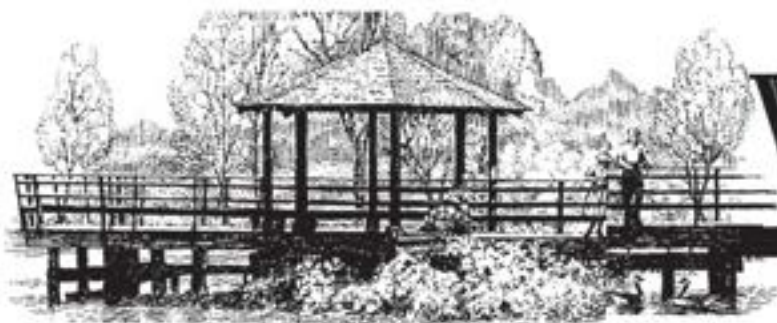




Village Life

A NEWSPAPER FOR ASBURY METHODIST VILLAGE

Residents, Associates, Families & Friends
www.asburymethodistvillage.org

Volume 32 ~ Number 11

November 2025



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Like the cormorant, plunge into life's depths, living as though tomorrow was a dream. Photo by Phil Sze

Celebrating Oktoberfest

by Linda Davis, *Wallace*,
photos by Michael Neff, *Courtyard Homes*

Garden Club members and guests celebrated the end of a bountiful gardening season on October 16 with an Oktoberfest party at Asbury's sportsplex. Beautiful fall weather drew nearly 60 people to the event to enjoy German beer-garden music and a German-themed buffet featuring bratwurst, sauerkraut, pickles, home-made pretzels, and German potato salad, with carrot cake for dessert.

Bridget Cahill of Brightview Landscaping, and Vito Bellafiore, AMV Director of Maintenance, were recognized for their ongoing support of the resident gardens. Unfortunately, nobody wore lederhosen to claim special recognition.



VILLAGE LIFE

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The mission of *Village Life* is to provide timely, interesting and entertaining news about the lives, concerns and activities of the people who reside, work and volunteer at Asbury Methodist Village.



Park View Celebrates 20th Anniversary

by Lyman Van Nostrand and Phyllis McIntosh, *Park View*



On October 11, twenty years to the day that Park View opened, residents and associates gathered for a social hour and elegant dinner to celebrate the anniversary. The event was coordinated by resident Lyman Van Nostrand and supported in part by the Park View Council. At the dinner, Council Chair John Jordan welcomed the attendees, which included 68 residents and guests and seven associates: Sam Brown, Wayne Cleaver, Kay Diggins, Luis Ipinia, Mary Kum, Carla Jarquin, and Essofa Tchagaffo.

The building now known as Park View was constructed in 1984 as an assisted living facility that eventually housed about 211 adults. It replaced the current Administration Building, which had served that purpose since 1926. By 2001, the “new” building was too outdated to meet state codes for assisted living. Residents were rehoused, and the building underwent extensive renovation, emerging as the newly named Park View with 65 large independent-living apartments.

At a recent Tuesday evening program titled “The Way We Were,” five of the ten original residents still living in the building — Judy Bankson, Charles Benjamin, Joanne Coe, Janet Lingrell, and Michael Skiba — reminisced about the early days.

While residents-to-be waited for the renovation to be completed, they were treated to monthly meetings on different themes, ranging from dining in the new building to downsizing in preparation for their move. Sometimes, the meetings were accompanied by meals featuring such delicacies as stuffed quail.

There was no shortage of activities to keep new residents busy. A travel club sponsored trips to just about every local museum and attraction. A group called The Pub met weekly to discuss the news of the day, and a newsletter called the Park View Breeze kept people informed about local happenings. Residents enjoyed regular movies, sing-alongs, and a crab feast every summer.

Diners at Park View ordered from menus (a practice recently brought back) and enjoyed background music. A Sunday brunch was especially popular.

Dining room manager Darnell Burton, a mainstay at Park View since it opened, worked in the campus catering department while the dining room was being completed. As a special treat, he occasionally brought food to Park View residents. Twenty years later, he is still taking good care of us!



AMV NAMED MONARCH WAYSTATION

by Phyllis McIntosh, *Park View*



Michele Potter receives a certificate and the waystation sign from HAC members

In recognition of Asbury Methodist Village's (AMV) efforts to welcome monarch butterflies, our campus has been certified as a Monarch Waystation by Monarch Watch at the University of Kansas. This organization enlists citizens to help study and support monarchs.

Monarch Waystations provide both habitat and nourishment, which includes milkweed, the only food source for monarch caterpillars, and flowers rich in nectar to sustain the butterflies on their 3,000-mile migrations from Canada, across the United States, and into Central Mexico.

Such support is vital for a species in severe decline. According to some estimates, the current monarch population is only 10 to 20 percent of what it was two decades ago. The U.S. Fish and Wildlife Service has proposed listing the monarch as a threatened species under the federal Endangered Species Act.

"The Habitat Action Committee (HAC) will be working to raise awareness of the monarch's needs and promote the planting of milkweed on campus," says Clarence Hickey, who submitted the Waystation application on behalf of HAC. Community gardeners are encouraged to plant small patches of milkweed, along with nectar-rich flowers, in their garden plots. HAC also plans to create a new milkweed patch near the community gardens so that egg-laying monarchs will be near flower food sources.

The Waystation certification comes with a certificate and two metal signs, which will be posted on campus to inform residents and visitors about our efforts on behalf of monarchs.

To learn what you can do to help monarchs, contact Clarence Hickey at whitneylake1@aol.com and 301-216-5851 or butterfly specialist Gerri Stephenson at gerristephenon23@comcast.net and 301-987-6452.



Monarch butterfly

IN MEMORIAM



*September 23 to
October 18, 2025*

Fazal Dasti	WHCC	09/17/25
Gloria Ellis	WHCC	09/23/25
Joan Davenport	Kindley	09/24/25
Mary Waldron	Wallace	09/26/25
Soo Kim	WHCC	10/13/25
Barbara Frechette	WHCC	10/15/25
Rose Marie Herrmann	Kindley	10/18/25
Emily Chiswell	Kindley	10/18/25

KINDNESS IN ACTION HONORING CAREGIVERS IN OUR VILLAGE

By Belinda Degboe, *Director of Well-being*



November carries a special meaning for our community. On November 13, the world pauses to celebrate World Kindness Day, a reminder that even the smallest acts of compassion can ripple outward and change lives. The entire month is also devoted to National Family Caregivers Month, a time to recognize and honor the millions of caregivers who quietly give their time, strength, and love to those who need them most.

