



August

Amish Country School Fundraiser



Back by popular demand, we will once again be taking a bus to the Amish School Fundraising Dinner on **Friday, August 15**.

Dinner is served from 4:00 p.m. until 6:00 p.m. Because the crowd can get quite large, **the bus will leave from the Hub at 3:30 p.m.** The cost of the meal is freewill donation. Don't forget to take your own container for left-overs! The meal is served outside under a large tent on uneven ground, tread carefully. **Sign up in the notebooks at Rose Garden and Courtyard.**

Wabash Dance Band

Join the Wabash Dance Band for a lively evening of music spanning the decades **Wednesday, August 6 at 6:15 p.m. in The Assembly Room.** Enjoy timeless hits like "*'Til There Was You*" and "*Power of Love*", along with many more crowd favorites. This toe-tapping performance will last approximately 45 minutes. Don't miss it!

Semi-Annual Resident Service of Remembrance

Join Chaplain Karen in remembering the loved ones we have lost during the past 6 months on **Thursday, August 7 at 2:00 p.m. in the Chapel.**

Class Act Dance Troupe

It is an honor to welcome back to Timbercrest The Class Act Dance Troupe from Debra Collier's School of Dance on **Monday, August 4 at 2:00 p.m. in the Assembly Room.**

The Class Act Dance Troupe (CADT) was formed in 1986 to provide students with additional opportunities to utilize their training by performing for various events, organizations and participating in competitions.

Troupe members are selected each May by audition. The troupes have performed for the Harlem Globetrotters, Disney World, and at a variety of local events. They have received multiple awards at both regional and national competitions.

Join us in showing these young ladies our support and allowing them to rehearse their routines in front of a live audience.



Guitar Crossroads Honeywell House

Enjoy an evening of music with guitarist and Honeywell employee Jake Bunnell as he shares a dynamic mix of gospel, country, rock, and more **Thursday, August 7.** Admission is free however reservations are required. **The bus will leave from the Hub at 6:00 p.m. Sign up in the Courtyard notebook.**

The Ole Farmer's Club



The Ole Farmer's Club will gather on **Monday, August 4 at 9:00 a.m. in The Nook**. Local pork producer, Jim Erickson, will join us! Stay tuned for our August 18 programming.

Breakfast Out with Carol Cosmos Restaurant

Start your day the Cosmos Way! Enjoy breakfast out with Carol on **Monday, August 11 at Cosmos in Fort Wayne**. Cosmos is a second-generation family restaurant offering casual family dining. **The bus will leave from the Hub at 8:00 a.m. Sign up in the Courtyard notebook.**

Timbercrest Book Club:

The Timbercrest Book Club meets on the **second Monday (August 11) of every month in the Conference Room**. This month's meeting will be at 3:30 p.m. instead of the typical 2:00.

If you are interested in joining, books can be picked up from Jennifer Gearhart's office in the Hub. We love new members!

Memoir Writing Group

The memoir group extends an invitation to all Timbercrest people to join us on the **second and fourth Tuesdays of the month at 2:00 p.m. in D Wing lounge**. Here are our topics to write about and then read aloud for upcoming meetings:

August 12: My favorite place

August 26: Well, that didn't work out so well

Questions? Contact Eileen Flory, 982-0088, eflory@peak.org.

Tincaps Baseball

The Timbercrest bus will make one more trip to watch the Fort Wayne Tincaps on **Tuesday, August 12**. Ticket cost is \$14 and should be paid to Adrienne in advance. We have 20 tickets available and 12 seats on the bus. Tuesday is Family Feast Night which means certain concessions are available for just \$1. **The bus will leave from the Hub at 5:30 p.m. The sign-up sheet is available in Adrienne's office.**

Zeller's Beautiful Blooms

Join Melissa on her 4th annual trip to Zeller's Beautiful Blooms on **Wednesday, August 13**.

Zeller's is a U-Pick florist located in Rochester, Indiana. Their u-pick field is just over an acre in size and filled with more than 90 varieties of blooms. In addition to their u-pick field, they also have a beautiful field of wildflowers.

A picnic lunch will be provided by Manchester Market Place. The cost for lunch is \$5 payable to Adrienne or Melissa. Of course, you may bring your own lunch if preferred. Please indicate your preference on the sign-up sheet.

The cost of your bouquet is your responsibility. Remember to bring a vase or something to carry your blooms home in. **The bus will leave from the Hub at 10:00 a.m. Sign up in the notebooks at Rose Garden and Courtyard.**

All-Resident Meeting

August is a month for an All-Resident Meeting. Join us in the **Assembly Room on Thursday, August 14 at 9:30 a.m.** You will have the chance to hear updates from the Resident Council as well as Executive Director Christy Huiras. Department managers will also be on hand to answer your questions.

