listed near the RSVP deadline. This indicates that tickets are expected to sell quickly and may not be available after the registration date.

If you are unable to attend after a ticket has been purchased on your behalf and there is no resident on the waitlist to take your place, the cost of the ticket will remain your responsibility. If your plans change, we encourage you to sell or gift your ticket to another resident whenever possible. Thank you for your understanding and cooperation as we work to provide enjoyable outings while securing tickets in a timely manner.

# Wellness Arts Community Connections:

Celebrating Compassion, Service & Hope

## The Dwelling Community Engagement Series

This October, Arbor Acres is pleased to partner with The Dwelling for a three-part series that offers residents an opportunity to learn more about one of Winston-Salem's most impactful community ministries. Through film, conversation, and firsthand experiences, participants will gain a deeper understanding of the challenges facing our unhoused neighbors and the inspiring work being done to foster dignity, belonging, and hope.

### About The Dwelling

The Dwelling is an ecumenical faith community located in downtown Winston-Salem that serves and worships alongside individuals experiencing homelessness and housing insecurity. Through hospitality, advocacy, education, restorative writing programs, community organizing, and shelter partnerships, The Dwelling seeks to build relationships that create meaningful change while affirming the worth and dignity of every person. One of its most powerful initiatives, Voices from The Dwelling, partners with Authoring Action to help participants share their stories through creative writing, music, and public engagement. These stories challenge stereotypes, foster understanding, and highlight the resilience and wisdom found within our community.



### About Rev. Emily Harkins

Rev. Emily Harkins serves as Pastor and Mission Developer of The Dwelling. A passionate advocate for social justice and community engagement, Rev. Harkins has helped cultivate a ministry centered on radical hospitality, relationship-building, and accompaniment with those experiencing homelessness and housing insecurity. Her leadership has helped The Dwelling become a place where individuals from all walks of life can find connection, purpose, and community.

### Part I: Documentary Screening

**Tuesday, October 6 | 3:00 PM | Piner Hall**

Join us for a screening of *The Dwellers*, an inspiring documentary that follows eight housing-challenged members of The Dwelling congregation as they participate in a restorative writing and storytelling project through Authoring Action. Through creative writing, music, and personal reflection, participants share their lived experiences and prepare for a public engagement that gives voice to stories often unheard. The film offers a moving and authentic look at resilience, hope, and the power of storytelling.

### Part II: Behind the Mission | On-Site Tour

**Friday, October 9 | 2:00 PM**

Residents are invited to visit The Dwelling's downtown campus for an up-close look at its ministry and community outreach efforts. Participants will tour the facility, learn about ongoing programs, hear more about the organization's mission, and gain insight into how The Dwelling serves individuals experiencing homelessness and housing insecurity throughout Winston-Salem.

### Part III: Voices from The Dwelling | Live Engagement

**The Dwelling, 502 N. Broad Street**

**Thursday, October 22 | 7:00 PM**

Experience the culmination of the Voices from The Dwelling restorative writing project. This live engagement features original monologues, stories, poems, and songs created and performed by members of The Dwelling community. Developed in partnership with Authoring Action and local artists, the performance offers a powerful and deeply personal glimpse into the lives, challenges, hopes, and dreams of individuals often living on the margins of society. More than a performance, it is an opportunity to listen, learn, and connect through the transformative power of storytelling.

We encourage residents to participate in all three events for a meaningful journey of learning, reflection, and community engagement.

### Registration Information

Registration for individual events is available through Go Icon. Residents who need assistance registering are encouraged to contact the Wellness Arts Team.

### A Collaborative Community Initiative

This special series is proudly presented through a partnership between the Arbor Acres Inclusion Group, Spiritual Arts, and Wellness Arts. Together, we are committed to bringing meaningful, educational, and engaging opportunities to our community. We hope you will take advantage of this unique series and join us as we learn more about our neighbors, our community, and the important work being done through The Dwelling.



