

livfun

The Village at Unity

MAY 2019 • BLOSSOM AND BLOOM

Life Is A Ball!

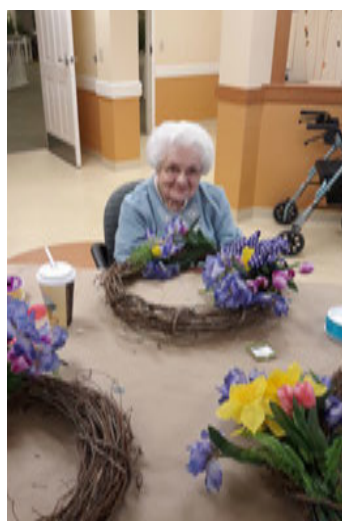
Mary Roat

There is something about a ball that makes everyone feel young again. Playing volleyball in the Village Square was no different. More than 30 people came together to play seated beach volleyball and had a lot of laughs. Not many of the players stayed seated and we are not sure who won. Well, maybe we all did – that is a win-win!



Residents Help to Beautify The Village!

In March's craft class, residents from Independent Living made spring wreaths to beautify the East Village, West Village, Village Square, and Hamlet entrances as well as the Memory Care Main Hallway. Make sure to take a look the next time you visit!



Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Alf Glasoe Card Room, AGCR Art Studio, AS Bocce Court, BC Cafe Patio, CP Cinema, C Coffee Nook, CN Coffee Nook & Plaza, CN&P Crossroads, Cafe East & West Dining Rooms, EWDR East Activities Room, EAR	East Dining Room, EDR East Front Lobby, EFL Exercise Studio, ES Fitness Center, FC Front Lobby, FL Leaving From The Front Lobby, LFL Meditation Room, MR Plaza, P Shuffleboard Court, SBC Shuttle Stops, SS Village Green, VG	Village Square A, VSA Village Square A & B, VSA&B Village Square B, VSB West Community Room, WCR West Dining Room, WDR West Front Lobby, WFL West Game Room, WGR West Organ Area, WOA West Wii Game Center, WWGC West Wii Game Center Or Plaza, WGC or P	MAY DAY1 9:30 PF ADVANCED, ES 10:35 PF Walk the Green, Cafe 10:50 PF Shuffleboard!, SBC 12:45 VILLAGE CHORUS, MR	2 9:30 PF ADVANCED, ES 10:45 PF BEGINNERS, ES 1:00 PF Tai Chi Practice, ES	3 10:00 PF ADVANCED, ES 11:00 PF Bocce, BC 2:00 PRIMEFIT FRIDAY: TAKING IT OUTSIDE!, VG	4 9:15 *PF OUTDOOR WALKING GROUP @ COBBS HILL RESERVOIR, LFL 6:15 Village Game Night: See Guide for Details
9:00 CHURCH SHUTTLE SERVICE: SEE GUIDE FOR DETAILS, LFL5 10:00 Sunday Travelogue, C 11:00 Catholic Communion, MR 3:00 Methodist Service with Pastor Deano Pulice, MR	6 1:30 MONDAY'S BACK STAGE TOUR, C 1:45 PF Walk the Green, Cafe 3:00 5 Minute Mystery, CN 3:30 Piano Music by Dave Barber, WFL	7 9:30 PF ADVANCED, ES 10:30 Reminiscing with Sue Huurman, EAR 10:45 PF BEGINNERS, ES 12:30 PF Tai Chi Lesson, ES 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 3:00 PF Trivia	8 9:30 PF ADVANCED, ES 10:35 PF Walk the Green, Cafe 10:50 PF Shuffleboard!, SBC 12:45 VILLAGE CHORUS, MR 2:00 Party Games with Pete!, WFL 3:00 PF Brain HQ, VSB	9 9:30 PF ADVANCED, ES 10:45 PF BEGINNERS, ES 12:00 * EAT-IN LUNCH: CHIPOTLE, VSA 1:00 PF Tai Chi Practice, ES 5:55 * RPO PRESENTS "COSI FAN TUTTE", LFL	10 10:00 PF ADVANCED, ES 11:00 PF Bocce, BC 2:00 MOTHER'S DAY TEA-RIFIC TEA PARTY! WITH HARP MUSIC, VSA&B	11 2:00 PF Yoga, ES 6:15 Village Game Night: See Guide for Details
MOTHER'S DAY12 9:00 CHURCH SHUTTLE SERVICE: SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 2:00 Ecumenical Faith Worship with Friends From Greece Baptist Church, MR	13 1:30 Resident Council: Members Only, VSA 1:30 MONDAY'S BACK STAGE TOUR, C 1:45 PF Walk the Green, Cafe 2:00 Resident Council: All Welcome, VSA 3:00 5 Minute Mystery, CN 3:30 Piano Music by Dave Barber, WFL	14 9:30 PF ADVANCED, ES 11:00 COMMUNITY BRUNCH WITH GUEST SPEAKER, VSA 12:00 CASINO TRIP, LFL 12:30 PF Tai Chi Lesson, ES 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 3:00 PF Trivia 6:25 * GREECE HISTORICAL SOCIETY LECTURES, LFL	15 9:30 PF ADVANCED, ES 10:35 PF Walk the Green, Cafe 10:50 PF Shuffleboard!, SBC 12:45 VILLAGE CHORUS, MR 1:00 Coffee Talk with Mike, P 2:00 GUEST SPEAKER JODI TUNISON, CBD DEMYSTIFIED, VSA 6:00 *JCC PRESENTS" OKLAHOMA" THE MUSICAL, LFL	16 9:30 PF ADVANCED, ES 10:45 PF BEGINNERS, ES 11:00 * LADIES' LUNCHEON: CRACKER BARREL, LFL 1:00 PF Tai Chi Practice, ES 2:00 Green Thumbs, CP 3:00 Memoir Writing with Deanna, AGCR	17 10:00 *Shopping at the Ronald McDonald Sale, LFL 10:00 PF ADVANCED, ES 11:00 PF Bocce, BC 1:30 MUSIC WITH THE 10TH WARD BOYS!, VSA&B	18 9:15 PF Outdoor Walking Group @ Trout Pond, LFL 10:25 * Shopping @ Greece Ridge Mall, LFL 6:15 Village Game Night: See Guide for Details
