

# Program & Activity Catalog



**WELLNESS WITH A PURPOSE:  
INDEPENDENCE, VITALITY & JOY**



## Introduction

Asbury Methodist Village (AMV) is a vital, evolving community with an abundance of activities and events. We invite and encourage residents to take advantage of the many offerings available on campus or to start a new venture if currently there is not an organized group for their interest. The wealth of activities available at AMV is one reason why residents enjoy enriched lives here at Asbury.

Such fluid opportunities can also present a challenge to both old and new residents. What is currently going on? How does one find out more about an activity or where and when to attend one of its meetings?

This catalog is an attempt to capture activities that are open to all or affect all and that have regularly scheduled meetings. In general, each activity is defined by its purpose, time, place of meeting, and contact person. When participation is limited by election or where a resident building has limited space to accommodate only its own people, we have indicated this. We have also tried to give the full name of groups and locations that are known to longtime residents, but a bafflement to the new. And while we have made every effort to provide current information, we ask for your tolerance of any changes that may have taken place after printing. We plan to issue updates yearly.

Whole person wellness is an integral part of our culture here at Asbury Methodist Village. Our six dimensional wellness model under the umbrella term, HealthAbility includes six dimensions of Wellness: *Physical, Intellectual, Spiritual, Emotional, Social and Vocational*. We have categorized the listings in the catalog according to these six dimensions. We hope this framework will help you consider the degree to which your lifestyle includes elements from each of the six dimensions. Of course, an activity may well meet more than one such dimension; therefore, we have also provided an alphabetical listing of activities at the end of this catalog for additional reference.

As you become aware of omissions or changes to the catalog, please use the form on page 45 to inform us so that we can be as current as is practical. For daily notice of major events, turn to AVTV's daily scroll, view the Master Calendar binder located at each reception desk.

We hope that you will find this catalog useful and that you will take advantage of its information to try something new or to start something about which you are passionate!

## ***How Does HealthAbility Fit into Asbury Methodist Village?***

**HealthAbility** is the name of the Asbury Communities Wellness campaign for residents. The campaign fits in perfectly at Asbury Methodist Village because we are a vital community where whole-person wellness is integrated into the very fiber of our campus and our culture. Residents who choose to live at Asbury aren't simply looking for a place to "retire." Residents choose Asbury because they want an environment where they can live fully and actively and enrich their lives. There are many departments and places on campus that offer wellness-related services and programs. HealthAbility is an umbrella to promote these programs and services as a comprehensive and far-reaching campaign. Its place in the overall vision and mission of our campus is significant. **AMV's vision is that by 2012, we will have created a culture of wellness that enriches life.**

**Wellness** — Whole Person Wellness is a cornerstone of living a rich life. When we are well, each of us can enjoy greater independence, increased vitality and readiness to experience a full life.

Some people mistakenly think that wellness is only about *physical* wellness or fitness. Nothing could be further from the truth. While physical wellness is very important because it gives us greater ability to pursue the other five areas of wellness, it is still just one of the six dimensions of Whole Person Wellness. We hope you won't let physical limitations hold you back.

HealthAbility is for everyone. It is designed to provide you with personal awareness and support through *all six* dimensions of wellness.

## THE SIX DIMENSIONS OF WELLNESS

Whole person wellness is expressed as a six- dimensional model. Below is a description of each of the dimensions as well as sample activities for each.

### PHYSICAL

Taking care of your body to maintain and improve strength, flexibility and function. Making positive food and nutrition choices to strengthen your body to be as healthy as possible so that you can more fully enjoy your life.

Group Dancing  
Exercise Classes  
Nutrition & Health Assessments

### INTELLECTUAL

Exercising your brain and stretching your creative and mental abilities through life-long learning.

Computer Labs/Training  
Keese School  
Participating in Resident Councils

### SPIRITUAL

Enjoying a continued sense of well-being by providing meaning and purpose to enrich your life and nourish your soul.

Labyrinth Walk  
Meditation  
Pastoral Care Events

### EMOTIONAL

Facing life with a positive attitude and enthusiasm even in difficult times because of how you see yourself, your goals and your role in life and in the lives of others.

Stress Management  
Support Groups

### SOCIAL

Connecting and interacting with your environment and community through family and friends.

Book Club  
Bridge Clubs  
Attending Movies

### VOCATIONAL

Reaching out to help others by providing support, sharing your experiences, talents and abilities.

Volunteering  
Tutoring  
Developing New Skills

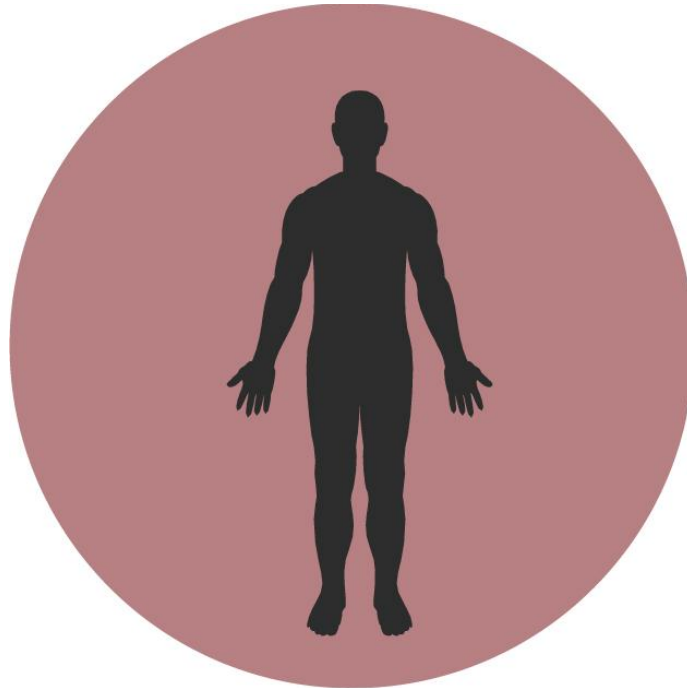
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**PLEASE NOTE THAT CONTACT INFORMATION IS CORRECT AT THE TIME OF PRINTING; HOWEVER, DUE TO VARIOUS REASONS, SOME CONTACTS MAY CHANGE DURING THE YEAR. WE REGRET ANY INCONVENIENCE THAT THIS MAY CAUSE.**

# PHYSICAL



**Taking care of your body to maintain and improve strength, flexibility and function. Making positive choices related to exercise, food and nutrition to nourish your body so it can be as healthy as possible to enjoy social, intellectual and emotional experiences.**

# FITNESS CENTER OVERVIEW

## Fitness Center Monthly Classes and Activities

*Fitness and Pool Class Schedules may vary from month to month. Please pick up the Monthly Fitness Calendar from the Fitness Center or Building Mailrooms for class schedules, locations and upcoming events. You may also call 301-987-6255 for information.*

**Exercise on Your Own:** The Fitness Center is open and staffed Monday through Friday for you to exercise at your convenience. Never joined us before? Stop by the Center to pick up a membership application and Fitness Center brochure for more details. You can also make an appointment for a Fitness Professional to help you develop an exercise program that is right for you.