# Eco-Wise at Arbor Acres:

## Embracing Environmental Wellness

Environmental wellness reminds us that the spaces around us influence how we feel, move, and connect with the world. Research shows that spending time in nature supports both physical and emotional well-being. Studies have found that as little as twenty minutes outdoors can reduce cortisol, the body's primary stress hormone, helping lower stress and improve mood. The National Institutes of Health also notes that access to green space is linked to improved mental health, physical activity, and overall quality of life. Our Arbor Acres campus offers beautiful spaces that invite reflection, movement, and connection with nature.



oaks and is tolerant of many different soil types as well as urban pollution. The willow oak is a high-value tree for birds and mammals as well as a host plant for the larvae of the imperial moth and numerous butterflies. Starting around 15 to 20 years of age, Willow Oaks begin producing small (1/4 – 1/2") acorns, which are a vital food source for wildlife.

How does our featured willow oak compare in size to others? Willow oaks generally grow 40-75 feet tall but can reach 100 feet in ideal conditions. The trunk is typically 3-6 feet in diameter with a crown (canopy) up to 50-90 feet across. The average life span in the wild is 100-150 years old. The Bayberry Circle willow oak is over 70 feet tall, measures about 4-1/2 feet diameter and has a crown spread of about 100 ft. (Yes, there is an app for that). It is estimated to be well over 100 years old. The willow oak at the croquet court is taller, but is similar in diameter and crown to the Bayberry Circle tree. By the way, the largest documented willow oak in NC is located in the town of Marvin near Charlotte. It is over 90 feet tall, 9 feet in diameter, with a crown of 135 feet. It is estimated to be over 200 years old.

Many of our Arbor Acres streets are shaded by willow oaks. We have counted at least 60 here on campus. How many can you find?

A great resource for plant information is the North Carolina Extension Gardener Plant Toolbox from the NC State Cooperative Extension: <https://plants.ces.ncsu.edu>

## The Trees of Arbor Acres

Over the last several months, the Arbor Acres Native Plants and Landscape Committee has been conducting an inventory of trees here on campus. So far, looking only at trees we can see from the streets or paths, we have identified over 50 species and counted over 700 trees. From time to time we plan to feature one of our native trees in the Lamplighter. This month, we are highlighting the willow oak (*Quercus phellos*).

The most recognized tree on the Arbor Acres campus is, of course, our majestic willow oak at the croquet court – but do you know where the one pictured is located?

You can find this beautiful willow oak (pictured to the right) between Bayberry Circle and the Wellness Center.

The willow oak is native to all areas in North Carolina and is known for its slender, un-lobed leaves that resemble those of a willow tree. Since it grows relatively quickly and has a nice form and texture, it works well in urban settings. It transplants more easily than most



## Eco-Wise: A Visit to UNIFI

On September 11th, a group of Arbor Acres residents traveled to UNIFI in Yadkinville for a fascinating behind-the-scenes look at one of the world's leading textile recycling companies. Residents toured the facility and learned how recycled materials are transformed into high-quality fibers used in everything from apparel to home furnishings.

The visit offered a unique opportunity to connect our region's rich textile history with today's innovative approaches to sustainability. Residents enjoyed seeing the process firsthand and learning more about the people and technology behind UNIFI's work.

It was an informative and engaging outing – and a wonderful reminder that innovation and sustainability are right here in our own backyard! (A special thank you to Hannah Apthorpe for connecting us with Matt at UNIFI!)



## Counting Our Pollinators

Arbor Acres was buzzing on Saturday, August 22, as 24 residents joined the Great Southeast Pollinator Census, a citizen-science project organized by the University of Georgia. Residents participated in both morning and afternoon sessions, counting pollinators in the Community Garden and other spots around campus.



There was plenty to see! Our resident counters spotted carpenter bees, butterflies, honey bees, wasps, and a variety of other insects as they carefully recorded their observations. It was a wonderful opportunity to spend time outdoors, enjoy our beautiful campus, and contribute to a larger effort to learn more about pollinators throughout the Southeast.