Here in our village, these two observances naturally come together. Many of our residents not only live full and vibrant lives but also serve as primary caregivers for their spouses or loved ones. Their daily devotion is kindness in action. Whether managing medical appointments, preparing meals, offering companionship, escorting loved ones to Well-being classes, visiting Wilson Health Care Center, or simply providing comfort on difficult days, caregivers embody both selflessness and resilience.

Caregiving is both a calling and a challenge. It creates moments of deep connection, but it also requires tremendous patience, sacrifice, and courage. As a community, we can honor caregivers by offering encouragement, practical support, and simple acts of kindness, whether running an errand, lending a listening ear, or simply saying, "Thank you for all that you do."

I want to especially honor Terry Herndon,

Bill Hicks, Dan Jacobs, Kathleen A. Hirata, Joe Heiney-Gonzalez, Janet Lingrell, Janet Joy, and so many others in our community who have faithfully cared for their beloved spouses until the very end, and those who continue to do so today. Your labor of love, tenderness, and unwavering commitment, even through the hardest days, have taught me so much about what it truly means to love, to serve, and to remain faithful in both marriage and caregiving.

This November, as we celebrate World Kindness Day and National Family Caregivers Month, let's pause to recognize the caregivers among us. They remind us that kindness is not just something we celebrate on one day: it's a way of life. Reach out to a caregiver this month. Let them know you see them, you value them, and you honor their quiet strength.

To all our caregivers, you are the heart of our community, and your love does not go unnoticed. We thank you.

Kindness is not only in the moments we share with strangers; it is in the quiet, unseen sacrifices of caregivers who choose love, day after day. — Belinda Degboe



The Sewing Room



Volunteers will assist residents in need of clothing repairs like buttons, hemming, and other minor mending.

Questions:
Call 301-216-4988
Transportation
301-216-4019

Wednesday, November 12 & 19
10 a.m. to 12 p.m.

Administration Building
Lower Level
Near the Clothes Closet



Elves Day

BY PAUL PEELER, MUND



Asbury Elves at work on Elves Day

Many of our new residents may be wondering, "What exactly is Elves Day?" It's a cherished tradition here at Asbury Methodist Village, where our community comes together to prepare holiday gift bags for friends and neighbors at Kindley Assisted Living and Wilson Health Care Center.

For over 50 years, residents, associates, family members, friends, and local churches have joined forces to bring holiday cheer to those living in Kindley and Wilson. For many recipients, these gift bags may be the only gifts they receive during the season, making Elves Day a powerful symbol of kindness, compassion, and community spirit.

But Elves Day is about more than just giving. It's about connections. Each gift is a reminder that someone cares, and participating in this event brings joy not only to the recipients but also to those who give.

How you can help:

Your participation, big or small, makes a meaningful difference. In early November, we'll distribute flyers with suggestions for

gifts suitable for men, women, and general items for all. We welcome all donated items, whether wrapped or unwrapped.

There are also numerous small and simple ways to get involved:

- Volunteer to help wrap gifts alongside your neighbors.
- Help distribute and post flyers in your neighborhood.
- Check your community's Gift Drop Box for items that need collecting.
- Encourage neighbors to participate!

Join us on Elves Day.

If you're able to help with preparation, we warmly invite you, Wednesday, December 10, at 10:00 a.m. in Rosborough Community Rooms A, B, and C. Together, we'll pack the gift bags and prepare them for distribution.

Let's continue this beautiful tradition and make this year's Elves Day a celebration of generosity, togetherness, and holiday spirit that we can all be proud of.

Paul Peeler, Elves Day leader, phone 301-216-5227, email ppeeler@verizon.net.



*Paul Peeler kicks off last year's Elves Day
Photos by Dorothy Mbori*

Our Bocce Players Grab Gold!

By Sandy Mack, *Diamond*



Early on a chilly October 10, Asbury's famed bocce team swept out of their beds and onto the courts behind Hefner to take on the world (or state) in the Maryland Senior Bocce Olympics. Elegant but fiercely competitive games rolled out through the day; the dignified peace appropriate for so ancient a game was interrupted by a few cheers for excellent bocce shots and the occasional cry of pain from the pickleball players on their nearby courts.

Playing in both singles and doubles events, every

Asbury bocce player won a medal of some sort. There were fierce intermural matches against Asbury neighbors, but we also won our share of matches against experienced players from around the state. Asbury dining and wellbeing staff provided coffee, cereal, and fruit in the morning and lemonade and snacks later as the matches rolled towards the late afternoon. Thank you!

The winners were David Crum, Jerry Hanson, Sandy Mack, Kathleen O'Toole, Sandy Powers, John Ruthrauff, Bob Westover, and Jean Wrathall.



Photos: Top, 2025 Bocce winners. Bottom, Kathleen O'Toole takes a turn playing bocce.



Dear Pebbles,

We are very glad to have our very own Advice Cat. Do not pay any attention to that grumpy dog who wrote you last month. My dog friends are all quite nice.

I do have a question. Why do humans stand under a spray of running water and put soap all over their bodies? I understand that they are taught to do things like that by their parents. I would never have made my kittens do anything so horrible. They would have been terrified and would have gotten awful colds.

Thank you for answering my question.

Your fan,
Ginger

Dear Ginger,

I have no idea why people do most of the things they do. They put soap and water on their dogs, too. People would have learned the correct way to wash up if their parents had been cats.

Sincerely,
Pebbles the Advice Cat

LOGSDEN AND ITTNER

By Sandra Earley, *Diamond*



In the hands of artist Roslyn Logsdon, hooked rugs, usually thought of as warm coverings for cold floors, are transformed into tapestries — pieces of art thick with vivid color, texture, and subject matter, and meant for the wall.

In one brilliantly red piece, called “The Three of Us,” the artist herself is playing with her son as she holds the boy upside down by his heels. Her second son is there, too, represented in a circle near the center of the artist’s body. She is pregnant, and her second child is waiting to be born.

Asked why she has made art of hookings, Logsdon said it was something that fit into her life. “It was something I could do,” she said.

Logsdon’s hookings are part of the new exhibit of Asbury Methodist Village residents’ art in the Kilby Gallery outside the Rosborough auditorium.

The newest exhibit, opening November 15, 2025, features the work of 28 Asbury artists and ranges in medium from Logsdon’s

hookings to more traditional painting and sculpture. The installation will be up through March.

Another outstanding work, one with a subtle but important message, is Marty Ittner’s layered photolithographic print, “Blue Catfish,” superimposed on a map of the Chesapeake Bay.

In the 1970s, blue catfish migrated from Virginia’s fresh waters into the Chesapeake, undeterred by the salt water. In the bay, it continued to eat voraciously, changing the bay’s environment.



In Ittner’s blue and copper-colored print, the shape of a blue catfish dominates a map of the Chesapeake Bay, symbolizing the fish’s impact on the bay. Its beauty draws in the viewer, only to reveal that the fish is changing and harming its environment.