**Swim on Your Own:** The Fitness Center pool is also open Monday through Saturday. Once again, stop by to pick up a membership application and a schedule for the open swim hours each day.

**Massage:** Massage is a good way to relax your muscles, improve circulation, ease anxiety and improve joint mobility. Massages are available by appointment. Pick up a flyer that includes schedules and pricing information.

**Fitness Classes:** Classes are offered at various times and locations on campus. Most classes are free for residents. Exceptions are noted in the class descriptions. Each class is assigned a fitness level to help you select the class that is right for you:

**Level 1** — For those individuals who rely on a walking aid or have multiple health limitations.

**Level 2** — For those individuals who do not rely on a walking aid but may use one occasionally.

**Level 3** — For those individuals who are highly independent and have a history of physical activity.

# **FITNESS CENTER CLASSES**

## **AQUATIC CLASSES**

**LOCATION:** 409 Rosborough Building Pool. Classes are designed to keep your hair dry. Swimming skills are not necessary. Shorts and shirts may be worn.

### **Aqua Balance**

Appropriate for beginning and intermediate exercisers who would like to experience a light cardiovascular water workout with a concentration on strengthening and improving posture and balance. Proper body alignment will be stressed.

### **Pace Yourself**

Low impact exercise using the water's buoyancy and resistance to help relieve some of the pain and stiffness associated with arthritis.

### **Water Walking**

Water walking is continuous walking exercise to improve balance, gait, endurance and strength. Water walking is great for those with arthritis.

### **Wet Yet?**

This class is a low-impact but energetic water exercise class which is designed to improve range of motion, muscle strength and cardiovascular endurance.

## **ENDURANCE CLASSES**

### **Light and Easy Aerobics**

Participate in an enjoyable aerobic workout that incorporates simple dance steps.

## **Social Dancing**

Experience the joy of dancing in this ballroom dance class. The basics of your favorite dances will be presented in an easy-to-learn format. This class focuses on dancing, not complicated patterns, which makes it great for both levels.

## **GENERAL FITNESS CLASSES**

### **On Your Seat**

Increase strength and flexibility while in your chair through low impact fun and exercise. Wheelchair users welcome!

### **Better Balance**

Develop techniques that will enable you to control your balance whether stationary or moving.

## **SPECIALTY CLASSES**

### **Parkinson's Exercise**

Parkinson's exercise is used to target specific Parkinson's symptoms such as rigidity, stiffness, slower movements, tremors, postural lean, balance and gait problems. Classes include flexibility, strength and endurance exercises.

### **Tai Chi**

To improve balance, stamina, coordination and posture through the use of standing, slow, controlled movements. This exercise is excellent for all conditioning levels.

### **Yoga**

Yoga is used to concentrate on breathing, postural alignment, balance and mental focus. Yoga can also be done in a chair.

## **Brain Fitness**

Challenge your memory and thinking skills with this interactive class of memory drills and games.

## **STRENGTH TRAINING CLASSES**

### **Tubes and Bands Strength Training**

Target all of the major muscle groups to provide a complete strength program. Strength training with elastic resistance is versatile, easy on the joints and provides strength gains in a functional way.

### **Post Rehab Strength and Mobility**

Provide total strength training and range of motion exercises for post rehab participants using light resistance and stretching exercises.

### **Stretch and Tone**

Stretch and tone is a chair-based class that increases range of motion of the major joints of the body through active and static stretches and strength exercises.

### **Body Blast Circuit**

Alternate between cardiovascular and strength training exercises to improve your body systems through this traditional circuit training class.

### **Total Body Tune up**

Develop head-to-toe body strength using bands and tubes and improve your ability to move through various mobility exercises. This is a challenging strength and mobility class.

### **Circuit Weights**

Build stronger muscles and increase your bone mass by using exercise machines.

# **GENERAL PHYSICAL ACTIVITIES**

## **BLOOD PRESSURE CLINIC**

**PURPOSE:** Care Management nursing staff will take your blood pressure.

**SCHEDULE:** Wednesdays from 1:00 p.m. to 2:00 p.m. Locations alternate between the 405 Building, Apartment Center Lobby and the 417 Hefner Building, Hefner Dining Conference Room. Call contact person to confirm the location.

**CONTACT PERSON:** Care Management Department, ext. 4275

## **BOCCE — ITALIAN LAWN BOWLING**

**PURPOSE:** To provide outdoor fun and mild exercise in a competitive game of Bocce.

**PARTICIPATION:** Open to all residents. Wear comfortable clothes and flat soled shoes.

**SCHEDULE:** Weather permitting, the Bocce Group plays on Tuesdays and Thursdays: Spring and Fall at 1:30 p.m. Summer at 7:00 p.m. If in doubt call one of the contacts below. The Asbury Bocce Court is adjacent to the tennis court west of Hefner. All necessary equipment is available on site.

**CONTACT PERSON:** Charlie Fullerton, ext. 6811 and Hal Gaut, ext. 5219

## **FARMER'S MARKET**

**PURPOSE:** To provide fresh produce from a local farmer.

**SCHEDULE:** Mondays from 2:00 p.m. to 6:00 p.m. located in the 405 Building arcade in front of the Apartment Center. The farmer's markets are held June through September.

**CONTACT PERSON:** Austin Bowen, ext. 4346

## **PING PONG**

**SCHEDULE:** Tuesdays and Fridays from 2:00 p.m. to 3:30 p.m. in the 417 Hefner Building, Hefner Auditorium.

**CONTACT PERSON:** John Stedman, ext. 4595

# INTELLECTUAL



**Exercising and strengthening your brain and stretching your creative and mental abilities through life-long learning.**

# **GROUPS, CLUBS AND ACTIVITIES**

## **BOOK DISCUSSION GROUP**

**PURPOSE:** To provide an opportunity for residents who love books and reading to share their enjoyment with others.

**SCHEDULE:** Second Wednesday of the month October through May from 2:00 p.m. to 3:30 p.m. in the 407 Mund Building, Leisure Arts Room.