Thank you to everyone who participated! And a special thank you to Hollis Stauber and Ellen Kirby for helping organize the event and for taking care of the data afterward. We're grateful for all the residents who helped us stop, look, and appreciate the busy little creatures working all around us!

Stay tuned for information on how to participate in spring of 2027!

## Cultivating Beauty & Connection: The Arbor Acres Rose Snippers

Beauty has a way of bringing people together, and the Rose Snippers are a wonderful example of that spirit. From arrangements displayed in the dining room to the flowers welcoming residents and guests at the concierge desk, their work brings color, warmth, and a sense of serenity throughout the community. The Rose Snippers are made up of two groups serving Independent Living and Assisted Living. Together, these dedicated volunteers carefully tend the roses around campus, helping to extend the life of the flowers while transforming them into meaningful arrangements that everyone can enjoy. Jocelyn Connors leads the Independent Living group with assistance from Miriam Lovett to select and cut the flowers. Once the flowers have been gathered, Pat O'Neal carefully transforms them into arrangements that brighten shared spaces and bring joy to the Arbor Acres community. In August, the Wellness Arts Department had the pleasure of joining Jocelyn and Miriam to cut flowers and help maintain the rose bushes. Spending time together caring for the roses offered a wonderful opportunity to connect with the natural beauty of the campus while learning from those who generously share their time and talents.

The experience left us with a renewed sense of gratitude and enlightenment, gaining a deeper appreciation for the people and traditions that help make Arbor Acres feel like home.



# Physical Wellness Opportunities.

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

## Wellness News

with Heidi Day, Fitness Coordinator



### Walk to End Alzheimer's

On Saturday, November 7 at 10 AM, the Arbor Acres Alzheimer's Team will participate in the Walk to End Alzheimer's® at Bailey Park in Winston-Salem.

#### Join Our Team

Register by October 30 at the link below. Your registration and presence help demonstrate the power and volume of our support to the greater Winston-Salem community as we prepare for the official citywide Walk to End Alzheimer's this fall.

To register, please visit:

<https://tinyurl.com/ArborAcresTeam2026>.

Click "Join Our Team", answer the questions, and enter your contact information. After joining, your name will appear in "Team Roster" on the Team Page.

### Arbor Acres Alzheimer's Team Training Walks

Dates: October 23 – October 28

When: Wednesdays at 1:30 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.



### 2026 Croquet Tournaments

October 5 - 9: **Doubles** (Men's & Women's)

October 12 - 16: **Singles** (Men's & Women's)



#### Croquet Celebration Banquet

(for those registered)

October 16 | Piner Hall

5:30 PM Cocktails | 6:00 PM Banquet

Come play and enjoy watching your friends compete in these tournaments. See why those who play croquet at Arbor Acres love the sport and hope you'll sign up next year! The Croquet Celebration Banquet is for all residents, not just croquet players, but registration is required. *Play Well, Have Big Fun and Keep the Croquet Balls Rolling at Arbor Acres!*

### Arbor Acres Brain Health Program

Exciting news! Under the direction of our Fitness Coordinator, Heidi Day, Arbor Acres is launching its pilot Brain Health program led by Dr. Jeffrey Katula, Professor in the Department of Health and Exercise Science, and a leader of the national U.S. POINTER study on brain health. Arbor Acres is the first site in the country to introduce this evidence-based brain health program. We are delighted that Wake Forest students will be onsite at the Wellness Center, engaging with residents throughout the program.

In the coming months, stay tuned for updates on what we learn from the first cohort of resident participants. The entire community will benefit in new ways from the results of this year-long pilot that combines heart-healthy goals, movement, nutrition, and social engagement!

*If you have any questions please contact Heidi Day.*

# Spiritual Arts



## Navigating Griefland Returns

Grief can leave us feeling like we've been dropped into a foreign country where we don't know the language, don't know the customs, and don't have a map. Navigating Griefland is a six week group that helps us discover our way through that land in the company of fellow travelers. In this group we honor all kinds of grief, not just for a death but any kind of loss that touches our heart whether it happened yesterday or a lifetime ago.

