

Resident Spotlight

Charlie Glover was born April 30, 1926 in a tenant house “way up on a hill” located halfway between Norwood and Wingina, VA. (They received mail at both locations) Share cropping on a 400 acre farm during the Great Depression with no modern equipment, his family used horse and oxen to pull wagons and ploughs. At 16 he began work in the Newport News Shipyard, he chose the electrical dept. This became his lifelong work. He entered the army at 18 and was placed in communications ending up in Germany just after the war. In civilian life, he continued work as an electrician, married his wife Gay and in 1951 they began a lifelong

journey around the country. Pulling a 37’ trailer he worked at different jobs from Pennsylvania to California and enjoyed the sights along the way! He

retired from the Appalachian Power Company as an electrician after 35 years. Charlie and Gay were happily married for 65 years. He has been folding those papers of his since he was 8 or 9, but it was only after retirement that he started making his creations.



Fishing with Bill!



Saturday local fishing hot spots. Open to all who enjoy. Bring your poles and bait!

Verena Adventures!

Thinking about joining us on one of our Saturday Outings? Transportation is provided on these outings—Quick reminder: once the bus delivers you, you are on your own until you get back on the bus to return to Verena. Make sure you are physically up to participating in these events!

Saturday the 1st: Seniors \$13 - Veterans \$10

Historic Tredegar Ironworks

The plant employed skilled domestic and foreign workers as well as slaves and free blacks. One of the nation’s most significant Civil War Sites, Tredegar is now a National Historic Landmark and is listed on the National Register of Historic Places and the Virginia Landmarks Register. /

Saturday the 8th: Free

Cantatas of J.S. Bach Sacred Harmony

Featuring guest counterpoint Nathan Medley. Director Fiona Hughes is joined by oboist Debra Nagy for the famous double concerto for violin and oboe. At St. Benedict Catholic Church. This is the first year in Richmond, next year they will charge for tickets.

Saturday the 15th: Free

3:30pm Classic Car Cruise In/Outing

Just imagine, it's a Saturday evening and rumbling onto the blacktop at Hanover High School are beautiful classic (pre-1993) automobiles. See the chrome, shine and era glory at the Fall Classic Car Cruise In. Music of the 50's, 60's and 70's will set the scene for the Cruise In days while food trucks will be serving up your Cruise In favorites.

Saturday the 29th: Seniors \$8/Veterans Free

Virginia Museum of History and Culture

Our signature exhibition, The Story of Virginia, features more than 500 artifacts and covers 16,000 years of Virginia history from prehistoric times to the present. Along with rotating temporary exhibitions, other long-term exhibitions, include Landscapes of Virginia, The Memorial Military Murals by Charles Hoffbauer, and Silver in Virginia .

The Verena Verve

2018 September Newsletter & Calendar

VERENA AT THE GLEN | INDEPENDENT LIVING | A Solvere Senior Living Community | GLEN ALLEN, VA | 804-261-1100



“The longer I live the more beautiful life becomes.”

Frank Lloyd Wright



Activity Highlights

September	1st	Tredegar Iron Works Museum / Outing / \$13 Seniors \$10 Veterans / 2pm
September	5th	National Cheese Pizza Day—Make Your Own with Chef Darrell / 3pm
September	5th	Ladies Dinner Out “J.U.L.I.E.T.s” / The Balkan Restaurant/ Outing / 4:30pm
September	6th	Dean’s “Maintenance Tips and Tricks”/ in the Club House Living Room/ 3:30pm
September	7th	“Fruit Hill Orchard” for Apple Picking/Outing / 2pm
September	8th	Cantatas of J.S. Bach Sacred Harmony/St. Benedict’s Catholic Church/Outing/6:30pm
September	11th	Tuesday Talks “Medicare Workshop”/w/ Jeopardy game and snacks/ 3:30pm
September	11th	Men’s Night Out “R.O.M.E.O.s” Roda Japanese Steak House/Outing /5:45pm
September	12th	Visit the Fire Station #21 / with Men with Glenn / Outing / 3:15pm
September	14th	Celebrate Members August Birthdays in the Dining Room / 12:30pm
September	14th	Miniature Golf at Hanover Sports Park/\$6 for 18 holes / Outing / 3pm
September	15th	Classic Car Cruise In at Hanover High School/Outing / 3:30pm
September	18th	Tuesday Talks “Dispatch Health” / BINGO! / 3:30pm
September	19th	Verena September Social featuring singer Bill Mitchell by request!/5:45pm
September	22nd	Verena Family Fun Day!!! /Beginning at 11:15am with lunch
September	21st	Tuesday Talks “Closed Caption Phones”/ Clear Captions / 3:30pm
September	26th	Miniature Golf at Hanover Sports Park \$6 for 18 holes / Outing / 3pm
September	29th	Virginia Museum Of History and Culture / “The Story of Virginia” / Outing / 2pm