**PLEASE CONTACT:** Isabelle Martin, ext. 5387

## **CHESS (Mund)**

**SCHEDULE:** Second Saturday of the month from 1:00 p.m. to 5:00 p.m. in the 407 Mund Building, Parlor.

**CONTACT PERSON:** Floyd Brinley, ext. 5926

## **COMPUTER CLUB**

**PURPOSE:** To encourage learning and the exchange of knowledge about the use of computers and communications.

**PARTICIPATION:** No requirements for membership

**SCHEDULE:** Second Wednesday of each month except July and August from 7:15 p.m. to 9:00 p.m. in the 409 Rosborough Building, Rosborough Theater.

**CONTACT PERSON:** John Villforth, ext. 3187 or via email at [jcvillforth@comcast.net](mailto:jcvillforth@comcast.net)

## **DEMOCRATIC CLUB**

**PURPOSE:** To provide information about the politics of the city, county, state and nation to our members and other interested persons.

**PARTICIPATION:** Members must be registered Democrats, but any interested person may attend meetings. Membership fee is \$5.00 per year.

**SCHEDULE:** Third Friday of each month at 2:00 p.m. in the 405 Building, Apartment Center, lower level, Parker Hall. No July and August meetings.

**CONTACT PERSON:** Keith Steele, ext. 6628 or via email at [esteele480@earthlink.net](mailto:esteele480@earthlink.net)

## **FINANCE CLUB**

**PURPOSE:** To gather and have discussions about the current financial markets.

**SCHEDULE:** Saturdays from 10:00 a.m. to 11:00 a.m. in the 419 Wallace Building, Community Room.

**CONTACT PERSON:** Bob Pfaff, ext. 5759

## **IDYLL DISCUSSION GROUP**

**PURPOSE:** To discuss books, personal history and other subjects.

**SCHEDULE:** Second and fourth Tuesdays of the month from 12:00 p.m. to 1:00 p.m. in the 333 Building, Russell Ave Café. No meetings in July and August.

**CONTACT PERSON:** Earl Kragnes, ext. 4950

## **LIFE ISSUES DISCUSSION GROUP**

**PURPOSE:** To promote lifelong learning by discussion of issues highlighted in selected books.

**SCHEDULE:** Alternate Mondays of the month from 1:30 p.m. to 3:00 p.m. in the 419 Wallace Building, Wallace Community Room

**CONTACT PERSON:** Earl Kragnes, ext. 4950

## **NORDIC FRIENDS**

**PURPOSE:** Discussion of Nordic ancestry from Norway, Sweden, Denmark and Finland.

**SCHEDULE:** First Saturday of the month from 10:00 a.m. to 12:00 p.m. in the 415 Diamond Building, Diamond Arts and Crafts Room.

**CONTACT PERSON:** Rhoda MacKenzie, ext. 5676

## **STAMP CLUB**

**SCHEDULE:** Second and fourth Thursday of the month except November and December from 7:15 p.m. to 9:15 p.m. in the 415 Diamond Building, Diamond Arts and Crafts Room. Annual dues of \$10.00

**CONTACT PERSON:** Jacob Busch, ext. 4949 or Hal Steinberg, 301-460-4774 or via email at halstein@verizon.net

## **STAY IN THE G.A.M.E.** **BETTER LIVING LECTURE SERIES**

**PURPOSE:** To provide experiential, integrated programs intended to educate residents on various facets of health and wellness including complementary alternative therapies.

**SCHEDULE:** Monthly in various locations throughout the campus. Please call contact person for schedule.

**CONTACT PERSON:** Amy Ostrolenk MA, BSN, RN, the Director of Health and Wellness in Residential Living, ext.4747

## **SUGARLAND SEARCHERS DOLL CLUB**

**PURPOSE:** To provide information on the restoration, preservation and presentation of dolls and doll related subjects.

**SCHEDULE:** First Thursday of the month except September, which is the second Thursday of the month. No meeting in July and August. Doll Club meetings are held from 7:00 p.m. to 10:00 p.m. in the 409 Rosborough Building, Community Room A.

**CONTACT PERSON:** Karen Wolf, 301-774-7259

## **GARDEN CLUB**

**PURPOSE:** To provide an opportunity for residents to garden in their own assigned plots, and to enjoy the fellowship of other gardeners.

**SCHEDULE:** Members are free to work in their plots at their own convenience. Club meetings are held in March and October. Initial membership entrance fee: \$10.00 per person. Annual dues: \$10.00 per person. Key deposit: \$ 6.

**CONTACT PERSON:** Dr. Norman Heim, ext. 5576

## **REPUBLICAN CLUB**

**PURPOSE:** To provide information about the politics of the city, county, state, and nation to interested parties.

**SCHEDULE:** Quarterly meeting in the Hefner Auditorium.

**CONTACT PERSON:** Rocky Jones, ext. 5210 or via email:  
LTJK4UXO@comcast.net

## **AMV COUNCIL MEETINGS**

### **COORDINATING COUNCIL ASBURY VILLAGE** **(CCAV)**

**PURPOSE:** To provide a public forum for the Partnership Advisory Committee (PAC) resident Co-Chairs to report on their PAC's activities and plans. CCAV will provide AMV Administrative Officers and Directors, with an opportunity to address the residents. CCAV will also sponsor special projects and provide a central banking service for resident organizations.

**SCHEDULE:** Fourth Tuesday of the month except July and August at 9:30 a.m. Rotate months. 417 Hefner Building Auditoriums odd months, 405 building, Apartment Center, Parker Hall even months

**CONTACT PERSON:** Mac McCullough, ext. 6616

### **QUALITY SERVICE BOARD MEETING** **(QSB)**

**PURPOSE:** The QSB will serve as a channel of communication between Resident Councils and the Administration. QSB will evaluate and address the concerns and interests of the AMV Residential Life residents and represent them in discussions with the Administration and to foster a community spirit among the residents.

**PARTICIPATION:** Building Council Chairs and Administration.

**SCHEDULE:** Second Wednesday of the month from 2:00 p.m. to 4:00 p.m. in 405 Building, Apartment Center, lower level, Parker Hall.

**CONTACT PERSON:** Betsey Hudson, ext. 4276

## **PARTNERSHIP ADVISORY COMMITTEES (PAC)**

**PURPOSE:** The purpose of each PAC is to promote the quality of life at Asbury Methodist Village (AMV). Each PAC is Co-Chaired by a resident and an Associate. The PAC's, acting in an advisory capacity, will function in their areas of focus by initiating, evaluating, reviewing, recommending, planning and communicating ideas to the Administration.