The group will be led by chaplains Mary Beth Beck-Henderson and Dane Martin.

**Series Dates: 10/20 - 11/24**  
**Weekly on Tuesdays**  
**11:00 AM to Noon | Gathering Place**

Please register on Go Icon or contact Wellness Arts at ext. 1914 or Chaplain Mary Beth Beck-Henderson at ext. 1382.

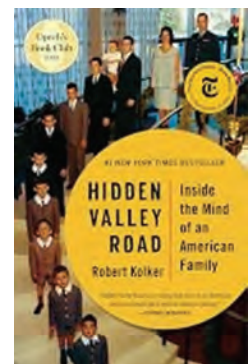
| <p><b>We welcome people of all faiths and beliefs. Our mission is to enrich the lives of those who live and work at Arbor Acres, as well as their families.</b></p> | Service/Offering              | Day                             | Time     | Location         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------------|----------|------------------|
|                                                                                                                                                                     | 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 | Arbortview       |
|                                                                                                                                                                     | Bible Study with Hymns        | 3rd and 4th Thursday each month | 10:00 AM | Strickland Place |



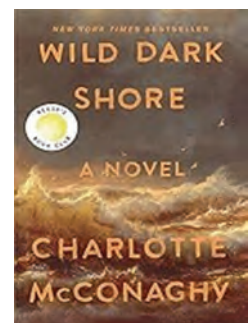
## The Library Corner News

*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.*

**Hidden Valley Road** was a NYT's bestseller while we were all preoccupied with the pandemic. It made the Oprah Book Club list and was tapped by GQ as one of the top 50 Books of Literary Journalism of the Century. It follows the story of the socially upscale Galvin family with 12 seemingly perfect children. Behind the scenes, however, things were very different. Over time, 6 of the 10 brothers were diagnosed as schizophrenic – each succumbing, one by one, to individually unique and traumatic symptoms. The family eventually became one of the first to be studied by the National Institute of Mental Health, leading to significant changes in the treatment of mental illnesses. Shelf location: 616.89 KOL



The bestselling fiction book, **Wild Dark Shore**, was written by an Australian author and chiefly takes place on a stormy remote island between Tasmania and Antarctica. As the book opens, the island is inhabited by a father and his three children who are caretakers for a vital global seed bank. The seed bank has recently been abandoned by scientists due to the rising ocean waters, and the family is waiting to be rescued "by the next ship" while trying to protect the remaining seeds. Readers discover that there are many secrets being kept, and things become more complicated when a woman with her own secrets washes ashore in a storm. The book gained notice for its "lush, atmospheric nature writing blended with suspenseful, fast-paced thriller elements." A Reece's Book Club pick. Shelf location: FIC MCC



# 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

## Arbor Acres Fun Facts

Ever wonder about the numbers, processes, and decisions behind life at Arbor Acres? Arbor Acres Fun Facts is a new Lamplighter feature from Chief Financial Officer David Matthews, offering brief, easy-to-understand answers to questions residents are curious about. Each issue will provide a quick behind-the-scenes look at our community, while more detailed topics will continue to be addressed through Town Halls and Neighborhood Meetings.

### Total Residents at Arbor Acres by Level of Care

|                                    |            |
|------------------------------------|------------|
| Independent Living                 | 346        |
| Assisted Living - Asbury Place     | 63         |
| Memory Care - Arborview            | 30         |
| Skilled Nursing - Strickland Place | 72         |
| <b>Total Residents</b>             | <b>511</b> |



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

**Appliance Maintenance:** Extend appliance lifespan by cleaning refrigerator coils annually and emptying the dryer lint trap after each use.