Wisdom & Wellness – Rescheduled! Dr. Michael Shao



Let's try this again, we are excited to welcome Dr. Michael Shao on **Thursday, August 14 at 2:00 p.m. in the Assembly Room**.

Dr. Shao is a vascular surgeon by trade and has been practicing since 2012. A recent addition to the Parkview family, Dr. Shao joined the Parkview Vein Clinic in March of this year. His presentation will cover varicose veins, venous disease, and lymphedema. He will touch on topics such as signs and symptoms, how to get diagnosed, and modern treatment options.

Summer of Art Continues

We're wrapping up our Summer Art Series. This has been a great success and it has been so fun to learn from our neighbors and witness the beautiful creations you've made! All skill levels are welcome!

- **Monday, August 11** – Squeegee Painting, Carol Gebert

Watch for more opportunities in the coming months. **To ensure we have enough supplies, please sign up in the notebooks at Rose Garden or Courtyard.**

Stories with Carol

Join Carol on **Friday, August 15 at 2:45 p.m. in The Assembly Room** as she shares her stories about an Amish Invasion in her childhood neighborhood.

Ride the Dixie

Journey to Lake Webster for an evening cruise aboard the Dixie on **Monday, August 18.**

Built in 1929, The Dixie is the oldest sternwheel excursion boat operating in Indiana. At the conclusion of last year's boating season, the Dixie was dry docked and underwent a massive repair/upgrade renovation. Cruises began again in late July of this year.

Cruises around Lake Webster last approximately 75 minutes and cost \$9.75 per person. **The bus will leave from the Hub at 5:30 p.m. Sign up in the notebooks at Rose Garden or Courtyard.**

Choir Call-Out!

As many of you know, Timbercrest has a fantastic resident led choir! They begin rehearsals in the fall in preparation for a Christmas concert. Then, after a brief break, they pick up and begin preparations for a Spring performance.

We'd love to have you join them. Rehearsals begin on **Monday, September 15 at 10:00 a.m. in The Assembly Room.** They practice every Monday morning from then until performance week for one hour. To ensure everyone has music, please notify Delora Roop, director, by **Friday, September 5** either by campus mail, call or text 765-620-7605.

Tuesday Matinee "His Girl Friday"

Catch the 1940 film "*His Girl Friday*" in **The Chapel on Tuesday, August 19 beginning at 2:00 p.m.**



When New York newspaper editor Walter Burns discovers that his ex-wife, investigative reporter Hildy Johnson, has gotten engaged, he unsuccessfully tries to lure her away from tame domestic life with a story about the impending execution of convicted murderer Earl Williams. But when Hildy discovers Williams may be innocent, her reporter instincts take over.

American Mahjong

Are you looking for a new boredom-buster? Tired of playing the same games over and over? We have a new one for you! Debra Pyrah and Carol Gebert would love to teach you how to play American Mahjong.

American Mahjong is a four-player tile-based game derived from traditional Chinese Mahjong. It is distinguished by several unique features, including the use of racks to organize tiles, Joker tiles as wild cards, and a "Hands and Rules" scorecard.

Make your way to the **Resident Activity Room on Monday, August 25 and/or Tuesday, August 26 at 1:00 p.m.**

Game Night with Mike and Lucy

Join Lucy and Mike McKinley for an evening of cards, dominoes, board games and refreshments, **Wednesday, August 27 at 6:00 p.m. on the west Side of the Rose Garden Dining Room.** This is a new location!



Contemporary Book Club

The Contemporary Book Club meets every **Friday afternoon at 3:00 p.m. in the Conference Room.** They are discussing the book "Life After Doom" by Brian McLaren. The book addresses the dominant realities of our times: ecological, economic, and civilization collapse. Wisdom and courage for a world falling apart. Questions contact David Doudt at 260-578-4748.

Be Kind to Humankind Week August 25 - 31

A week to share with others the warmth in one's heart, Be Kind to Humankind Week is a celebration of humanity and the kind acts that people perform all across the globe. This year at Timbercrest we will celebrate Be Kind to Humankind as a spirit week of sorts.

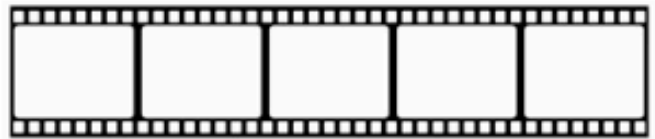
- **Monday 8/25:** Motorist Consideration Monday
- **Tuesday 8/26:** Touch-A-Heart Tuesday
- **Wednesday 8/27:** Willing to Lend a Hand Wednesday
- **Thursday 8/28:** Thoughtful Thursday
- **Friday 8/29:** Forgive Your Foe Friday
- **Saturday 8/30:** Speak Kind Words Saturday
- **Sunday 8/31:** Sacrifice Our Wants For Others' Needs Sunday

Watch Channel 2 and the Timbercrest Facebook page each day throughout the week for tips and pointers on the day's theme!