The AMV Information Hotline

CALL: 301-216-4500

***Audio reading of news, events,
cancellations and entertainment***



On the Light Side

By Phyllis Naylor, Trott

On a Serious Note

November is the month to express our gratitude for blessings too many to count. Just finding Asbury is number one on many lists. Being alive is tops on mine.

During the Great Depression, my dad had to drop out of college, and for a while, our family moved to Muncie, Indiana, as he looked for work. I went off to school each day with my older sister and a few other children from my neighborhood. Because I was four years old, just a few days short of five, I was placed in kindergarten for still another year. As I watched the other children lining up to go to first grade, I propped my feet on the empty chair beside me. A passing teacher slapped my legs and told me to put them down. I decided that this was why I had to repeat kindergarten, which I hated.

What I disliked even more was that we had to cross two side-by-side railroad tracks each day to get to school. In the mornings, I had other children to walk with. We were referred to as the "across the tracks" children. When I was through at noon, I had to go home alone. Sometimes trains stopped on the tracks for indefinite times, and we children had to crawl underneath them to get to the other side. Men would yell at us to get out, but it was the only way to get to school on time. Now I had to do this alone.

Then came the day when, as I approached the tracks going home at noon, I saw a train coming. I knew that if it stopped at the crossroad, it could be there indefinitely, separating me from my mother. I might have to crawl under the train by myself if it stopped. And so I ran. The train horn blasted loudly. The engineer was leaning out the window, yelling at me to stop, his face as white as chalk. I made it to the other side in a fraction of a second to grab hold of a wire fence, because I had heard that a moving train could suck you under.

When I got home, my mother, who had recently given birth to my brother, said I was as white as a sheet. I told her what had happened. She begged me to wait for a train. She sometimes went to the tracks herself, holding the baby, when it was time for me to come home. She promised me a piece of candy each time I got home and announced, "I didn't run in front of a train today." But deep down, I knew that if put to the test, I would run, just faster.

My father moved us to another town, another neighborhood, another school, where I was able to make first grade. But I never gave up the feeling that if I had a choice, I would run. I am grateful, very grateful, that I never had another chance.





JOINING TOGETHER AT ASBURY

BY CAROL NASOFF, TROTT

There are several support groups here at Asbury Methodist Village (AMV) that bring together residents with common issues. They include groups for those with hearing loss, those grieving from a major loss, residents with low vision, and other groups who gather around their similar needs.

One such group is the Low Vision Support Group. With the oversight of Wellbeing Director Belinda Degboe and Wellbeing Office Coordinator Jayne Imbach, it meets monthly and features guest speakers who address various topics related to vision decline. The group meets on the last Monday of the month. Many residents have found these sessions helpful as they cope with various degrees of vision loss.

In addition, several residents have also been getting together to discuss their common vision issues. This Low Vision Discussion Group now meets on the second Thursday of each month at 1:30 p.m. in the Edwards-Fisher library. Those who have attended find the open forum a good way to discuss issues they are facing and share resources they have found. And it is a good

way to meet other residents with similar issues.

At a recent meeting, one resident described her experience with Meta glasses that assist her in reading printed material. That led another member to order his own pair of smart glasses.

Could one of these support groups be helpful to you? Could you help others with issues you have dealt with? With the help of AMV management and fellow residents, one or both groups might help you live the best life you can here at AMV.

Those interested in joining the resident-led discussion group can call Carol at 301-216-5758 or Dave at 201-987-6858 for ques-

tions or for additional information.

Those wishing to learn more about the activities and presentations coordinated by the Wellbeing staff can contact Belinda Degboe at bdegboe@asbury.org or 301-987-6444 and Jayne at jimbach@asbury.org or 301-987-6258.

As always, information on other support groups can be found on ICON. From the Main Menu —> Health & Wellness Resources —> Support Groups.



Flex Your Mental Muscles with a Brain Health Scholarship!

The Mary Hicks Brain Health Scholarship has funding for residents seeking:

- One-time cognitive assessment & personalized brain health plan
- Rock Steady Boxing Program (8-week class)
- One-Year subscription to the Basic-Plus Wellness Plan (\$35/mo value w/ renewal potential)

All applications are confidential. Don't let cost be a barrier to participating.
Inquire at the Wellness Department today!

Park View Book Club (Reminder)

By Kathy Cook, Park View



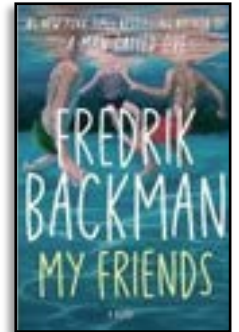
Tuesday, November 11

7 p.m.

Park View Club Room

The Park View Book Club will be held on Tuesday, November 11, at 7 pm in the Park View Club Room. We will discuss the novel *Horse* by Geraldine Brooks. We will also vote for our top six book choices for next year. The following are the suggested options put forward by various members:

- *Balzac and the Chinese Seamstress* by Dai Sijie
- *The Great Gatsby* by F. Scott Fitzgerald
- *I Know Why the Caged Bird Sings* by Maya Angelou
- *Lessons in Chemistry* by Bonnie Garmus
- *Michael Without Apology* by Catherine Ryan Hyde
- *Murder Takes a Vacation* by Laura Lippman
- *My Friends* by Fredrik Backman
- *Nexus- A Brief History of Information from the Stone Age to AI* by Yuval Noah Harari
- *Orbital* by Samantha Harey
- *Switchboard Soldiers* by Jennifer Chiaverini
- *West With Giraffes* by Lynda Rutledge
- *Zeitoun* by Dave Eggers



Hope to see you there. If you have any questions, please reach out to Kathy Cook at 301-216-5541 or email kcook2050@gmail.com.

Asbury Support Group to Ease Spousal Loss

By Susan Eisen, *CaringMatters*

Losing a spouse can lead to a difficult period in someone's life. Feelings like depression, loneliness, worry, and anger can overwhelm a person, and sometimes it helps to talk with peers who can relate. To support residents, Asbury has partnered with CaringMatters, an organization in Gaithersburg that provides trained facilitators to lead support groups (and other services) throughout Montgomery County.

The spousal loss support group at Asbury is a wonderful success. The group meets for one hour twice a month, and there are 6 to 10 men and women who attend. The group is non-denominational, and the members form a trusting bond as they share their deepest thoughts. There are tears and laughter sprinkled throughout each session, and there is a

healing atmosphere within the room.

One participant described the group's benefits by saying, "I don't tell my friends about my feelings regarding the loss of my late husband, so this support group has been invaluable. It's the only place I can say things out loud and share how I really feel. Plus, it's inspiring to hear how other people cope with their spousal loss."