**PARTICIPATION:** Meeting participation is limited to members only unless otherwise specified below.

### **BUILDING AND GROUNDS PAC**

**SCHEDULE:** Second Thursday of the month from 10:30 a.m. to 11:30 a.m. in 201 Administration Building Conference Room.

**CONTACT PERSON:** Lenny Hines, ext. 4064

### **COMMUNICATION PAC**

**SCHEDULE:** Second Thursday of the month from 1:00 p.m. to 2:00 p.m. in the 409 Rosborough Building Resource Library.

**CONTACT PERSON:** Marolyn Hatch, ext. 4875

## **DINING AND NUTRITION PAC**

**SCHEDULE:** First Wednesday of the month from 1:30 p.m. to 3:00 p.m. in 401 Trott Building, Conley Hall.

**CONTACT PERSON:** To Be Determined

## **FOUNDATION PAC**

**SCHEDULE:** Second Tuesday of the month from 10:00 a.m. to 12:00 p.m. in the 201 Administration Building Board Room.

**CONTACT PERSON:** Tom McIlrath, ext. 3121

## **FUTURE PROJECTS PAC**

**SCHEDULE:** Second Thursday of the month from 1:30 p.m. to 2:30 p.m. in the 201 Administration Building, Administration Conference Room.

**CONTACT PERSON:** Norma Barr, ext. 5212

## **HEALTH & WELLNESS PAC**

**PARTICIPATION:** All residents are welcome

**SCHEDULE:** Second Thursday of the month from 1:30 p.m. to 3:00 p.m. at 403 Trott Building, Edwards-Fisher Library.

**CONTACT PERSON:** Robert Hartman, ext. 6833

## **MARKETING PAC**

**PARTICIPATION:** Anyone may visit service by RSVP.

**SCHEDULE:** First Monday of the month from 9:30 a.m. to 10:30 a.m. in the 201 Administration Building Conference Room.

**CONTACT PERSON:** Earl Kragnes, ext. 4950

## **SECURITY/ RECEPTION AND TRANSPORTATION PAC**

**SCHEDULE:** Second Wednesday of the month from 10:00 a.m. to 11:30 a.m. in the 417 Hefner Building Dining Conference Room.

**CONTACT PERSON:** Gil Snyder, ext. 5677

## **SPIRITUAL LIFE PAC**

**SCHEDULE:** Second Monday of the month from 1:30 p.m. to 3:00 p.m. in the 415 Diamond Building Arts and Crafts Room.

**CONTACT PERSON:** Catherine Heim, ext. 5576

# **RESIDENT BUILDING COUNCILS**

**NOTE:** The Park View Resident Council does not meet in August. The Villa Resident Council meets on the odd numbered months throughout the year. All other Resident Councils do not meet in July and August.

## **COURTYARD HOMES RESIDENT COUNCIL**

**SCHEDULE:** First Friday of the month from 10:00 to 11:00 a.m. in the Rosborough Community Rooms B & C.

**CONTACT PERSON:** To be determined

## **DIAMOND RESIDENT COUNCIL**

**SCHEDULE:** First Thursday day of the month except for July and August from 9:30 a.m. to 11:00 a.m. for the Diamond 9<sup>th</sup> floor meeting, 417 Hefner Building Auditorium.

**CONTACT PERSON:** Edith Isacke, ext. 5764

## **EDWARDS-FISHER RESIDENT COUNCIL**

**SCHEDULE:** Second Tuesday of the month from 1:30 p.m. to 2:30 p.m. in the 405 Building, Apartment Center, lower level, Parker Hall.

**CONTACT PERSON:** 2011 Rosemary Pasek x 5612  
2012 Mary Jane Gartner x 5647

## **MUND RESIDENT COUNCIL**

**SCHEDULE:** First Wednesday of the month except July and August from 10:30 a.m. to 11:30 a.m. in the 407 Mund Building, Apartment Center, lower level, Parker Hall. No meeting in July and August.

**CONTACT PERSON:** George B. Lane, ext. 6537 or via email:  
glane0326@netzero.net

## **PARK VIEW RESIDENT COUNCIL**

**SCHEDULE:** Second Tuesday of January, March, May, July, September, and November at 9:30 a.m. in the 211 Park View Building Club Room.

**CONTACT PERSON:** Judy Bankson, ext. 3118 or via email:  
JFBankson@aol.com

## **TROTT RESIDENT COUNCIL**

**SCHEDULE:** First Thursday of the month, from 10:00 a.m. to 11:30 a.m. in the 401 Trott Building, Conley Hall.

**CONTACT PERSON:** Hal Gaut, ext. 5219

## **VILLA RESIDENT COUNCIL**

**SCHEDULE:** Second Thursday of the odd-numbered months from 2:30 p.m. to 4:30 p.m. in the Villa 400 Building.

**CONTACT PERSON:** Dan Muller, ext. 5271 or via email:  
danrm29@comcast.net

## **WALLACE RESIDENT COUNCIL**

**SCHEDULE:** Second Friday of the month from 3:30 p.m. to 5:00 p.m. in the 417 Hefner Building, Hefner Auditorium.

**CONTACT PERSON:** Robert Bernero, ext. 6574 or via email: RMBernero@aol.com

## **RESIDENT COMMITTEES**

### **FINE ARTS and CRAFTS COMMITTEE**

**PURPOSE:** To give artists and crafters an opportunity to share their works with the Asbury community through: displaying original artwork and collections at Rosborough, managing and presenting the Annual Residents' Art Show, painting opportunities, and craft classes.

**SCHEDULE:** Third Thursday of the month at 1:30 p.m. in the 417 Hefner Building Dining Conference Room.

**CONTACT PERSON:** Programming Department, ext. 5030 or ext.4113

### **HISTORICAL SOCIETY**

**PURPOSE:** To collect and preserve the archives and artifacts relating to the history and heritage of Asbury Methodist Village.

**PARTICIPATION:** Open to all residents, associates and other interested persons. Membership dues are \$5.00 per year.

**SCHEDULE:** Please call contact person.

**CONTACT PERSON:** Keith Steele, ext. 6628

## **(NARFE) NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEE ASSOCIATION**

**PURPOSE:** To gather retired federal employees who are interested in federal legislation that impacts their retirement and interested in supporting national leadership's activities.

**SCHEDULE:** Fourth Tuesday of the month from 10:00 a.m. to 12:00 p.m. in the 405 Building, Apartment Center, lower level, Parker Hall.