September Activities at Verena

There are so many new activities not listed above for September! Make sure you read through the calendar carefully or you will miss some good ones! Come make a pizza with Chef Darrell, “Friday Cheers!” with cocktails and snacks, Jewelry making, Scarf Painting, an outing to “Our” fire station, miniature golf outings, museum outings. Don’t forget our Family Fun Day—that is sure to be a blast (and cooler at the end of September!) A new exercise class on Friday mornings!

Lots more BINGO! Different types too!

Verena Family Fun Day!

Join us on Saturday, September 22nd for a fun-filled day of Activities, Food and Games for the whole family! This family fun event is open to our Verena Members and Employees; as well as their families. Chef will grill out some fall favorites including Hot Dogs, Hamburgers and Pulled Pork Sandwiches. We will serve roasted corn on the cob and several different types of salads, so bring your appetite. Challenge your family to a game of corn-hole, encourage your granddaughter or grandson to a game of hopscotch and just enjoy being a part of the

Verena Family!

Your Verena Staff

Ashley Dugger.....Executive Director
 Lindsay Hagstrom.....Sales Director
 Danyell Ross.....Business Office Manager
 Diane Gray.....Life Enrichment Director
 Glenn Lucy.....Activities Assistant/Driver
 Bill Miner.....Activities Assistant/Driver
 Kearse McKesson.....Concierge
 Barbara Jennings-Miner.....Concierge
 Dean Smith.....Maintenance Director
 Darrell Shelton.....Executive Chef
 Steve Porter.....Sous Chef

Office Hours

Monday through Friday 8am—8pm
 Saturday and Sunday 9am-6pm

Notary Available by Appointment
 on Monday, Thursday or Friday

Dining Room Hours

Breakfast 7am - 9am
 Lunch 11:15am - 1:15pm

Fitness & Amenity Center

Sunday to Sunday.....24 Hours

Hair Salon Hours

Tuesday, alternating
 from 9 am until 1pm and 1 until 5
 Friday 1:30 until 5
 Saturday 10:00 until 5:00

Verena Office 804-261-1100
After Hours Emergency Number
(For True Emergencies Only Please)
804-852-9722

How Can You Earn \$2,000?

Reminder of a Resident Referral Bonus of
 \$2,000 when your friend moves in!

Resident Council Members

<u>Building A</u>		<u>Building B</u>	
<u>Floor</u>		<u>Floor</u>	
1	Mary Margaret Bollinger	1	Susan Diamond
2	Ruth Stewart	2	Irwin Sherman
3	Gladys Harris	3	Gerrie Bailey
4	Judy Cummings	4	Joe Hrubik

Blood Pressure Check

Make Wellness a Part of Your Life!
 Blood Pressure Check Twice a Month!
 Complimentary service!

Reminders to Please:

Please Always Lock Your Car!

Do not leave valuables in your car

Please do not walk in the driveways. Please use
 sidewalks for your safety!

There are no assigned seats in the Dining Room.

You are free to sit where you like
 and with who you like.

Any furniture that is salvageable should be do-
 nated to a consignment or thrift store.

Anything that is not salvageable should be
 coordinated to be taken to the dump.

If assistance is needed, call concierge
 (*additional fees may apply).

Please do not turn off the lights or close doors in
 the amenities of the club house
 during business hours – our Amenities are part
 of our tour route. Our Employees turn off the
 lights as part of our closing duties.

Thank you!