Asbury is creating new support groups for spousal loss, child loss, and general loss. A group is also available for caregiver support. If you are interested in joining a group, contact Suzanne Morris in the Spiritual Life and Care Department at 301-216-4088 or ssmithmorris@asbury.org.

To learn more about CaringMatters, visit www.caringmatters.org.

A Letter from Bene, the Benevolent Care Bear

by Elaine Mack and Kay Allanach, *Diamond*

Hello. I am Bene, the Benevolent Care bear who lives at the Clothes Closet on Williamsburg Lane. I have the honor of greeting customers at the Clothes Closet and the responsibility of keeping an eye on the lane 24/7. Because I do such a good job, I am also asked to assist with other projects. That often means I get to dress up in different costumes and have a fun time.

In February, I helped open the new sewing room just down the lane. The volunteers there do minor repairs, such as sewing on buttons and taking up hems, for residents of Asbury. The sewing room is open two mornings a month, and, in lieu of payments, I receive donations. Actually, the donations go to the Benevolent Care Fund, but my name is there too. B-E-N-E-volent Care. See?

In July, I helped volunteer Donna Lyon, who manages the shoe donations, prepare and set up the new shoe room on the lane. It was once the china room, but nobody could buy the china or even go in to look at it. So, the china was moved out, the walls were painted, and now many pairs of shoes are displayed. There are even nice chairs for customers to use while trying on the shoes.

I recently supervised the Clothes Closet September clearance sale, where one shopper tried to buy me! Thankfully, the Clothes Closet ladies rescued me. It was really scary! Then I helped with a visit from some nice Afghan women. My translating skills were tested to the max (nobody seems to speak Bear anymore), but we were able to communicate well enough for them to go home very happy with their bags of free clothes.

Now the clothes closet is open with its new fall fashions. I'm wearing a T-shirt with colorful fall leaves on it, and my cousin has Smokey Bear's hat. He and I are best buds, even if I never get out to the national parks these days. You know how it is with us senior citizens. Travel can be hard, and airplane legroom is not good for bears.

I have many more duties coming up in the near future. First, there will be the activities fair in Rosborough on November 6. Will I see you there? Then I have a special responsibility when the Clothes Closet opens the annual holiday room on November 25. I'll be in my Santa outfit then. Be sure to stop by and say hello – and buy some nifty holiday outfits, so you can dress impressively like me.

But best of all, you'll be supporting the Benevolent Care Fund, and we all believe in that. After all, it's named after me!

Bene



Memoir – Thoughts About Aging

by Jack Hauber, *Villas*

Aging is an interesting process. It happens so slowly that the various forms of deterioration that come with it are hardly noticed, at least until some person, event, or experience comes out of nowhere and hits you square in the face. These occurrences can come in all sorts of forms – like a visit to the optometrist who says you need glasses if you expect to renew your driver's license, or a reunion with a group of classmates who now all look and act really old, or the day you realize you can't walk around the block without a physical aid of some kind.

I had one of these disturbing experiences this weekend – my grandson's college graduation from Wabash College in Indiana. It happens that my son and I also graduated from Wabash, so we represented the classes of 2025, 1991, and 1966, a fact of which I am very proud. I have been back to the college on many occasions over the years, and each time I noticed small changes here and there. Just like the aging process, it was happening gradually and not too dramatically.

But on this visit, as we three graduates waited to get our "legacy pictures" taken, I looked at one of the imposing brick buildings and said to my son, "That building, Baxter Hall, is over 60 years old." He asked, "How do you know?" And I replied, "Because it was built when I was a sophomore." That's when my age hit me straight in the face, and I began to review all the small changes that had taken place at the college, which collec-

tively made major differences:

- Our student union was torn down and replaced because it "no longer meets the needs of the current student body."
- Buildings were remodeled and re-named because some major donors didn't have the same memories of the original names and buildings as old-timers did.
- A whole street and my first fraternity house were both completely gone, and an athletic facility now stands where they used to be.
- Visiting the professors and mentors who guided me through college was no longer possible, as they had all passed away.

On the day of the graduation, I ate brunch in an indoor track and basketball facility that didn't exist when I was there, walked out to the football field on a track that used to be made of cinders, and stumbled up the steps in the stands that I used to be able to take two at a time.

Unlike my aging body, the changes at Wabash College all made for progress. I guess I'm homesick for a place that no longer exists and a body that I can never have again.



John Wayne to the Rescue

by Tom Guisto, *Diamond*

It was my first Thanksgiving away from home and Mom's cooking. I was in the U.S. Navy and stationed in Pensacola to begin my training. I was having a hard time getting used to marching instead of walking, and saluting instead of saying "Hi!"

Thanksgiving came less than ten days after I reported for duty. My three roommates and I were told that we could have base liberty, our first free day. The only stipulation was that we had to be in our formal uniform.

The night before, while spit-shining our shoes, we planned our holiday. Phone home was on everybody's list. Then, Thanksgiving dinner, but what to do the rest of the day?

"How about going on board the *Lexington*?" Ralf asked. The *Lex* was a survivor of Japanese kamikaze attacks during World War II. Still serving her country, the aircraft carrier was now used for training pilots. The *Lex* idea was met with universal approval. Thus, our Thanksgiving plans were set.

Thanksgiving morning, we quickly made phone calls home. I became more depressed; it reminded me of what I was missing back home. Walking through the cafeteria line, I watched as turkey and sides were plopped rather unceremoniously onto my plate. Mom never plopped holiday dinners.

After dinner, Bill said that he wanted to call his girlfriend and would meet up with us on board. When the rest of us got to the *Lex*, Todd started climbing up the gangplank.

"Stop," I said, "we can't just walk up. We're in uniform."

"I think you're right," Ralph agreed.

"Well, what do we have to do?" Todd asked.

Remembering an old movie, I said,

"There was this John Wayne movie. When he boarded a ship, he would walk halfway up the gangplank, turn facing the rear of the ship, salute, and then continue up. At the top, there was an officer. He saluted the officer and requested permission to go aboard."

"Yeah, it was the same in *The Caine Mutiny*," Ralph said, referring to the Humphrey Bogart movie. "We'd better not take any chances and do it the same way. The Duke and Bogie can't be wrong."

We marched up the gangplank. Halfway up, we turned, facing the rear of the ship, saluted, and continued up. Sure enough, there was an officer at the top. When it was my turn, I saluted and announced, "Officer Candidate Airman Guisto requesting permission to come aboard, sir."

To my relief, the officer returned my salute and declared, "Welcome aboard, Cadet Guisto." John Wayne was right! We all got on board the *Lex* without mishap.

Once on top of the carrier, we saw Bill. He was running up the gangplank and did not stop to salute. When Bill joined us, he told us the officer had bawled him out and was going to place him on report, but relented because it was a holiday. We laughed and told him how John Wayne got us on board. The absence of depression felt good.