**CONTACT PERSON:** "Rocky" Jones, ext. 5210

## **THEATER and TRAVEL COMMITTEE**

**PURPOSE:** To plan and provide day and week-long trips to various destinations to enhance residents' lives.

**SCHEDULE:** Second Thursday of the month from 2:30 p.m. to 3:30 p.m. in the 417 Hefner Building Conference Room.

**CONTACT PERSON:** Pat Hilmoe, ext. 6603

## **WILDLIFE HABITAT TEAM**

**PURPOSE:** To engage residents and the associates in supporting AMV Campus as a more wildlife friendly habitat.

**SCHEDULE:** Meeting and speakers to be announced. All are welcome.

**CONTACT PERSON:** Anita Taylor, ext. 3101 or Lydia Page, ext. 3134

## **THE WILLIAM A. KEESE** **SCHOOL OF CONTINUING EDUCATION**

**DESCRIPTION:** A resident-run school of continuing education entering its 34<sup>th</sup> year, the Keese School offers to residents and community guests each spring and fall semester (September-May) roughly 25 evening lectures, 5-6 day courses and 5-6 educational tours. Hour-long lectures are presented by some 20 invited speakers and several residents. Topics include national and international issues, history, literature and philosophy, art and music, science and technology, and health and the environment. Catalogs are available early in August and January with lecture abstracts, presenter backgrounds, schedules, and registration information and forms. Visit our web site: [www.amvresidents.org/keeseschoolpage.html](http://www.amvresidents.org/keeseschoolpage.html)

**CONTACT:** School Dean, Murray Schulman, ext. 5546

# SPIRITUAL



**Enjoying a continued sense of well-being providing meaning and purpose that enriches your life and nourishes your soul.**

## **ANNUAL EVENTS AND SPECIAL PROGRAMS**

**PURPOSE:** To provide the AMV community with opportunities to celebrate special days and events.

**PARTICIPATION:** All residents and family members.

**SCHEDULE:** Martin Luther King, Jr. Celebration (January)  
Passover Seder (March/April)  
Campus-wide Memorial Services (late May, early June, late October, and early November)  
Christmas Holiday Program (December)  
Hanukkah Celebration (December)  
Concerts — voice, organ, choirs  
Spiritual Life Programs

**CONTACT PERSON:** Pastoral Care Department, ext. 4093

### **ASBURY BELL RINGERS**

**PURPOSE:** To provide music at concerts and special programs.

**PARTICIPATION:** Residents with interest and skill in the use of English hand bells.

**SCHEDULE:** Tuesdays at 2:00 p.m. in 401Trott building, Conley Hall

**CONTACT PERSON:** Janis Rex, ext. 5413

### **CARING MINISTERS**

**PURPOSE:** To provide one-on-one ministry to residents who are experiencing a transition and who desire to be supported spiritually and emotionally.

**PARTICIPATION:** Residents who have received training as Stephen Ministers or who have completed the training provided by the Pastoral Care Department and the leadership of the Caring Ministers.

**SCHEDULE:** In addition to time spent with persons you are helping, required supervisory meetings are held on the fourth Wednesday of the month at 1:30 in 401 Trott Building, Conley Hall

**CONTACT PERSON(S):** Anne Porter, ext. 6894 or Rae King, ext. 3124

### **CATHOLIC COMMUNITY MEETING**

**PURPOSE:** To provide opportunities for the AMV Roman Catholic community to gather.

**PARTICIPATION:** All residents and family members associated with a Roman Catholic community.

**SCHEDULE:** Mondays at 3:00 p.m. in the 405 Building, Apartment Center, lower level, Parker Hall.

**CONTACT PERSON:** Ching-Yi Lee, ext. 4622

### **CATHOLIC MASS**

**PURPOSE:** To provide a worship experience in the Roman Catholic tradition.

**PARTICIPATION:** Roman Catholic community residents and family.

**SCHEDULE:** First Fridays of the month at 10:00 a.m. in the Wilson Health Care Center (WHCC), Lower Level Social Hall. Sundays, at 9:00 a.m., in the WHCC Lower Level, Social Hall. Sundays, at 11:00 a.m., in Guild Memorial Chapel, at Park View.

**CONTACT PERSON(S):** Carol Waters, ext. 5019 or Jim Lordeman, x5811

## **ECUMENICAL WORSHIP**

**PURPOSE:** To provide a worship experience in the Protestant tradition.

**PARTICIPATION:** All residents and family members

**SCHEDULE:** Thursdays at 7:00 p.m. in the Kindley Building, first floor living room.

Sundays at 9:30 a.m. in Guild Memorial Chapel at Park View.

Sundays at 11:00 in the Wilson Health Care Center lower level Social Hall.

Sundays at 2:00 p.m. in the Kindley Building, first floor living room.

**CONTACT PERSON(S):** Pastoral Care Department, ext. 4093

## **EPISCOPAL COMMUNION SERVICE**

**PURPOSE:** To provide opportunities for the AMV Episcopal community to gather.

**PARTICIPATION:** All residents associated with the Episcopal community.

**SCHEDULE:** The last Wednesday of each month at 9:30 a.m. in Mund Building, Leisure and Arts Room

**CONTACT PERSON:** Rosanne Broughton, ext. 3147

## **EPISCOPALIAN SOUPER SENIORS**

**PURPOSE:** To provide opportunities for the AMV Episcopal community to gather.

**PARTICIPATION:** All residents associated with the Episcopal community; visitors are welcome

**SCHEDULE:** Fourth Thursdays of the month at 11:15 a.m. in the private dining area of the 333 Kindley Building, Russell Avenue Café

**CONTACT PERSON:** Kate Lohman, ext. 6726

### **HOOVER RUPERT BIBLE STUDY SERIES**

**PURPOSE:** To provide a religious educational experience in the Judea-Christian tradition.

**PARTICIPATION:** All residents.

**SCHEDULE:** Mondays at 10:00 a.m. in 405 Apartment Center Building, lower level, Parker Hall. Check Bulletin Boards and AVTV for actual dates.

