



THE VILLAGE ON PHEASANT RIDGE *Retirement Residence*

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

January 2009



The Village on Pheasant Ridge.

New Year's Thoughts

It's a brand-new year! While you've been making your New Year's resolutions, we have been making our own, and at the top of the list: We resolve to do everything we can to make you, our residents, feel at home! Thanks for ringing in the new year as one of our residents. May it be a year full of happiness for you!

Tax Return Strategies

H & R Block will be here at 11 a.m. on the 15th of January. They will be discussing Tax Return Strategies for Seniors. Everyone is welcome to attend. Lunch will be served immediately after the discussion in our dining room. We look forward to having you attend and please make plans to bring a friend. R.S.V.P. at 400-6482.



Super Bowl Party!!

Alan is planning a Super Bowl party for Feb. 1. In the meantime, let's keep cheering on our teams and hope they make it to the big game. Mark your calendar to enjoy a great party with friends.



Let's Go to the Taubman Museum

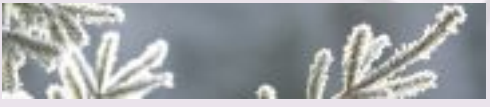
Mark your calendar! We are going to the Taubman Museum on the 23rd, and we want you to join us. Look for the sign-up sheet and make plans to come along.

Avoid a Winter Cold or Flu

Cold and flu season usually ends in April. While there is no sure-fire cure for the common cold, you can help reduce your chances of getting sick in the first place, such as getting a flu shot. You can also use a number of natural strategies.



PHONE NUMBER
(540) 400-6482
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Happy Birthday to Rita Hutts on the 10th, Charles Seitz on the 11th and Ellie Sherry on the 13th.

Dining Room Hours

James wants everyone to know that our service hours in the dining room have been revised. Breakfast is from 8-9 a.m., Lunch is 12-1 p.m. and Dinner is from 5-6:30 p.m. You can arrive at any of these times and be served.





Contest

The residents participated in a Christmas-themed door decorating event this past month. Thank you to our judges Arlene Campbell and Kathryn Nichols of Generation Solutions. Below are the winners:



Ionia Zelenka, FIRST.



Bob Stilson, SECOND.



Thelma Dickerson, THIRD.

What's New???

A New Year and a New Start

It is going to be a very happy year here at the village because we've got the Greatest Residents in the South.

True GRITS

- Jan. 4, 11:30 to 1:30 Sunday Brunch
- Jan. 8, Elvis Presley Day
- Jan. 19, Beat the Winter Blahs Party
- Jan. 23, Taubman Museum
- Jan. 26, Birthday Party
- Feb. 1, Super Bowl Party

We will also be going to see *Driving Miss Daisy* at the Mill Mountain Theatre in January.

Watch for additions to January's list of events and when we will see *Driving Miss Daisy* in the activity calendar.

We wish each of you the happiest 'HAPPY NEW YEAR' of all.



Manicure Anyone?

Yes, you can have nails done right here at the Village for only \$12. Every Tuesday morning Twee is here to provide that service for you. All you have to do is make an appointment at the concierge desk.

Wednesday Wisdom

All are invited to join us on the second Wednesday of the month at 1:15 p.m.

Alice Stoddard, RN of Professional Healthcare Resources, will present to us a very informative session on health issues we all face at one time or another. Come and be informed.



"First Sunday" Brunch

Join us for a delicious Sunday brunch, 11:30 a.m.-1:30 p.m., Sunday, Jan. 4. Only \$12. Call us at (540) 400-6482 to make your reservation. Pheasant Ridge residents, please notify us of how many guests will be attending. For those who have already made a reservation, we look forward to seeing you. *We have First Sunday Brunch each month. You're always welcome. Please make reservations one week in advance. Thank you.*



Wit & Wisdom

“A friend is like an eagle; you don’t find them flying in flocks.”
—Anonymous

“The knack of flying is learning how to throw yourself at the ground and miss.”
—Douglas Adams

“Heights by great men reached and kept were not obtained by sudden flight, but while their companions slept; they were toiling upward in the night.”
—Henry Wadsworth Longfellow

“The man who waits for a roast duck to fly into his mouth must wait a very, very long time.”
—Chinese Proverb

“One of the greatest joys known to man is to take a flight into ignorance in search of knowledge.”
—Robert Lynd

Decking the Village for Christmas



Fun at the Village in December



Picking a winner at Hotel Roanoke.



We found our favorite.



Ann Loflin celebrating her November birthday.

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4 Sunday Brunch 11:30 a.m.-1:30 p.m.	5	6 Resident Council 9:15 a.m.	7	8	9	10 Rita Hutts' Birthday
11 Charles Seitz' Birthday	12	13 Ellie Sherry's Birthday	14	15 Tax Return Strategies 11 a.m. Theatre	16	17
18	19 Martin Luther King Jr. Day	20	21	22	23 Taubman Museum Trip	24 <i>National Compliment Day</i> 
25 Jack Furnivall's Birthday	26 January Birthday Party	27	28 	29	30	31

BROOKFIELD