The Lexington - stock.adobe.com



THANKSGIVING

BY BERNIE NAKAMURA,
WALLACE



Independence Day is a delightful holiday. There are local parades, brilliant fireworks, and patriotic songs. Festivities on the Fourth are always great fun, with the freedom of summertime in perfect harmony with America's declaration of political freedom. Nevertheless, I feel more patriotic on Thanksgiving Day. While I appreciate the enormous gift represented by our Declaration of Independence, Thanksgiving requires that I dig deeply and truly personalize what it means to be an American.

I grew up in a working-class neighborhood in Philadelphia in the 1940s and '50s. Ours was one of only two Jewish families; my friends were Irish or Italian and Catholic. As much as our families tried to be inclusive, religious holidays were automatically exclusive because of the basic differences in our beliefs. My husband's family was Buddhist early in his childhood in Chicago, after World War Two. They gradually embraced Protestantism, albeit Japanese-American style.

On the day he proposed to me, we had a long discussion about the place of religion in our future home. We reached no conclusion, but we married anyway. Several years and two children later, we began to gravitate toward Thanksgiving as our big day. It offered a universality and openness symbolized by the abundance of its table. It went beyond extended family and embraced everyone. So, in the early 1970s in Heidelberg, Germany, with the U.S. Army, we invited ten foreign officers from several nations to share our

bounty. This marked the beginning of our annual rite.

There were lots of memorable meals to follow. As a high-school teacher with many immigrants in my classes, I was eager to expose them to the wonders of Thanksgiving. One meal included a favorite student from Central America and another from Vietnam. Our son came home from college with fraternity brothers in tow. They fit in fine as house guests along with extended family visiting from Alabama and California. Our daughter's friends frequently stopped in for our traditional "time out" to play board games before dessert.

Relatives in all combinations joined us, sometimes with better results than at other times. But never mind; Thanksgiving is known for the bizarre uncle, the family feud, the sibling rivalry, or the hysterical meltdown.

Years ago, I ran into my Vietnamese former student, Thuy. She had become a pharmacist at Bethesda Naval Hospital, a wife, and a mother. What other country in the world welcomed so many people from so many places and encouraged them to succeed? What other society has tried to be so inclusive?

This autumn, however, our nation is drastically divided, both politically and culturally. Families are fractured; immigrants are terrorized; democracy is threatened. Despite the challenges, I continue to be grateful for the blessings of family, friends, and food. And, at least so far: *freedom*.

HAPPY THANKSGIVING TO ALL!

THE KRISPIE SMUGGLERS

By Roger Burkhart, *Diamond*

In 1958, as Cliff and I walked along the edge of the third quad at Oriel College, heading to dinner during my seminar at Oxford University, Mary and Joyce, who were standing in the quad, beckoned to us. Puzzled, we followed as they retreated until we were out of earshot of any passerby. Turning to us, Mary said, "You must not tell anyone but Ellen has received an item of great importance from home."

Well, of course, she had. In 1958, before cell phones and the internet, when even airmail took a week to get to Europe, anything from home was of great importance. But she had received something extra special — a bag of popcorn. A previous occupant of Ellen and Joyce's suite had left behind a hot plate and pans, and a popcorn party was on tap for today. But the amount of popcorn required limited the guest list to seven. They didn't want anyone to feel left out, hence the need for secrecy.

After the evening lecture, Cliff and I slipped up the stairs to the third-floor party site. As our contribution, we had purchased large bottles of Orange Crush, a favorite drink mix in England, at the Bear Inn. The bottles came with much free advice, and we now knew how to mix quite a variety of drinks, had we the inclination and the liquor. We hid the bottles under our shirts in case anyone saw us, but as "cold" drinks in England are served at room temperature, they weren't uncomfortable against our skin.

Mary and Vic were already there, and Jan T. soon arrived. The popping went well, and after closing the windows tightly to avoid the aroma that might draw popcorn-starved lowans, we sat around the front room eating and talking about various things and enjoying the view from the third-floor windows. Across the third quad, we could see Christ Church

College's Tom Tower looming above the west wall. Above the north wall towered the lighted spire of the Cathedral Church of St. Mary. From the bedroom windows, we could look east from Oriel down the length of High Street, lined by colleges.

It was such fun that we agreed to do it again in a couple of days. The popcorn was gone, but Mary said that if we "borrowed" a box of Rice Krispies from the Hall, she could make Krispie bars with caramels. We could have as much cereal as we wanted at breakfast, so we thought it would be okay if we left our second and third helpings in the box and took them for this use.

At the second gathering, we planned a final party on our last Thursday night at Oriel to celebrate the end of classes and to fortify us for Friday study for our Saturday final exam. However, the next day, our leaders announced that they had devised an alternate use for Friday. We were not enthused.

To be continued



AI generated image

Ruby Bridges and Beauty

By Corinna Cage, *Wallace*

It will be 65 years ago on November 14, when Ruby Bridges was escorted by federal marshals to William J. Frantz Elementary School in New Orleans, Louisiana, becoming the first Black child to attend this previously all-white school. Norman Rockwell memorialized the event with his painting *The Problem We All Live With*, which shows six-year-old Ruby in her white dress walking stately alongside a wall scarred with racial-hatred graffiti. It is a picture that evokes empathy with the beauty of this child in that moment.

For centuries, beauty has been celebrated as a source of comfort and joy. Few lines capture this better than John Keats's in *Endymion*: "A thing of beauty is a joy forever." Yet W.E.B. Du Bois, the pan-African activist, insisted that beauty is more than consolation: it can also disrupt, unsettle, and reveal hidden truths.

The philosopher Robert Gooding-Williams has written of Du Bois's ideas of beauty in his new book *Democracy and Beauty*. He says that genuine beauty can transform our vision of one another, making democracy visible in its deepest sense. Becca Rothfeld, reviewing the book in *The Washington Post*, points out, "Gooding-Williams notes that beauty can achieve what debate cannot, precisely

because it is equipped to disrupt and unsettle."

Rockwell's painting of Ruby Bridges' first day at school is just such a disruptive beauty. The empathy it evokes pierces prejudice and, in its own way, has become a "joy forever"—a lasting source of inspiration. Her calm walk turns segregation from an abstract policy into the lived reality of a child facing hatred. In this way, Rockwell's painting is more than art—it is a lesson in democracy, teaching through beauty itself.

Beauty not only disrupts; it also endures. Ruby Bridges' image still speaks 65 years after her first walk to school. November 14 is now marked each year as Ruby Bridges Walk to School Day in many states. As Gooding-Williams notes, beauty can resist despair and sustain the hope that a better democracy is possible. Rockwell's painting continues to educate by reminding us that democracy is not an abstraction but a lived demand: to see and honor the dignity of every person. When beauty disrupts and awakens empathy, it becomes democracy's most powerful ally.