**CONTACT PERSON(S):** Pastoral Care Department, ext. 4093

### **LABYRINTH- WALKING MEDITATION**

**PURPOSE:** To provide an experience of relaxing, peaceful meditation for enhanced spiritual well-being.

**PARTICIPATION:** All AMV residents who are ambulatory; community guests are welcome.

**SCHEDULE:** Check bulletin boards and AVTV for actual dates.

**CONTACT PERSON(S):** Linda Bowles, ext. 3186

### **MEN'S BIBLE STUDY AND FELLOWSHIP**

**PURPOSE:** To provide opportunities for the discussion of concerns in the lives of the participants.

**PARTICIPATION:** All male residents.

**SCHEDULE:** First and third Fridays of the month at 10:00 a.m. in the 417 Hefner Building Dining Conference Room.

**CONTACT PERSON:** Wes Bishop, ext. 4226

## **PARK VIEW BIBLE STUDY AND FELLOWSHIP**

**PURPOSE:** To provide a religious education experience and opportunity for fellowship.

**PARTICIPATION:** Park View residents.

**SCHEDULE:** Wednesdays at 9:30 a.m. to 12:00p.m. in the 211 Park View Building Club Room.

**CONTACT PERSON:** Doris Fleener, ext. 3136

## **ROSARY DEVOTIONS**

**PURPOSE:** To provide an opportunity for personal devotions.

**PARTICIPATION:** Any Roman Catholic resident.

**SCHEDULE:** Second and fourth Thursdays of the month at 11:15 a.m. in the Wilson Health Care Center Chapel.

**CONTACT PERSON:** Murvell Delpino, ext. 4213

## **UNITARIAN UNIVERSALISTS GATHERING**

**PURPOSE:** To provide opportunities for the AMV Unitarian Universalist community to gather.

**PARTICIPATION:** All residents.

**SCHEDULE:** Third Thursday of the month September through May at 11:00 a.m. in the 419 Wallace Building Community Room.

**CONTACT PERSON:** Mildred Reynolds, ext. 6585

### **UNITED CHURCH OF CHRIST GATHERING**

**PURPOSE:** To provide opportunities for the AMV United Church of Christ community to gather.

**PARTICIPATION:** All residents associated with a United Church of Christ community.

**SCHEDULE:** Second Thursday of the month at 11:45 a.m. in the 333 Kindley Building, Russell Avenue Café. Not held in July and August.

**CONTACT PERSON:** Parker Dorman, ext. 4909

### **UNITED METHODIST COMMUNION SERVICE**

**PURPOSE:** To provide opportunities for the AMV Methodist community to gather.

**PARTICIPATION:** All residents are welcome.

**SCHEDULE:** Second Wednesday of the month at 11:00 a.m. in 401 Trott Building, Conley Hall.

### **WELCOME SHABBAT SERVICE**

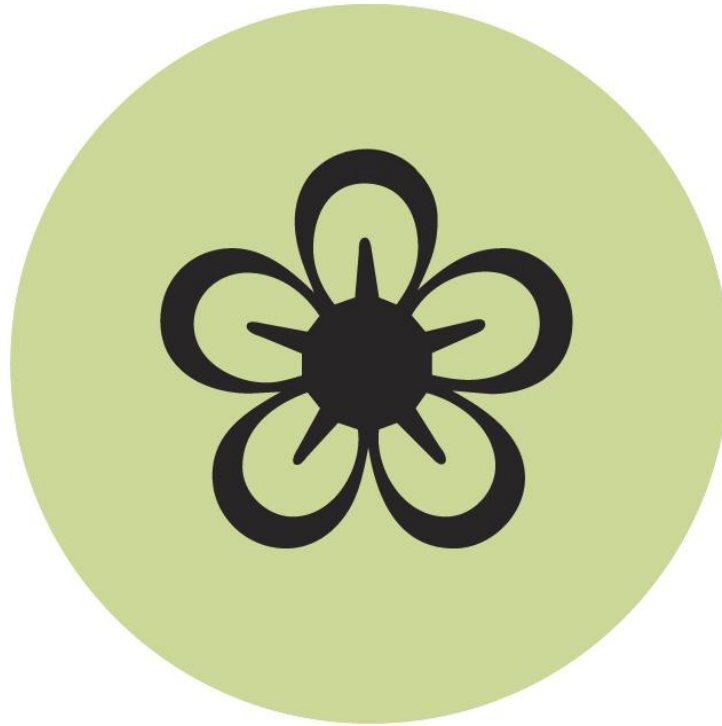
**PURPOSE:** To provide the AMV Jewish Community the opportunity to participate in a Shabbat service.

**PARTICIPATION:** All AMV residents.

**SCHEDULE:** Second Friday of the month except July and August at 3:00 p.m. in the 419 Wallace Building Community Room.

**CONTACT PERSON(S):** Helen Podolsky, ext. 4602 or Lee Harvey, ext. 4471

# EMOTIONAL



**Facing life with a positive attitude and enthusiasm, even in difficult times, because of how you see yourself, your goals and your role in life and in the lives of others.**

## **ALZHEIMER'S SUPPORT GROUP**

**PURPOSE:** A support group for spouses of individuals with Alzheimer's and other related disorders.

**SCHEDULE:** Third Thursday of the month from 2:00 p.m. to 3:00 p.m. in the 419 Wallace Building Community Room.

**CONTACT:** Care Management, ext. 4275 Diamond, ext. 4191

## **BEAUTY SHOP**

**SCHEDULE:** 415 Diamond Building lower level, Tuesday through Friday from 10:00 a.m. to 3:00 p.m. 407 Mund Building lower level, Tuesday through Friday from 9:00 a.m. to 4:00 p.m.

**CONTACT PERSONS:** Mund, ext. 4242.

## **"TAKE 5" STRESS MANAGEMENT CLASS**

**PURPOSE:** Learn about various relaxation techniques necessary to manage your stress, relax your body and calm your mind.

**SCHEDULE:** Every other Tuesday of the month, unless otherwise specified from 3:00 p.m. to 3:45 p.m. in the 211 Park View Club Room. Watch AVTV for specific dates.

**CONTACT PERSON:** Amy Ostrolenk, ext. 4747

# SOCIAL



Connecting and interacting with your environment and community through family and friends.

## **BINGO**

**SCHEDULE:** First and third Fridays of the month from 7:30 p.m. to 8:30 p.m. at the 415 Diamond Building Arts and Crafts Room.

**PATICIPATION:** Call for details. Cards are \$1.00.

**CONTACT PERSON:** Reba Swain, ext. 5283

## **BOGGLE**

**SCHEDULE:** Tuesdays, from 7:30 p.m. to 9:00 p.m. in the 407 Mund Building Parlor.

**CONTACT PERSON:** Jack Busch, ext. 4949

## **BRIDGE—VILLAS**

**SCHEDULE:** Fourth Wednesday of the month from 12:00 p.m. to 5:00 p.m. in the Villas 400 Building. Exception: the 4<sup>th</sup> Monday in November and no Bridge in December.

**CONTACT PERSON:** Emma Michaels, ext. 6864

## **BRIDGE—FRIENDLY DROP-IN GAME**

**SCHEDULE:** First and third Tuesday of the month from 1:00 p.m. to 4:00 p.m. in the Villas 400 Building. Please let contact person know if you plan to attend.