19 9:00 CHURCH SHUTTLE SERVICE: SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 11:30 Catholic Communion, MR 3:00 Methodist Service with Pastor Deano Pulice, MR	20 1:30 MONDAY'S BACK STAGE TOUR, C 1:45 PF Walk the Green, Cafe 3:00 5 Minute Mystery, CN 3:00 Larry's Music Education: The Music & Life of John Denver Part 1, VSB 3:30 Piano Music by Dave Barber, WFL 7:00 RISING TALENTS DANCE RECITAL, VSA&B	21 9:30 PF ADVANCED, ES 10:00 *RIDE IN HIGHLAND PARK, LFL 10:15 *Card Making with Mary Ann, AS 10:45 PF BEGINNERS, ES 11:30 NSL WII BOWLING BANQUET, VSA 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 1:30 PF Tai Chi, ES 2:00 * Ride in Highland Park, LFL 3:00 PF Trivia	22 9:30 PF ADVANCED, ES 10:35 PF Walk the Green, Cafe 10:50 PF Shuffleboard!, SBC 11:30 FINAL CHORUS REHEARSAL, VSA&B 2:00 HISTORY OUT LOUD WITH LOCAL HISTORIAN & COLLEGE PROFESSOR DAN CODY, VSA 3:00 PF Brain HQ, VSB	23 9:30 PF ADVANCED, ES 10:15 * CRAFTS WITH MARY ANN, AS 10:45 PF BEGINNERS, ES 11:15 * MEN'S LUNCH: NEW YORK BEER PROJECT, LFL 12:00 Lunch & Learn with Mary, VSB 1:00 PF Tai Chi Practice, ES 2:00 A Taste of Home, EAR 2:00 AMERICAN MUSIC HISTORY, VSA	24 9:30 PrimeFit Exercise, ES 10:45 Blood Pressure Checks by the Greece Ridge Fire Department, VSB 11:00 PF Bocce, BC 1:00 PF Walk the Green, Cafe 2:00 VILLAGE CHORUS CONCERT: "THE SOUND OF MUSIC", VSA&B	25 2:00 PRIMEFIT YOGA, ES 6:15 Village Game Night: See Guide for Details
26 9:00 CHURCH SHUTTLE SERVICE: SEE GUIDE FOR DETAILS, LFL 10:00 Sunday Travelogue, C 1:30 Interfaith Service with Friends From Hope Lutheran Church, MR	MEMORIAL DAY27 11:30 -3:30 P.M., HOLIDAY SHUTTLE HOURS, SS 12:00 -2:30 P.M., MEMORIAL DAY PICNIC, VSA&B 3:30 PIANO MUSIC BY DAVE BARBER, WFL	28 9:30 PF ADVANCED, ES 10:45 PF BEGINNERS, ES 12:30 PF Tai Chi Lesson, ES 1:00 Art for the Young at Heart, AS 1:15 Intro to Theater, VSA&B 2:00 Spiritual Hymn Sing with Erin & Rosalie, VSA 2:30 Catholic Mass, VSA 3:00 PF Trivia 4:10 *DINNER AT RED OSIER, LFL	29 9:30 PF ADVANCED, ES 10:35 PF Walk the Green, Cafe 10:50 PF Shuffleboard!, SBC 11:00 SOTA ART EXHIBIT, VSA&B 1:10 * GEVA THEATER PRESENTS: "REVIVAL THE RE"	30 9:30 PF ADVANCED, ES 10:40 TROLLEY TOUR OF THE GENESEE COUNTRY VILLAGE & MUSEUM, LFL 2:00 AMERICAN MUSIC HISTORY, VSA 4:00 Ascension Thursday Catholic Mass, VSA	31 10:00 MEET YOUR NEW NEIGHBOR, VSA 10:00 PF ADVANCED, ES 11:00 PF Bocce, BC 1:00 PF Walk the Green, Cafe 1:30 Birthday Bash with Music by Tom & Peg, VSA&B	

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun – If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen – Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately – To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated – Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

What Is PrimeFit (PF) Friday? by Mary Roat

Did you know the World Health Organization and the CDC both recommend 150 minutes a week of moderate activity for older adults? Notice it says activity and not exercise? Just doing what you enjoy is good for you and we are doing our best to help with this. One Friday a month will be PF Friday where we will offer games, dancing, drumming and who knows what else, just to help you be active. If you have any ideas for activities you would like to see, call Mary at 351-6880. Also look for our walking groups, bocce, shuffleboard, and trips to the farmers market. Now that the warmer weather is here, get outside and get some sun (Vitamin D), laugh and enjoy life.

THE VILLAGE

UNITY • MILL LANDING

The Village at Unity
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The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



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