Note: An image of *The Problem We All Live With* can be seen on Wikipedia.

Lessons Learned

By Kenneth Burditt, *Park View*

As a country boy, moving to town and going to the first grade was a big jolting move. I suspect that the impact might have been noticeable, and sure enough, one of the class bullies early on decided to establish his dominance. The result was an argument and an agreement to meet off school grounds after school. His parting shot was, "I can whip you with one hand tied behind me". So, just off the school grounds that

afternoon, we went at it. Midway in the fight, the school principal showed up, grabbed us both by the scruff of our necks, and took us up to his office. I was told to sit in the waiting room, and my opponent was taken into the inner office, which had frosted glass. After a while, there was a loud “whack!” and my opponent came out, in tears.

Next, it was my turn. With great trepidation, I followed the principal into his office and took the seat next to his desk. There was a large wooden paddle in plain sight on the desk. The questioning started with the principal asking me what happened. I explained it the best I could and ended with my challenger’s comment, “He could whip me with one hand tied behind him.”

“Well, did he?” the principal asked.

“Yes, but it took both hands,” was my reply.

The principal busted out laughing and told me to get out of there. I did.

I found that a bit of humor would go a long way toward easing even the most difficult situations.

Three years later, with a different principal, I was walking down a gravel road one winter morning after a rain the night before. There in the middle of the road was a large puddle of muddy water that had frozen and was shining in the sunlight. Too much temptation for a boy in a dry country that seldom saw rain and never frozen puddles. Of course, I decided to walk across the puddle. It wasn’t solid, and my foot went into the muddy water up to the ankle of my high-top shoe.

I shook off the loose water and hurried on to school, mud and all. At the entrance stood the principal welcoming his students! He stopped me and asked what had happened. I explained about the ice, whereupon he told me to get into the boys’ bathroom, get cleaned up, and never do that again. He explained that my mother would never let me out of the house looking like that, and he never wanted to see me in that condition again.

From that time on until I retired, I started every day with shined shoes!

I highly recommend a little humor and shined shoes as a part of everyday life.

Corkey Hickey – Country Doctor

By Corinna Cage, *Wallace*

For more than twenty-five years, Corky Hickey has volunteered with the Montgomery County Historical Society as a master docent and reenactor. Since 2011, he has also been part of the Old Timers group at the Montgomery County Agricultural Fair, where he steps into the role of Dr. Edward Stonestreet (1830–1903).

Dr. Stonestreet, a lifelong Rockville resident, except for his service as a Union Army physician during the Civil War, practiced medicine for over 50 years. He delivered babies,



treated injuries, and was a trusted community servant. At the fair, Corky portrays him as he might have looked in the late 1800s—complete with period dress—while demonstrating 19th century medical practices. A mannequin “patient,” dressed as a farmer with farm-related injuries, allows Corky to explain how doctors of the era diagnosed and treated common problems.

Young visitors are often invited to help, making the experience memorable.

This period was one of rapid medical

advances. Antiseptics like iodine were introduced, anesthesia with ether eased pain, and the practice of handwashing—first championed by Hungarian physician Ignaz Semmelweis in 1847—was becoming standard in America. Doctors boiled or steamed instruments for sterilization, kept careful records, and used triage to prioritize patients. Dr. Stonestreet's own work reflected this forward-looking approach.



Visitors today can explore this history firsthand at the Stonestreet Museum of 19th Century Medicine, located in his former Rockville office at 111 West Montgomery Avenue. Open by appointment (301-340-2825), the museum offers something for every age. Whether at the fair or in the museum, Corky Hickey's dedication ensures that Dr. Stonestreet's legacy—and the story of medicine's transformation—remains alive and meaningful.

Campus Arboretum Gets an Update

By Phyllis McIntosh, *Park View*

Thanks to the Habitat Action Committee (HAC), the campus arboretum, which consists of 36 specific trees growing near the ponds, has received a much-needed update.

The project was spearheaded by Linda Davis and Meredith Kimbell, who discovered that some trees listed in the arboretum were missing, one was in poor condition, and a number had no labels. They also identified several trees that deserved to be added to the arboretum, such as a hybrid chestnut tree, which is part of an ongoing effort to combat the devastating chestnut blight. Obtained from the American Chestnut Foundation in 2022, this experimental tree was one of those crossed with the Chinese chestnut, which is immune to the blight. Another new addition is a young pawpaw tree situated near the bridge between the two ponds. Pawpaws are native to the eastern United States but have tropical relatives.

The team ordered new signs for the trees that need them, as well as a few additional signs for plants in the woodland edge garden that HAC is developing. With an updated list of

trees in hand, John Culbertson mapped the GPS coordinates of the 36 trees and prepared a map for visitors to use. A new permanent map has been installed in the kiosk across from Rosborough, and smaller laminated copies are available for people to borrow while walking through the arboretum. A QR code on the map provides a link for those who want to access the list and photos of the trees on their phones.

As part of the project, Dan Neumann has written more detailed descriptions of the trees, focusing on their value to wildlife and their historical and medicinal uses, especially among Native Americans. The 16-page booklet will soon be available in campus libraries.

Our tree collection has been certified as a Level One Arboretum by Arb.net, an international organization of tree experts. The designation recognizes our campus for having at least 25 species of trees that are identified, well-cared-for, and accessible to the public.

Colorful AUTUMN

BY MARILYN TIPPETT, MUND

Now that I am finished mourning the passing of summer, I look forward to the beauty of fall: the crisp weather, the amazing colors, pumpkin doughnuts, Halloween fun, roasting turkeys, and all the family get-togethers to come. It occurred to me that our part of the country has the best of the best, especially here in Maryland. We don't have to travel to New England for "leaf peeping," as they call it; our trees put on a most flamboyant display to compete with any others on the East Coast. The fall flowers and produce are outstanding in quality and quantity. And no one can beat our pumpkin patches.

In my family, we believe that autumn ushers in the beginning of what we call "eatin' season." My daughter coined the phrase and pronounced that it progresses from Halloween to Easter Sunday with a hiatus during Lent. Just think of all the events that we celebrate during this period that involve special food and unique decorations. Halloween has become one of the most elaborate, with neighborhood yards intricately festooned with spider webs, artfully carved jack-o-lanterns, ghostly figures, and spooky sound effects to entertain the costumed children begging for treats. Even the candy has been formed into related images: have you seen the peanut butter cups shaped like bats?

Of course, Thanksgiving is not far behind, a day especially devoted to food and family. The preparations last an entire week before the day itself; the list-making, the shopping, baking, and endless cookery choices keep

everyone in a state of hopeful anticipation. Since it brings families together, it is the most traveled time of the year when airplanes are overbooked, airports are overpopulated, and highways are jammed.