**CONTACT PERSON:** Mary Anstead, ext. 4832 and Joe Maloney, ext. 5544

## **BRIDGE—419 Wallace**

**SCHEDULE:** Monday, Wednesday, Thursday and Friday from 9:00 a.m. to 12:00 p.m. in the 419 Wallace Building Community Room.

**CONTACT PERSON:** Robert Bernero, ext. 6574

## **CANASTA**

**SCHEDULE:** Mondays from 6:30 p.m. to 8:00 p.m. in 401 Trott Building, Conley Hall.

**CONTACT PERSON:** Arlene Crumley, ext. 5465

## **COFFEE AND CONVERSATION**

**PURPOSE:** To answer questions and issues that concern dining services.

**SCHEDULE:** Individual buildings rotate monthly. Call contact person.

**CONTACT PERSON:** Carlos Castillo, ext. 6211

## **DOMINOES**

**SCHEDULE:** Friday nights from 7:00 p.m. to 9:00 p.m. in the 403 Edwards-Fisher Building Library.

**CONTACT PERSON:** Evelyn Lohr, ext. 4962

## **GATHERING PLACE**

**PURPOSE:** To socialize over a cup of coffee.

**SCHEDULE:** Monday through Saturday from 10:00 a.m. to 11:30 a.m. in the 417 Hefner Building, lower level, Purple Circle.

**CONTACT PERSON:** Janet McGuire, ext. 6759

## **KALUKIE**

**PURPOSE:** To play this double-deck Rummy card game for 2-6 players.

**SCHEDULE:** Mondays from 7:00 p.m. to 9:00 p.m. in the 407 Mund Building Parlor.

**CONTACT PERSON:** Victor Lehtoranto, ext. 6809

## **AFTERNOON AT THE MOVIES**

**SCHEDULE:** Mondays and Fridays of the month from 1:30p.m. to 3:30p.m. in the 409 Rosborough Building Theatre.

**CONTACT PERSON:** Joon Kim, ext.6266

## **MOVIE NIGHT at Hefner**

**SCHEDULE:** Second and Fourth Tuesdays of the month at 7:15. 417 Hefner Building Auditorium.

**CONTACT PERSON:** Billy Ball, ext. 6564

## **MOVIE NIGHT at Park View**

**PARTICIPATION:** Park View residents only.

**SCHEDULE:** Second and fourth Wednesdays of the month at 7:30p.m. in the 211 Park View Building Club Room.

**CONTACT PERSON:** Rae King, ext. 3124

## **MOVIE NIGHT at Rosborough**

**SCHEDULE:** First and Third Wednesdays of the month. Watch the bulletin boards and elevators for the movie announcements.

**CONTACT PERSON:** Martin Blendermann, ext. 5771

## **NEXT IN LINE CLUB**

**PURPOSE:** To provide a venue for people who enjoy writing, sharing their efforts and being lightly critiqued by their peers.

**SCHEDULE:** Last Tuesday of the month from 2:00 p.m. to 3:30 p.m. in the 415 Diamond Building Arts and Crafts Room.

**CONTACT PERSON:** Murray Schulman, ext. 5546

## **OPEN STUDIO**

**PURPOSE:** To enjoy the process of painting and to share and expose others to the beautiful open studio.

**SCHEDULE:** Thursdays from 9:30 a.m. to 12:00 p.m. and Tuesdays from 10:00 a.m. to 12:00 p.m. in the 415 Diamond Building Arts and Crafts Room.

**CONTACT PERSON:** Ruth Lotz, ext. 5819

## **POKER**

**SCHEDULE:** Second and fourth Tuesdays of the month from 7:30 p.m. to 9:30 p.m. in the 419 Wallace Building Community Room.

**CONTACT PERSON:** Parker Dorman, ext. 4909

## **ASBURY MODEL RAILROAD**

**PURPOSE:** To run the trains for residents, their children and their grandchildren who view the railroad display.

**SCHEDULE:** In the 415 Diamond Building, lower level. Advance appointments are suggested, but not required.

**CONTACT PERSON:** Ken Jones, ext. 5210

## **SCRABBLE**

**SCHEDULE:** Wednesdays from 1:30 p.m. to 4:00 p.m. in the 417 Hefner Building, lower level, Purple Circle.

**CONTACT PERSON:** Evelyn Lackey, ext. 6594

## **SING-A-LONGS**

**Sing-A-Longs are informal vocal gatherings. All Asbury residents are welcome to sing along!**

### **Diamond/Wallace Sing-A-Longs**

**PURPOSE:** Enjoying fellowship through music.

**SCHEDULE:** Approximately every 6 to 8 weeks, fall through spring, in 417 Hefner Building, lower level, Purple Circle. See bulletin boards for more information.

**CONTACT PERSON:** Sarah Corbett, ext. 6790

### **Edwards-Fisher Sing-A-Long**

**PURPOSE:** Fellowship through music

**SCHEDULE:** Third Tuesday of the month from 7:00 p.m. in the 403 Edwards-Fisher Building McLaughlin Parlor.

**CONTACT PERSON:** Ralph Wilbur, ext. 4601

### **Mund Sing-A-Long**

**PURPOSE:** Musical enjoyment, fellowship through music, and education.

**SCHEDULE:** First Saturday of the month from 7:30 p.m. to 8:30 p.m. in the 407 Mund Building Parlor

**CONTACT PERSON:** Ruthie Swain, ext. 6961 or Cathy Heim, ext. 5576

## **Trott Sing-A-Long**

**SCHEDULE:** Once a month on Saturday from 7:30 p.m. to 8:30 p.m. in the 401 Trott Building Lanman Parlor. Please see bulletin boards for more information.

**CONTACT PERSON:** Harriet Renison, ext.4452

## **TEA DANCE**

**PURPOSE:** To offer residents and guests a chance to dance or listen to dance music. This monthly social features many of your favorite ballroom dances including the foxtrot, waltz and swing. Basic dance lessons are offered at each dance as well as dance mixers and demonstrations. Dancing is optional.

**SCHEDULE:** From 2:30 p.m. to 4:30 p.m. in the 409 Rosborough Building Community Rooms A, B, and C the third Sunday of every month except during November and December. November and December tea dances will be held on the second Sunday of those months.