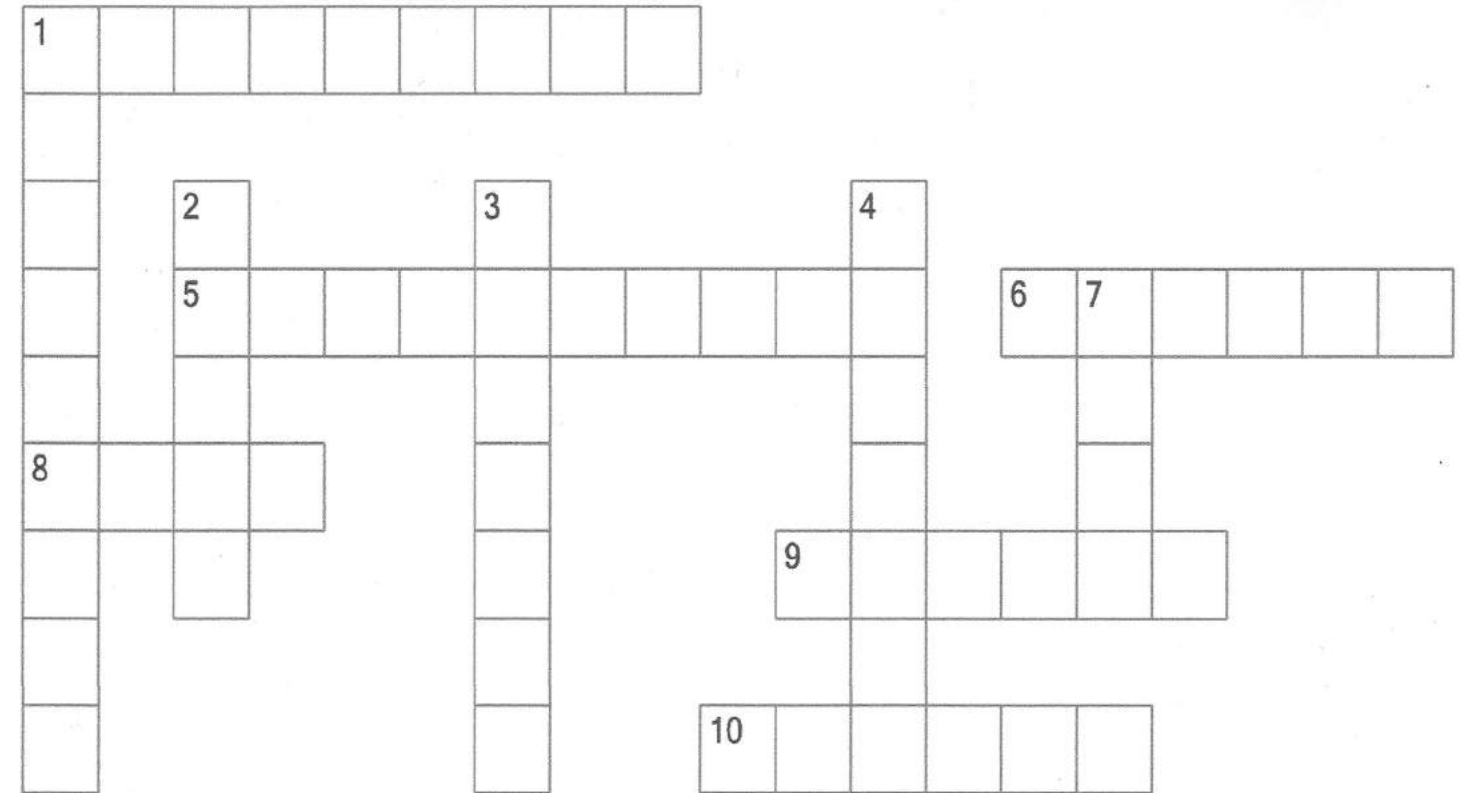
Please Let Us Know.....

If you are going to be away for a vacation, a
 trip or an extended time for any reason.

Please let someone in the office know, prefer-
 ably in writing, how long you will be gone and
 when. Too many times neighbors come to us
 worrying about where you are and for your
 safety! And we worry Too!

Thank you!

September Puzzle Time



Across

- Fall begins during this month.
- A goat's horn filled with grain flowers and fruit symbolizing prosperity.
- Red and yellow makes this color.
- Grows on stalks, bearing kernels.
- Changes colors and falls from trees in Autumn.
- The season when the leaves fall from the trees.

Down

- Protects the crops from birds.
- The fruit of the oak.
- Large pulpy round orange fruit with firm skin and seeds.
- The gathering of a ripened crop.
- Garden tool used to gather fallen leaves.

Sudoku

Sudoku requires no arithmetic skills
 The object of the game is to fill all the blank squares
 with the correct numbers.
 Each row must include all digits
 1 through 9 in any order
 Each column must include all digits
 1 through 9 in any order
 Each 3 by 3 sub square must include all
 digits 1 through 9

3		5		7		2		
	9	2	3					6
6				8		7	5	
1	6		5					
				2				
					9		1	8
	4	6		9				5
5					8	9	3	
		7		5		6		2

Zumba for Seniors!