How many times have you missed your connecting flight on the day before or after Thanksgiving? I could tell you stories, but now I prefer to stay at home to avoid the hassle. Now that I am no longer in charge of hosting and cooking the dinner, I can sit back and relish the hustle and bustle. Also, it's a perfect day to get outdoors and spend some moments with nature's gifts of the season. Take a walk among the falling leaves and crisp, refreshing breezes.

Another reason to love fall is to experience the gradual weather change so that winter does not overtake us before we are ready for it. Just a few light jackets suffice before we have to drag out the heavy coats, hats, and gloves to ward off frostbite. So, let us revel in this beautiful time of the year while it lasts.



**Send in your
suggestions**

**Suggestion cards are available at the
concierge desks. Please include your
contact information with your
submission.**

Ending The Year Financially Well

*Passing Assets to Heirs
Diversifying your Portfolio
Reduce Taxation & Create Income
High-level Overview of the Big Beautiful Bill*



**November 21, 2025 | 2pm
Park View, Club Room**

Presenters J.D. Shuman & Susan Mayernick Asbury Foundation
Joseph Splendido, Advisor for Goldman Sachs

What to Know to End the Year Well

Now is the time to explore year-end financial and estate planning opportunities. What strategies should you and your advisors review to ensure your plans are sound considering recent events and current tax laws.

We will explore year-end opportunities:

- Tax and Investment Strategies
- Ideas for RMD/QCD Planning
- Legacy Ideas for Family and Charity
- Estate Planning Considerations
- Protecting Assets
- Secure Act/Big Beautiful Bill

RSVP by Nov. 14 by calling
Caira Grey-Johnson at 301-216-4053



New Resident Profiles

Leo and Joan DeGioia, Wallace 502, x5413

by Corinna Cage



After 56 years in their Montgomery Village home, Leo and Joan decided it was time for a new chapter. When they both became ill around the same time, they realized it would be wise to live somewhere where help was close at hand for whatever surprises aging might bring. They decided on Asbury. They still keep in touch with their wonderful Montgomery Village neighbors—after all, they're only a few miles away.

Joan grew up in Nanty Glo, Pennsylvania, about 12 miles from where the famous Johnstown Flood occurred many years earlier. She attended nursing school at Mercy Hospital in Johnstown, graduating in 1955. Her nursing career took her to Cleveland, Ohio, where she worked at Western Reserve University Hospital. In 1972, she came to Asbury, joining the

staff in the infirmary and later working in Wilson when it first opened. Joan remembers when the Administration Building still housed residents who shared showers and dining rooms—a far cry from today's Asbury!

Joan has three sisters—one in Virginia Beach, one in Mt. Airy, and one who lives here in Diamond—and plenty of nieces and nephews in this area.

Leo graduated from the University of Notre Dame in 1953 with a degree in mechanical engineering. His career began at the Johns Hopkins Applied Physics Laboratory in Baltimore, and he later moved through several private-industry positions before finishing the latter part of his career in the computer field at the Washington Suburban Sanitary Commission.

Leo's father immigrated from Italy and never lost his lovely Italian accent. When he spent three years as a resident at Wilson, he used to joke, "They never did learn how to cook."

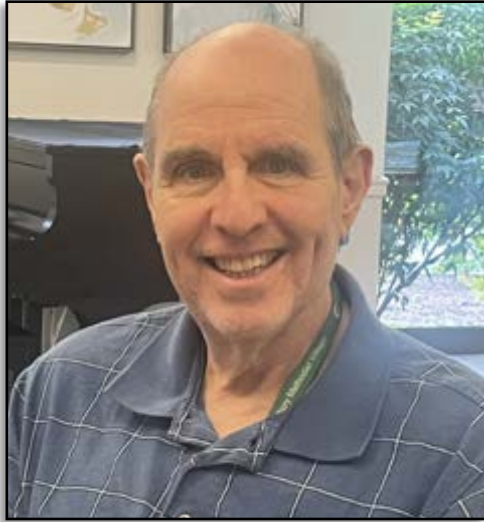
Leo and Joan have now been married for 60 years. They first met in Washington, D.C., when Joan happened to be dating one of Leo's friends. The story still makes them both smile—and the twinkle in their eyes shows that the bond that brought them together only grows stronger with time.

Welcome to Asbury, Leo and Joan!

Welcome

Scott Arche, Trott 202, x4816

by Sandy Clunies



For one who has visited all 50 United States and 63 different countries, plus lived and worked in a dozen more countries or colonial territories, Scott Arche has now moved into Asbury at the “young senior” age of 66 to take a well-deserved retirement rest!

Born in Chicago, Scott moved with his family to Kentucky as a child, graduated from high school there in 1977, and went on to college at the University of Louisville. His career plan was simple: “to make a lot of money.” He first partnered with his father in the family's kosher-style Jewish deli, called the Nosh Box. Although this and other business ventures were rewarding in many ways, he did not hit the jackpot of the monetary kind. After watching the 1980 movie *The Gods Must Be Crazy* about indigenous South Africans, Scott realized he wanted more meaning in his life and other kinds of rewards. So, he applied to the Peace Corps (PC).

His first assignment was in Botswana, and next in Ghana, where he met his future wife, Martha, who built and ran a successful fish business. He admired her entrepreneurial spirit and her beautiful smile. They wed and went on to have three girls. While he and Martha are no longer married, they

remain close friends. Scott's PC assignment in Ghana also gave him the most rewarding project of his career. He lived and worked in a small village called Tafi-Atome, where the locals had been actively chopping down the forest for short-term financial gain. Scott educated and convinced them to stop destroying the forest and instead create a monkey sanctuary to attract tourism dollars. The project was highly successful financially for the village and fulfilling for Scott. He remains highly respected in Ghana for the work he did there.

In between PC assignments, he lived and worked in other countries, employed by various non-governmental organizations (NGOs) in The Gambia, Bangladesh, and Moldova. Then Scott and his family decided it was time to settle in the U.S. While living in Maryland, Scott did three stints in Afghanistan doing agricultural projects for NGOs and worked for the Small Business Administration reviewing loan programs during COVID. He also ran a successful estate sale business with his daughters.

Before retiring, Scott wished for one more PC assignment, which landed him in the Philippines. Unfortunately, memory issues developed that caused him to leave that work prematurely and return to Maryland to receive healthcare help. Family members, including his sister and mother in New York, encouraged him to find a community where he would thrive.

At Asbury, he will find understanding and support, as well as the opportunity to meet and interact with many other Peace Corps alums living here. They can share their experiences with each other and with the rest of us. So, while he never “made a lot of money,” he definitely made a large positive difference in the lives of others all over the world. And that's a priceless gift.

