



4428 Pheasant Ridge Road • Roanoke, VA 24014 • (540) 400-6482

April 2009

VISIT OUR WEBSITE AT:

www.villageonpheasantridge.com



The Village on Pheasant Ridge



The Village Launches "Pathways" Wellness Program

Murray Evans Joiner, Jr., M.D. is the new Director of Health and Wellness. Under the leadership of Dr. Joiner, *Pathways*, a new health and wellness program, will provide health screenings and monitoring; personalized wellness plans; and life enrichment programs for its residents. *Pathways* also will offer free lectures on health and wellness that are open to the Roanoke Valley community. Area residents are invited to call (540) 400-6482 to be added to the mailing list for future *Pathways* health and wellness events or to arrange a tour of the community.

Thursday, April 9, at 2 p.m. "Spring Into Action"

Keynote speaker Amanda Painter of Studio 3 will discuss exercise and wellness for seniors.

RECYCLE!!

Residents can now use our new recycling bins for your old newspapers, paper, bottle and cans. They are each marked for sorting. Do your part for a greener community.



Welcome New Residents

- Harry Miller
- Frank and Kay Luschen
- Cy Kauffman
- Virginia Shaver
- John & Sallie Hammett
- Viki Snelson

Wine & Cheese Reception

Join us on Friday, April 24, at 3 p.m., for our Wine & Cheese social. Socialize with our residents and staff or come to find out how YOU can become a resident at the Village!



Letter From the Manager

We love our residents and want to make sure you always receive top-notch service. If something's not right, we want to fix it! Let us show you how much we appreciate you with the best service possible.

—Dawn, Executive Director

PHONE NUMBER

(540) 400-6482

FAX NUMBER

(540) 400-6511





What's New???

April Fooling

- April 1, April Fools' Day—Watch out!
 - April 5, PALM SUNDAY
 - April 5, 11:30am-1:30pm Sunday Brunch
 - April 9, 2pm Exercise Lecture
 - April 9, 6:30pm Bingo Party
 - April 10, Easter Party
 - April 12, EASTER SUNDAY
 - April 13, 6pm Salem Red Sox Game
 - April 15, INCOME TAX DAY
 - April 15, 2pm Forty Years After Band
 - April 16, Showtimers, 'Barefoot in the Park'
 - April 23, 6:30pm Nancy Smith, Gospel Singer
 - April 24, 3pm Wine and Cheese Social with art displays courtesy of the League of Roanoke Artists.
 - April 27, 6pm Birthday Party
- Check the April activity calendar for additions and updates.



WINNERS of the Wii Bowling Tournament. Congratulations!

Community News

Newsworthy Seminar at the "Village"

Mark your calendars for an informative seminar called "The Future of Medicare and President Obama's Health Care Plan." It deals with the impact of President Obama's health care program on Medicare and Medicaid programs and the senior population.

The seminar will be conducted at two different sessions on two days:

Monday, April 6 at 10 a.m. and 2 p.m.
or

Tuesday, April 7 at 10 a.m. and 2 p.m.

The seminar will be conducted by Joe Roche of Roche & Associates, a professional in the field of senior issues.

Great Fun at the Mardi Gras



Entertained by the Caravan Band



GREAT FOOD



Wild dancers



The Village's Latest Adventures



Natural History Museum



Beat the blahs of winter party



Snow blankets the Village



Valentine Party



Stacking hearts contest



9-11 Memorial



This memorial, which is located at the brick yard in the west end of Salem, was a very impressive and moving tribute to those that lost their lives.