Beginning on Friday, September 21st at 9:30am Verena presents a new and exciting exercise class "Zumba for Seniors! Get your heart revved up and body moving with Frenda!

Also Movin' and Groovin' with Susan starting on Tuesday the 25th at 10am!



"Friday Cheers" and Peach Picking Outing at the Hanover Peach Orchard!



F.A.Q.'s

Q-Have an old copy of the directory?

A-Just request and updated one from Concierge.

Q-Like to Garden or want to Play Bridge?

A- We will help get you in touch with Tommie Jahn.

Q-Have family in town and want to know the latest and greatest restaurant or new hot spot?

A-Give us a call....Verena can help!

Q-Have an emergency work order after hours or on the weekend (any time)?

A- Call Emergency Maintenance! 804-852-9722

Q-Enjoy an activity or outing not shown on the newsletter?

A-Come talk with Diane, we are always looking for new ways to keep you entertained!

The 1930's

The decade begin in depression, which dug so deep into the soul and conscience of the nation that only a World War could really make a dent in its depth. Franklin Roosevelt dominated the decade and more with a presidency that saw us through that war and brought us many of the Great Society programs we have today.



February 18, 1930 The planet Pluto was discovered
March 1931 The Star Spangled Banner by Francis Scott Key, is approved as the national anthem.
October 1931 Chester Gould creates the Dick Tracy comic strip.

May 1931 Construction was completed on the Empire State Building in New York

March 1933—Franklin D. Roosevelt in his first inaugural speech "We have nothing to fear, but fear itself" dealing with the great depression. He served four terms as President of the United States.

1934 The Master's golf tournament is held for the first time in Augusta Georgia. Horton Smith was the first winner.

June 1935 Babe Ruth retires from Major League Baseball.

August 1935 The Historic Sites Act is signed into law declaring a national policy to preserve historic sites.

August 1936 The Summer Olympic Games open in Berlin.

April 1939 The New York World's Fair opens for 2 years.

Tuesday Talks

Join us every Tuesday for an educational "Tuesday Talks!"

Tuesday the 11th, 3:30pm

"Medicare Workshop" W/ Jeopardy game and snacks—Cornerstone Home Health

On Tuesday the 18th, 3:30pm,

"Dispatch Health" Mary Katherine Kolbert presents their version of BINGO!

On Tuesday the 25th, 3:30pm

"Closed Captioning Telephone service is a free service" with Clear Caption/Refreshments

Art From the Heart

We will be marbleizing silk scarves and paper on Monday the 24th, Early Christmas Crafting! These make excellent gifts, they won't believe that you actually painted them! Using a process called Marleizing, paints are floated on the surface of a thickened agent, and then swirled in a pattern before transferring the paint to either specially treated paper or silk scarves. If you are interested, please sign up early so that I will know how many scarves to order. The cost is \$10 for the first scarf and each additional one is \$6.

Hurricane Preparedness

September is National Hurricane Preparedness Month. As such we want you to be prepared.

The National Hurricane Center suggest you keep the following supplies on hand for emergency preparedness (average 3-7 days):

Water (at least 1 gallon per person per day)

Food (Non-Perishable packaged or canned food

& Juices. Non-electric can opener

Blankets and Pillows

First Aid Kit, medicines, Prescription Drugs

Toiletries/Hygiene Items

Battery operated Radio

Cash (Banks & ATMs may not be open or available)

Cell phone fully charged and have vehicle phone charger or a fully charged battery back up.

Fully Fueled Vehicle

If you experience a maintenance emergency or lock out, please call (804)852-9722. If the building experiences a power outage due to the storm, please call Dominion VA Power (888-667-3000) to report the outage.

Please stay safe during any storm.

Welcome to Our New Members!

Welcome to the Verena Family!

Warren Small

Richard and Dreama Price

Ethel Blowe

Billy Joe Bannon

Ann Kasewicz

Please join us in welcoming our newest Members to Verena at the Glen!

Welcome to our Staff!

Although you don't see him very often, Charles is our newest employee in the kitchen he fills the




position of Utility Worker. He enjoys bowling and fishing on his free time. While born in Henrico County, he has lived in Texas, Missouri, New Hampshire and North Carolina before moving back to Virginia! He likes to help other people and make their days go great. Welcome to Charles Benton.

Verena Home Brew

Ever thought about making your own home brewed beer? What type of beer do you enjoy? Join us at 3pm in the Living Room on Thursday the 27th as we begin this adventure together!

Please bring suggestions of flavors to help create our Signature Brew!