**Good News:** Ed Bowman, Maintenance Technician is back from shoulder surgery.

**Completed Work Orders Last Month:** 1,371



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

**Safety:** The next resident-centered emergency training is Thursday, October 20 at 4:00 PM in Piner Hall. Topics will include:

- Missing resident
- Active shooter
- Avoiding theft during the holidays

## August Statistics:

Total medical calls: 35, False PET calls: 17  
Average response time: 4.2 minutes



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

## Projects and Landscaping:

- E. Brothers Turf Services will be aerating and overseeding the first week of October.
- Sheila and Misty from Bland Landscaping, Co. will begin resident plantings on a first come first serve basis. Once the request has been received through Caremerge, Sheila will reach out to schedule a planting date. Please do not purchase your plant material until you have spoken with Sheila.
- Sammy Ball will begin the tear out for the Stockton water feature refresh. Sammy will be removing most of the plants around the feature that have outgrown their space. Drake Flynt is currently working on a new design that will incorporate a new and improved plant selection.
- New Polywood benches will be installed around the campus replacing the worn wooden benches. The Polywood benches are made from recycled plastic and are built to last many years with minimal maintenance.
- Garden of Paws project should be completed by the end of October. This garden will provide a place for residents to scatter the ashes of their beloved pets and a place to reflect on their lasting memories.
- The final phase of the Garden of Peace will be completed by the beginning of October. Spiritual Arts, with the guidance of the Garden of Peace committee, will hold a dedication for the garden on Oct. 22 at 2 PM.
- Through out October, we will be installing several native trees to replenish our large tree inventory. We have selected several locations that will guarantee the trees' ability to live a full life while supporting the aesthetic and privacy needs of the community.



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

**Professional corridor carpet cleaning** service will take place in October. The Housekeeping Management team will manage the project to ensure limited resident inconvenience.

**Recycling:** Please consult Go Icon for updated community recycling efforts. Please remember, plastic grocery bags are not recyclable.

# Celebrating October Birthdays

|                  | RESIDENTS                                        | EMPLOYEES                                                                 |
|------------------|--------------------------------------------------|---------------------------------------------------------------------------|
| 1 <sup>st</sup>  |                                                  | Brianna Johnson<br>Bojana Maslenjak<br>Brooklynn Walker                   |
| 2 <sup>nd</sup>  | Jo Anne Goetz                                    | Deborah Barr-Cloud<br>Shavon Binns Aiken<br>Joy Saylor                    |
| 3 <sup>rd</sup>  | Aundrea Michielutte<br>Lucy Milner               | Ali Abernathy<br>Zemora Miller<br>Francisco Villalobos                    |
| 4 <sup>th</sup>  |                                                  | Rhonda Franklin<br>Savannah Williams                                      |
| 5 <sup>th</sup>  | Winborne Chandler                                | Tina Hodge                                                                |
| 6 <sup>th</sup>  | Barbara Matthews                                 | Tracey Brown                                                              |
| 7 <sup>th</sup>  | Paul Armstrong, Jr.                              | Haileigh Hazel<br>Bobby Hunter<br>Elizabeth Meyer<br>Alexis Trejo-Sanchez |
| 8 <sup>th</sup>  |                                                  | Dwan Geter<br>Chip Pulliam                                                |
| 9 <sup>th</sup>  |                                                  | Alexandra Hoskins                                                         |
| 10 <sup>th</sup> | Cecilia Baute<br>Jackie Broach<br>Dick St. Clair |                                                                           |
| 11 <sup>th</sup> |                                                  | Gaynelle Burnette<br>Deandra Correll                                      |
| 12 <sup>th</sup> |                                                  | Ashley Hazel                                                              |
| 13 <sup>th</sup> |                                                  | Cedric Wright                                                             |
| 14 <sup>th</sup> | Laura Kline<br>Andy Bell                         | Jasmine Brunson<br>Tina Phillips                                          |
| 15 <sup>th</sup> | Carolyn Clifton<br>Lynn Eisenberg                |                                                                           |
| 16 <sup>th</sup> | Dan Jones<br>Pat Wolfe                           | Shamera Pinnix<br>Caprece Wilborn                                         |