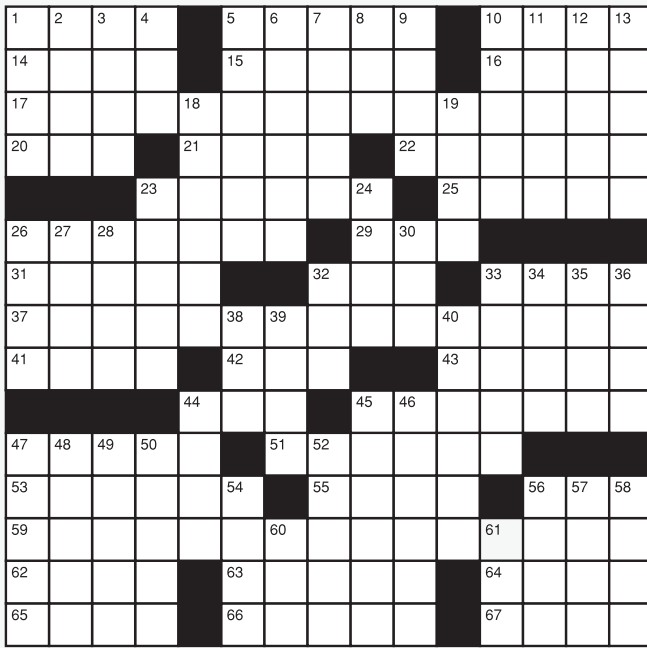
Happy Birthday

April Birthdays

Frankie Purdy - April 17

Hilda Christian - April 27

Crossword Puzzle



ACROSS

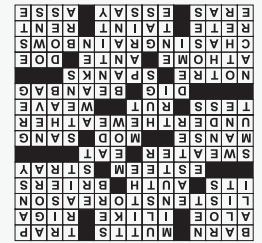
1. Dobbin's shelter
5. Mixed breeds
10. Corner
14. Lily plant
15. "___ like!"
16. Capital of Latvia
17. Considers
wise advice
20. Common
contraction
21. Officially
approved: abbr.
22. Thorny plants
23. High regard
25. Alley cat
26. Article of clothing
29. Have a snack
31. Clergyman's dwelling
37. Fashionable
37. Sick abed
41. "___ of the
d'Urbervilles"
42. Groove
43. Interlace
44. Enjoy greatly:
slang
45. Base for a chair or
an ashtray
47. Start of a
U.S. university
51. Paddles
53. In

55. Poker player's term
56. Female animal
59. Wishing for the
impossible
62. Network
63. Contaminate
64. Let
65. Historical divisions
66. Written work
67. South African fox

DOWN

1. Island east of Java
2. Landed
3. Patriotic seamstress
4. Holey item
5. Wee
6. Irish province
7. Support one's church
8. Ref's decision
9. Yugoslavian
10. Characteristic
11. Alarm clock heeder
12. Greek marketplace
13. Violet
18. Lent's climax
19. In the past, in the past
23. Lets up
24. Cry from 25 Across
26. Sooty matter
27. Subside
28. Concludes
30. Drink

32. Encountered
33. British weapons
34. "Moby Dick" character
35. Leningrad's river
36. Peck, to friends, perhaps
38. Prefix for angle or cycle
39. Welcomes warmly
40. Open the eyes
44. Prefix for god or john
45. Fruit
46. Being
47. Mother-of-pearl
48. Different
49. "Is ___ fact!"
50. Garden blooms
52. Capital city
54. Being: Sp.
56. Accomplishes
57. Has
58. This: Sp.
60. Auto's need
61. Feminine garment



April Month in "This History"

1513: Spanish conquistador Juan Ponce de Leon discovers and claims Florida for Spain.

1789: George Washington takes office as the first president of the United States.

1800: The Library of Congress, the largest library in the world (and the research arm of Congress), is established.

1860: Giddy up! The Pony Express begins mail service via horseback between St. Joseph, Mo., and Sacramento, Calif.

1896: Fourteen nations participate in the first modern international Olympic Games in Athens, Greece.

1909: Explorers Robert Perry and Matthew Henson become the first people to reach the North Pole.

1925: "The Great Gatsby," F. Scott Fitzgerald's roaring '20s rags-to-riches tale, is published.

1938: Say this three times fast! Polytetrafluoroethylene resin (the nonstick chemical called Teflon) is invented by Roy Plunkett.

1960: America launches the world's first weather satellite, Tiros 1.

1961: Cosmonaut Yuri Gagarin blasts off as both the first man in space and

first to orbit the Earth.

1963: England's former Prime Minister, Winston Churchill, is made an honorary U.S. citizen.

1964: Vroom, vroom—the Ford Mustang sports car is unveiled at the New York World's Fair.

1970: President Nixon signs legislation banning cigarette advertisements from television and radio.

1974: Henry "Hank" Aaron smacks home run 715, breaking Babe Ruth's long-held record of 714.