SEPTEMBER 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						
<p>2 10am Sunday Morning Worship 3pm Movie/"The King's Speech" 4pm Ping Pong in the Dining Room 6pm Bridge Club</p>	<p>3 1:30pm Bridge Club 3pm Create Your Own Puzzle 3:30pm 10 Cent Bingo/10 Games \$1/Dining Room 5pm "Whind Down Mondays" Poetry Reading/Wine Tasting 6pm Games 6pm Rummikub <i>Happy Labor Day!</i></p>	<p>4 10am Shopping at Walmart 10am Standing & Balance Exercise 10:30am The Witty Knitters 1:30pm Bridge Club 2pm YMCA/Outing 3pm "Nacho' Normal Wii Bowling"/Theater 3:30pm Wrap Your Mind @ This 6pm Games 6pm Verena Prayer Time</p>	<p>5 8:30 to 1:30/ Bus to VA Hospital 10am Gentle Chair Exercise 1:30pm Bridge Club 2pm Verena Ringers/Meet and Greet 3pm National Cheese Pizza Day— Make your own w/ Chef Darrell 4:30pm "Dinner" Out w/JULIETs / Balkan Restaurant 6pm Games</p>	<p>6 Medical Appointments 10am Exercise in the Fitness Room 1:30pm Bridge Club 2pm Verena Trivial Pursuit 3pm Movie/"Heart of the Country" 3pm Ladderball /Outside Dining R. 3:30pm Dean's Tips and Tricks 4-5pm Mind Fit / Refreshments 6pm Pokeno 6pm Spades</p>	<p>7 9:45/11:00am Local Shopping 1pm - Phase 10 1:30pm Bridge Club 12pm "Fruit Hill Orchard" for Apple Picking/Outing/Making Caramel Apples with Chef 3pm Art From the Heart/Cards 3pm Movie/ "The Longest Ride" 5pm "Friday Cheers" /Club House</p>	<p>8 10am Exercise/Fitness Room 10am Podiatrist/Art Center sign up in Activity Office 1:30pm Bridge Club 3pm Movie/"Date Night" 6:30pm Cantatas of J.S.Bach Sacred Harmony/St. Benedict Catholic Church/ Outing/Free</p>
<p>9 10am Sunday Worship 3pm Movie/"The Book Thief" 3:30pm Mandalas for Meditation 6pm Bridge Club</p>	<p>10 Medical Appointments 9am Morning "Dew"ers- walking 1:30pm Bridge Club 1:30pm Bible Study w/ Ron Rhodes 2pm Spelling Bee 3:30pm 10 Cent Bingo/10 Games \$1/Dining Room 5pm "Whind Down Mondays" Poetry Reading/Wine Tasting 6pm Games 6pm Rummikub</p>	<p>11 9:45/11am Local Shopping 10am Standing & Balance Exercise 10am Mass with Father Chris/Theater 1:30pm Bridge Club 2pm YMCA/Outing 3:30pm Tuesday Talks/ "Medicare Workshop" w/ Jeopardy game and snacks— Cornerstone Home Health 5:45pm "ROMEOs".Japanese Steakhouse 6pm Games 6pm Verena Prayer Time</p>	<p>12 8:30 to 1:30/Bus to VA Hospital 10am Gentle Chair Exercise 1:30pm Bridge Club 1:30 Volunteer Club 2pm Verena Ringers 3:15pm Men with Glenn, Visit to Fire Station #21/Outing 3:30pm Fall Flower Arrangements</p>	<p>13 Medical Appointments 9am Morning "Dew"ers- walking 10am Exercise in the Fitness Room 10am Wii bowling in the Theater 1:30pm Bridge Club 3pm Movie/ "Move Over Darling" 4-5pm Mind Fit / Refreshments 6pm Pokeno 6pm Spades</p>	<p>14 9:45/11am Local Shopping 9am Morning "Dew"ers- walking 12:30pm Celebrating Members September Birthdays/Dining Room! 1pm Phase 10 1:30pm Bridge Club 3pm Miniature Golf at Hanover Sports Park \$6 for 18 holes/Outing 3pm Movie/ "Marley and Me"</p>	<p>15 9am Fishing w/ Bill/ Outing 10am Exercise/Fitness Room 1:30pm Bridge Club 3pm Movie/"Mrs. Doubtfire" 3:30pm Classic Car Cruise In/ Hanover High School/Outing/Free</p>