Giving Back

Often when people ask me what sets Timbercrest apart from other communities, my first response is the residents that live here and their servant hearts. You as residents are so quick and eager to volunteer and help out any time that we may call upon you. Please know that this does not go unnoticed and you are so appreciated!

We have a current need for companions in our Health Care and Crestwood Neighborhoods. We have had a full-census in both of these areas for sometime now. As fantastic as that is, it does not come without challenges. If you are interested in spending some meaningful time, primarily in the evenings, with one or two of your neighbors, please reach out to Adrienne, Lorri Miller or Sabine and we can help direct and guide you.



Friday Night at the Movies Presented by Timbercrest Movie Committee *Come to the Chapel for our films*

Friday, August 1: No Reservations



**7:00 p.m. – Chapel
Run Time: 1hr**

44min w/subtitles

Chef Kate Armstrong (Catherine Zeta-Jones) runs her life and her kitchen with intimidating intensity. However, a recipe for disaster may be in the works when she becomes the guardian of her young niece (Abigail Breslin) while crossing forks with the brash sous-chef (Aaron Eckhart) who just joined her staff. Though romance blooms in the face of rivalry, Kate needs to look outside the kitchen to find true happiness.

Friday, August 15: Sister Act



**7:00 p.m. – Chapel
Run Time: 1hr**

40min w/subtitles

When lively lounge singer Deloris Van Cartier (Whoopi Goldberg) sees her mobster beau, Vince LaRocca (Harvey Keitel), commit murder, she is relocated for her protection. Set up in the guise of a nun in a California convent, Deloris proceeds to upend the quiet lives of the resident sisters. In an effort to keep her out of trouble, they assign Deloris to the convent's choir, an ensemble that she soon turns into a vibrant and soulful act that gains widespread attention.



Oasis

Come for inspiration and reflection every **Wednesday at 4:00 p.m.** in-person in the Chapel.

August 6	David Sollenberger & Paul Fry-Miller, Music
August 13	Pamela Haynes & Kathy Davis, Piano/Flute Duet
August 20	EvenSong, Ted Neidlinger
August 27	JP Freeman, Stories & Songs

Come to Oasis in person. It is also broadcast live on the Timbercrest Senior Living YouTube Channel and can also be viewed at a later time on the YouTube channel.

The Benefits of Yoga

Yoga, a form of low-to moderate – intensity aerobic exercise, is a great way to stretch and strengthen your core and other muscles. However, it also has very important heart healthy benefits as well.

While not often thought of as way to lose weight, Yoga does in fact help shed pounds while improving your cardiovascular health, reducing blood pressure and your cholesterol values. The gentle exercise provides important physiological benefits that lower heart-related risks.

Yoga is also known for it's breathing and meditation practices both of which help cultivate mindfulness. Mindfulness helps to decrease stress, strengthens brain cell connectivity, and helps with impulse control.

Best of all, you can reap the benefits of a yoga session right here at Timbercrest! **Chair Yoga is offered every Monday morning at 10:00 a.m. in the Recreation Room.**

August Chapel Schedule

Come to Chapel to hear thoughts from scripture, prayer and other inspiration. Devotions are **Tuesday, Thursday and Friday at 9:00 a.m. Worship Service at Manchester Church of the Brethren is live streamed in the Chapel at 9:30 a.m. every Sunday morning.**

August Speakers:

- Aug 1 – Nan Erbaugh, Manchester CoB
- Aug 5 – Tim Morbitzer, Victory Christian Church
- Aug 7 – Christy Huiras, Liberty Mills CoB
- Aug 8– Tim Troyer, Huntington CoB
- Aug 12 – Brian Smith, Warsaw First UMC
- Aug 14 – Denver Ayres, South Whitley Community
- Aug 15 – Marilyn Kieffaber, Manchester CoB
- Aug 19 – Craig Alan Myers, Blue River Covenant
- Aug 21 – Dan Riccius, Liberty Mills CoB
- Aug 22 – Les Cooper, retired CoB
- Aug 26 – Corky Cordes, Timbercrest Res
- Aug 28 – Ray Hedstrom, Manchester UMC
- Aug 29 – David Doudt, Manchester CoB

Thanks to the Chapel Planning Committee for scheduling these dedicated speakers!

Midweek Breaks

A tasty treat is served each **Wednesday from 2:30-3:30 p.m.** in The Nook. This month features:

- August 6 Treats from *Beth Sollenberger*
- August 13 Zucchini Treats
- August 20 Banana Splits
- August 27 Popcorn Parlor

September Highlights:

**Supper @ The Sheehan Farm
Friday, September 5!**

**Crafting with Molly Returns
September 15!**

**Timbercrest Fall Farmer's Market
Tuesday, September 16!**