|                  | RESIDENTS                                | EMPLOYEES                                                  |
|------------------|------------------------------------------|------------------------------------------------------------|
| 17 <sup>th</sup> | Barbara Minges                           | Carra Christensen<br>Jashar Morris                         |
| 18 <sup>th</sup> |                                          |                                                            |
| 19 <sup>th</sup> | Mary Martha McKinley                     | Nichole Kolonko<br>Tamara Mcmanus<br>Deborah Smalls        |
| 20 <sup>th</sup> |                                          | Ray Hairston<br>Isaiah Stubblefield                        |
| 21 <sup>st</sup> | Steven Dunn                              | Abelia Villagran                                           |
| 22 <sup>nd</sup> | David Kline                              | Kelly Harris-Cullins                                       |
| 23 <sup>rd</sup> | John Earle<br>Cliff Summey               | Key Key Brown<br>Lisa Dunlap<br>Kayla Santana              |
| 24 <sup>th</sup> |                                          | Manella Kaiwood<br>Ismael Sanchez-Luis                     |
| 25 <sup>th</sup> |                                          | Damon Garner<br>Denise Gay                                 |
| 26 <sup>th</sup> |                                          |                                                            |
| 27 <sup>th</sup> | Louise Bazemore                          | Flaco Angus<br>Tracy Shelton                               |
| 28 <sup>th</sup> | Ann Cross<br>Lyons Gray<br>Jane Stringer | Robert Gay<br>Alena Shearrin<br>Wendi Shutt<br>David Smith |
| 29 <sup>th</sup> | Judy Hathaway<br>Mary Underwood          | Tiffany Almoustapha<br>Madison Burton                      |
| 30 <sup>th</sup> |                                          | Aslhys Marin                                               |
| 31 <sup>st</sup> | Suzan Elster                             | Lyriq Graham<br>Matt McLaughlin                            |



ARBOR ACRES

*We honor our commitments  
while planning for tomorrow.*

# Upcoming Dining Events

## Grill and Chill: A Taste of the Islands

Thursday, October 15 | Womble Terrace

5:30 PM – Appetizers and drinks

6:00 PM – Dinner

Rain location will be in the Arbor Room

Get ready to kick off your shoes, soak up the sunshine, celebrate the end of the summer, and let the flavors of the islands transport you to paradise.



This event will take us on a culinary journey to Hawaii with a festive Hawaiian luau filled with tropical flavors, island-inspired dishes, and plenty of food cooked fresh from the grill.

The menu will feature an enticing selection of seafood and meats inspired by the traditions and flavors of the island. Guests can look forward to succulent grilled shrimp, fresh tuna, tender pork, and halibut, all prepared with tropical touches that capture the spirit of a Hawaiian getaway.

Of course, no luau would be complete without the star of the show: a whole roasted pig! Slow-roasted to perfection, this centerpiece will bring a true taste of the traditional Hawaiian luau to our table.

Along with the savory selections, expect bright tropical flavors, fresh fruit, colorful accompaniments, and other surprises designed to make this Grill and Chill a memorable dining experience.

So, grab your favorite Hawaiian shirt, floral lei, or anything that puts you in an island state of mind. Come hungry and come ready to relax and join us as we grill and chill Hawaiian style.

Cost is \$65 per person. Indoor seating is limited to 50 guests. Up to 25 additional reservations may be accepted, weather permitting. RSVP soon – seating is limited! Register by calling the Gourmet Valet at 336-724-7921 ext. 1311.



## Special Halloween Menu

Saturday, October 31 | Lakeside Dining Room  
Lunch & Dinner

Soup: Goblin's golden pumpkin soup  
All day: Monster mash meat loaf  
After five: Black magic salmon  
Creepy cream corn  
Ghostly garlic mashed potatoes  
Haunted harvest squash  
Salad bar: Devilish deviled eggs



## ARBOR ACRES

### Our Spiritual Foundation

Our faith leads us to do good things for older adults and those who serve them.

### Our Mission

We create communities that celebrate the art of living.

### Our Vision

Setting the stage to embrace aging's possibilities.

ARBOR  
ACRES

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1240 Arbor Road, Winston-Salem, NC 27104  
The online version of *Lamplighter* is available at [www.arboracres.org](http://www.arboracres.org) and via Go Icon Community Portal.

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