<p>16 10am Sunday Worship 10:30-1:30 Brunch RSVP to Concierge 3pm Movie/"Bringing Up Baby" 4:30pm Comedy Hour/Bring Your Jokes/Living Room 6pm Bridge Club</p>	<p>17 Medical Appointments 9am Morning "Dew"ers- walking 1:30pm Bridge Club 1:30pm Bible Study w/ Ron Rhodes 3:30pm Wrap Your Mind @ This 5pm Verena Trivia Pursuit! 6pm Games 6pm Rummikub</p>	<p>18 10am Shopping at Kroger 10am Standing & Balance Exercise 10:30am The Witty Knitters 1:30pm Bridge Club 2pm Scents of Serenity Day Spa/Outing 3:30pm Tuesday Talks "Dispatch Health—BINGO!" 6pm Games 6pm Verena Prayer Time</p>	<p>19 8:30 to 1:30/Bus to VA Hospital 10am Gentle Chair Exercise 1:30pm Bridge Club 11am Wellness Check w/Visiting Angels / Art Room 1pm-2pm Mobile Library Service 2pm Verena Ringers 5:45pm Verena September Social</p>	<p>20 Medical Appointments 9am Morning "Dew"ers- walking 10am Exercise in the Fitness Room 1:30pm Bridge Club 2pm Verena Trivial Pursuit 3pm Movie/ "Alaska's Wild Denali" 3pm Resball in the Dining Room 4-5pm Mind Fit / Refreshments 6pm Pokeno 6pm Spades</p>	<p>21 9:45/11:00am Local Shopping 9am Morning "Dew"ers- walking 9:30am Zumba for Seniors! 1pm - Phase 10 1:30pm Bridge Club 1:30pm Movie Theater / Outing 3pm Movie/ "The Father of the Bride" 3:30pm Judgement at the Glen 5pm "Friday Cheers"</p>	<p>22 10am Exercise/Fitness Room 1:30pm Bridge Club 3pm Movie/"We Bought a Zoo" 11:15am Verena Family Fun Day!</p>
<p>23 10am Sunday Worship 3pm Movie/ "Moneyball" 4pm Ping Pong/Dining Room 6pm Bridge Club</p>	<p>24 Medical Appointments 9am Morning "Dew"ers- walking 10:30am The Witty Knitters 1:30pm Bridge Club 1:30pm Bible Study w/ Ron Rhodes 3pm Art From the Heart—Marbelized Scarves \$10 4pm Verena Book Club w/ Gina 5pm "Whind Down Mondays" Poetry Reading/Wine Tasting 6pm Games 6pm Rummikub</p>	<p>25 9:45/11am Local Shopping 10am Moovin' & Groovin' w/ Susan 1:30pm Bridge Club 2pm YMCA/Outing 2pm Memory Game 3:30pm Tuesday Talks "Closed Captioned Phone"/ Clear Captions 4:30pm Pool Sharks & Beer Buds 6pm Games 6pm Verena Prayer Time</p>	<p>26 8:30 to 1:30/Bus to VA Hospital 10am Gentle Chair Exercise 1:30pm Bridge Club 1:30 Volunteer Club 2pm Verena Ringers 3-4pm Jewelry Making/Cultural Arts /\$12 3pm Miniature Golf at Hanover Sports Park \$6 for 18 holes/Outing 6pm Games</p>	<p>27 Medical Appointments 9am Morning "Dew"ers- walking 10am Exercise in the Fitness Room 1:30pm Bridge Club 2pm Nonsense Stories 3pm Movie/ "Safe Haven" 3pm Beer Brewing Discussion— Making Our Own Brew! 6pm Pokeno 6pm Spades 7pm Cultural Arts/Play for Season Ticket Holders/Outing</p>	<p>28 9:45/11:00am Local Shopping 9am Morning "Dew"ers- walking 9:30am Zumba for Seniors! 1pm - Phase 10 1:30pm Bridge Club 2:30pm Ashland Berry Farm/ pick your own pumpkins! 3pm Movie/ "Black Stallion" 3:30pm Fall Fun BINGO! 5pm "Friday Cheers" /Club House</p>	<p>29 9:30am Virginia Museum of History and Culture /Outing 10am Exercise/Fitness Room 1:30pm Bridge Club 2pm Fishing w/ Bill/Outing 3pm Movie/"Something's Gotta Give"</p>
<p>30 10am Sunday Worship 3pm Movie/ "Casablanca" 3pm Ladder Ball/Outside DR 6pm Bridge Club</p>	<p>31 10am Sunday Worship 3pm Movie/ "Casablanca" 3pm Ladder Ball/Outside DR 6pm Bridge Club</p>					