**CONTACT PERSON:** James Warner, ext. 6265

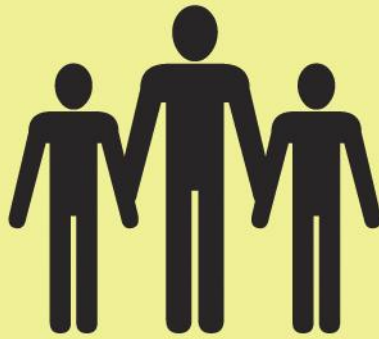
## **TRIVIAL PURSUIT**

**PARTICIPATION:** Trott Residents only

**SCHEDULE:** Every other month on a Tuesday from 7:30 p.m. to 9:00 p.m. in the Lanman Parlor. Actual date announced ten days in advance.

**CONTACT PERSON:** Phyllis Naylor, ext. 5770

# VOCATIONAL



**Reaching out to help others by providing support and sharing one's experiences, talents and abilities.**

## **CRAFT WORKSHOP**

**PURPOSE:** To introduce residents to the challenge and enjoyment of creating arts and crafts projects.

**SCHEDULE:** Second Tuesday of the month from 1:00 p.m. to 3:30 p.m. from September to December and January to April in 415 Diamond Building Arts and Crafts Room.

**CONTACT PERSON:** Mia Schulman, ext. 5546

## **LINDA'S TREASURES**

**PURPOSE:** To provide a full-service shopping experience catering to the mature woman in the comfort of her own community.

**SCHEDULE:** Every two months from 10:00 a.m. to 3:00 p.m. in the 417 Hefner Building, lower level, Purple Circle.

**CONTACT PERSON:** Linda Townsend, 410-730- 4668

## **STITCH and KNIT**

**SCHEDULE:** Wednesdays from 1:00 p.m. to 3:00 p.m. in the 415 Diamond Building Arts and Crafts Room.

**CONTACT PERSON:** Bernice Wilkinson, ext. 5824

## **SIT & STITCH**

**Purpose:** To contribute to the ease of socializing while sewing, mending, crocheting, quilting, cross stitching, and needlepoint.

**PARTICIPATION:** All invited

**SCHEDULE:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday's in the Park View Club Room

**CONTACT PERSON:** Judy Bankson, ext. 3118

## **VILLAGE LIFE**

**PURPOSE:** To plan, write for, photograph for, edit and copy-edit community newspaper distributed to all residents and off-campus mailing list.

**SCHEDULE:** Meetings first Thursday of every month in the Edwards-Fisher Library at 1:30 p.m.

**CONTACT PERSON:** Linda Aber, Director of Communications, ext. 4106

## **WILLIAMSBURG LANE CLOTHES CLOSET**

**PURPOSE:** To sell used men's and women's clothing and miscellaneous items donated by AMV residents. Proceeds go to the Asbury Foundation Benevolent Fund.

**SCHEDULE:** Open Tuesday through Friday 10:00 a.m. to 3:00 p.m. in the 201 Administration Building, lower level.

**CONTACT PERSON:** Ellanora Holtzople, ext. 5912, Store ext. 4250

## **WOODWORK SHOPS**

**PURPOSE:** To work on woodworking projects and repair any wood furniture for those in need. To provide a shop facility, equipment, tools and supplies for the use of AMV Residents.

**SCHEDULE:** All are opened on request.

**CONTACT NUMBERS:** Edwards-Fisher, ext. 4253. Trott, ext. 4254.

## **ASBURY GUILD**

**PURPOSE:** To reach out in love and care for residents in the Kindley Assisted Living facility and the Wilson Health Care Center. To help financially support the Benevolent Care Fund and staff-organized programs, outings and special projects. Volunteers are needed in the Guild to help achieve these goals. Meetings are held in September and April and are open to all.

**CONTACT PERSON:** Mary Ebinger, ext. 6555

## **BARGAIN MART**

**PURPOSE:** To contribute funds to the Benevolent Care Fund through the Asbury Guild and to improve in small ways life at Kindley Assisted Living and the Wilson Health Care Center. Roughly \$30,000 is annually raised through Bargain Mart sales of household items donated by Asbury Residents. Volunteer help for pricing and shelving is welcome daily from 9 a.m. to noon.

**SCHEDULE:** A sale is held the second Friday of each month from 9:00 a.m. to 2:00 p.m. in the 407 Mund Building lower level.

**CONTACT PERSON:** Ned Hopper, ext. 6648 or ext. 4256

## **ELVES' DAY AND CHRISTMAS CELEBRATION**

**PURPOSE:** To provide and deliver holiday gifts to all residents of Wilson Health Care Center and Kindley Assisted Living. Volunteers are needed in mid-December to pack 450 bags of new gift items.

**CONTACT PERSON:** Rosezanne "Socks" McFadden, ext. 3116

## **GUILD GIFT SHOP AND KINDLEY KART**

**PURPOSE:** To provide gifts and cards for residents, associates and guests. Volunteers needed.

**SCHEDULE:** Monday through Friday 10:00 a.m. to 4:00 p.m. and Saturdays 1:00 p.m. to 4:00 p.m. in the Wilson Health Care Center Gift Shop located in the inner lobby. The Kindley Kart operates every Friday from 1:00 p.m. to 4:00 p.m. in the Kindley lobby. No Saturdays in the summer months. Volunteers select their hours.

**CONTACT PERSON:** Ginnabeth Butts, 301-963-2010

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# AMV HealthAbility Programs and Activities Catalog Update Request Form

If you lead an activity and would like to make changes to your catalog entry or add an activity, please complete this form and return it to Crystal Partlow, Program Coordinator, in the 409 Rosborough Building.

Information provided will be included in the next printing of the catalog.

Name of Activity: \_\_\_\_\_

Purpose of Activity: \_\_\_\_\_

Participation (restrictions only): \_\_\_\_\_

Schedule: \_\_\_\_\_

Contact Person's Name: \_\_\_\_\_

Contact Person's Phone Number: \_\_\_\_\_

Forms can be returned via:

- Hard Copy to the Programming Department, 409 Rosborough building
- or
- Email: [cpartlow@asbury.org](mailto:cpartlow@asbury.org)

Please tear along the perforated lines located to the left of the page to remove if needed.



***Let us help you enrich your life and live more vibrantly!***

For more information contact one of the HealthAbility Team Leaders  
A member of our team will be happy to assist you!

Amy Ostrolenk, Director of Health and Wellness, HealthAbility Facilitator  
301-216-4747, [aostrolenk@asbury.org](mailto:aostrolenk@asbury.org)

Cathy Moxley, Director of Fitness  
301-987-6258, [cmoxley@asbury.org](mailto:cmoxley@asbury.org)

Shememe Williams, Director of Programming  
301-216-4113, [swilliams@asbury.org](mailto:swilliams@asbury.org)

***Start participating in the Wellness-Enriching programs and events  
outlined in this catalog. There's something here for everyone!***