



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

June 2009



The Village on Pheasant Ridge

VISIT OUR WEBSITE AT:

www.villageonpheasantridge.com



Pathways Lecture Series Presents

"Aging: The Beauty of the Inner Harvest"— re-framing the aging process from loss to positive growth and enrichment in life.

As we move out of the more frantic stages of our lives, we have more stillness and time for reflection. It can be a lovely time to weed out what is unimportant and focus on what gives us authentic satisfaction, joy and peace.

Speaker: Alison Allsbrook, LCSW, Psychological Health
Thursday, June 4, at 7 p.m.



Wellness for Our Residents

As a part of our Pathways Wellness Program, residents are encouraged to sign up for visits with Angelita Arpas, PA, during her monthly visit to the Village (Friday, June 5) between 10 a.m. and 12 p.m. Need your blood pressure checked, questions about medications, or other medical assistance? Her goal is your health and well-being. What a great opportunity to keep your own wellness on track in the comfort of your home.

Spotlight

WELCOME NEW RESIDENTS

Lois Rockhill
Mary Mackey
Agnes Wilson



PHONE NUMBER

(540) 400-6482

FAX NUMBER

(540) 400-6511



Gay Glover - June 16
Betty Ayers - June 17
HAPPY ANNIVERSARY John and Sallie Hammett - JUNE 1

Notes From Our Director

The fun and excitement here at The Village are because of you ... our residents, our family! There are lots of events on the June calendar. Take time to enjoy these events, so you can meet your neighbors and meet new friends.

- Dawn, Executive Director





June 21



You're the Man!

A father's job is to be the answerer of tough questions, the killer of spiders and other bugs, the fixer of broken household objects and the occasional shoulder to cry on.

We would like to let all the fathers, grandfathers, and great-grandfathers in our community know that we appreciate you.

Happy Father's Day!



Wine and Cheese Social

Join us on Friday, June 26, at 3 p.m., for our Wine and Cheese social. Socialize with our residents and team, or come to find out how YOU can become a resident at the Village!

UPCOMING EVENTS

PICNIC | GET TOGETHER
HOLIDAY | PARTY | POOL
SPECIAL EVENT | WEDDING

June Jubilation

- June 3, 1:30 p.m. Pool Tournament
- June 5, 2-4 p.m. Strawberry Festival
- June 5, Attic Productions, "The Dark at the Top of the Stairs"
- June 7, 12-2 p.m., First Sunday Brunch
- June 9, 1 p.m. Ridenhour Musical Fun with Alicia
- June 10, Blueridge Dinner Theatre, "Wedding Bells"
- June 15, Patti Lauver with Speaker of the Month
- June 21, Father's Day Cookout
- June 24, Appomattox Courthouse and Picnic
- June 26, Wine and Cheese Social 3-5 p.m.
- June 29, 1:30 p.m. Village Derby

Check the June calendar for changes.



Cruise the Virginia Dare

We are planning a luncheon cruise on the Virginia Dare on July 28. The admission is \$42, which includes lunch and a two-hour cruise on Smith Mountain Lake. Please sign up at the activity table.

FIRST SUNDAY BRUNCH

Join us for a delicious Sunday brunch on June 7 from 12-2 p.m.

Chef James always treats us to an exciting array of choices that will satisfy the late breakfast goers or those ready for a heartier meal.

Guests are welcome to the brunch at a cost of just \$10 each.



Village Strawberry Festival

Friday, June 5

2-4 p.m., featuring the Bluegrass Band, The Hoedown Boys.

Residents and guests can stroll about the different vendors to sample various strawberry creations and choose the winner.

You be the judge!!

April Fun Around the Village



Alicia from Ridenhour had us dancing



Wine and cheese with art



Pantasia Flutes making beautiful music



Azaleas at Happy Hollow Gardens



Tour of Danville's Millionaires Row



Sutherlin History Museum in Danville



The Village Derby



Had to have a photo finish to determine the winner of some of the races.



April B-days



Yikes the Clown Strikes Again

Yes, Yikes made another appearance and left Easter creatures with the birthday people.



June Month in "This History"

1752: Ben Franklin reportedly flies a kite in a thunderstorm to prove lightning is electricity.

1885: The Statue of Liberty arrives in New York Harbor as a gift of friendship from France.

1886: President Grover Cleveland marries in the White House, making him the only president to wed in the executive mansion.

1928: Amelia Earhart is the first woman to fly (as a passenger) across the Atlantic Ocean.

1933: Richard Hollingshead invents the first drive-in theater, which opens in Camden, N.J.

1934: Donald Duck debuts as a supporting character in the film "The Wise Little Hen."

1949: George Orwell publishes his famous anti-utopian novel "1984."

1953: The first Corvette rolls off production lines in Flint, Mich.

1974: Henry Heimlich publishes an article outlining his new technique for dislodging an object from a choking

victim. His method is soon dubbed the "Heimlich Maneuver."

1979: Muhammad Ali announces he is retiring from boxing (though he still fights two more bouts).

1997: The first Harry Potter book, "Harry Potter and the Philosopher's Stone" (retitled "Harry Potter and the Sorcerer's Stone" in the United States), is published in Britain.

2000: J. Craig Venter and Francis S. Collins announce they have mapped the human genome.

PREPARED