MONDAY

TECH LAB \$

Mon-Fri: 9:00am -12:00pm, 1:00pm -3:45pm

BRAIN HEALTH ASSESSMENT

Appointment, Dawn #301-216-4419

SMARTFIT EXERGAMING

Monday-Friday: 9:00am - 4:00pm

QUESTIONS & REGISTRATION:

#301-987-6258



Better Balance 9:00am **Home Exercise** 3
Boxing 101 9:15am Boxing Studio \$
Aqua Challenge 9:30am Rosborough Pool \$
Basic Strength Training 9:30am Rosb. Comm. Rm
On Your Seat 11:00am Rosborough Community Rm
Boxing For Balance 1:15pm Boxing Studio \$
Circuit Weights 1:30pm Rosborough Gym
Seated Parkinson's 2:00pm Rosborough Comm. Rm
Rock Steady Boxing 3:00pm Boxing Studio \$
Yoga 3:00pm Hefner Auditorium \$
Senior Fit 4:15pm Hefner Auditorium

Better Balance 9:00am **Home Exercise** 10
Boxing 101 9:15 am Boxing Studio \$
Aqua Challenge 9:30am Rosborough Pool \$
Basic Strength Training 9:30am Rosb. Comm. Rm
On Your Seat 11:00am Rosborough Community Rm
Boxing For Balance 1:15pm Boxing Studio \$
Circuit Weights 1:30pm Rosborough Gym
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Rock Steady Boxing 3:00pm Boxing Studio \$
Yoga 3:00pm Hefner Auditorium \$
Senior Fit 4:15pm Hefner Auditorium

Better Balance 9:00am **Home Exercise** 17
Boxing 101 9:15am Boxing Studio \$
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Seated Parkinson's 2:00pm Rosborough Comm. Rm.
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Senior Fit 4:15pm Hefner Auditorium

Better Balance 9:00am Hefner Auditorium 24
Boxing 101 9:15am Boxing Studio \$
Aqua Challenge 9:30am Rosborough Pool \$
Basic Strength Refer to calendar for other classes
On Your Seat 11:00am Rosborough Community Rm
Boxing For Balance 1:15pm Boxing Studio \$
Circuit Weights 1:30pm Rosborough Gym.
Seated Parkinson's 2:00pm Rosborough Comm. Rm.
Rock Steady Boxing 3:00pm Boxing Studio \$
Yoga 3:00pm Hefner Auditorium \$
Senior Fit 4:15pm Hefner Auditorium



TUESDAY

Pickleball Beginner Lessons

Outdoor Tennis Plex (weather permitting)

Monday, Wednesday, Friday 9:00-11:00am

Parkinson's TRX - Wednesdays

11:15am - Diamond Lifestyle Room

Weekend Open Gvm

Saturday & Sunday: 5:00am - 9:00pm

Weekend Open Swim

Saturday: 7:30am-4:00pm, 4:00pm-7:00pm*

**Swim at your own risk, no lifeguard present*

Water Walking 9:00am Rosborough Pool 4
Pilates Stretch & Tone 10:00am Rosb. Comm. Room
Steady As You Go 10:00am Parker Hall
Line Dancing 11:00am Rosborough Community Rm
Boxing 102 11:15am Boxing Studio \$
Cardio-Fit 1:00pm Rosborough Gym
Cardio Fit Boxing 1:15pm Boxing Studio \$
Better Mobility 2:00pm **Home Exercise**
Rock Steady Boxing 3:00pm Boxing Studio \$



Water Walking 9:00am Rosborough Pool 11
Pilates Stretch & Tone 10:00am **Home Exercise**
Steady As You Go 10:00am Parker Hall
Line Dancing 11:00am **Parker Hall**
Boxing 102 11:15am Boxing Studio \$
Cardio Fit 1:00 pm Rosborough Gym
Cardio Fit Boxing 1:15pm Boxing Studio \$
Better Mobility 2:00pm **Home Exercise**
PD Healthy Brush Strokes 3:00pm Boxing Studio \$

Water Walking 9:00am Rosborough Pool 18
Pilates Stretch & Tone 10:00am Rosb. Comm. Room
Steady As You Go 10:00am Parker Hall
Line Dancing 11:00am Rosborough Community Rm
Boxing 102 11:15am Boxing Studio \$
Cardio-Fit 1:00pm Rosborough Gym
Cardio Fit Boxing 1:15pm Boxing Studio \$
Better Mobility 2:00pm **Home Exercise**
Rock Steady Boxing 3:00pm Boxing Studio \$

Water Walking 9:00am Rosborough Pool 25
Pilates Stretch & Tone 10:00am Rosb. Comm. Room
Steady As You Go 10:00am Parker Hall
Line Dancing Refer to calendar for other classes
Boxing 102 11:15am Boxing Studio \$
Cardio-Fit 1:00pm Rosborough Gym
Cardio Fit Boxing 1:15pm Boxing Studio \$
Better Mobility 2:00pm Park View Club Room
PD Healthy Brush Strokes 3:00pm Boxing Studio \$

WEDNESDAY

Senior

Mondays

(offered by)

If you need assistance

you have questions

email seniorfit@rosborough.com

Total Body Tune-Up
Basic Strength Training
Light & Easy Aerobics
Pace Yourself 11:00am
Drums for Fitness 11:00am
Boxing 102 11:15am
Circuit Weights 1:30pm
Yoga 3:00pm Hefner Auditorium
Senior Fit 4:15pm Hefner Auditorium

Total Body Tune-Up
Basic Strength Training
Light & Easy Aerobics
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Yoga 3:00pm Hefner Auditorium
Senior Fit 4:15pm Hefner Auditorium

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Basic Strength Training
Light & Easy Aerobics
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Drums for Fitness 11:00am
Boxing 102 11:15am
Circuit Weights 1:30pm
Yoga 3:00pm Hefner Auditorium
Senior Fit 4:15pm Hefner Auditorium

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WEDNESDAY	THURSDAY	FRIDAY
Stand Up Get Fit Classes Tuesdays and Wednesdays (Holy Cross Health) Please register for a class or if you have any questions, please call 301-754-8800 or email info@holycrosshealth.org	Open S3 Balance Classes (Improve Static and Dynamic Balance) Rosborough Community Room <u>Level 1:</u> Tuesdays at 2:00pm; Fridays at 2:00 pm <u>Level 2:</u> Tuesdays at 3:00pm; Fridays at 3:00 pm	
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9:00am Hefner Auditorium 26 Refer to calendar for other classes 10:30am Hefner Auditorium \$ 11:00am Rosborough Pool \$ 11:30am Parker Hall \$ 12:00pm Boxing Studio \$ 12:30pm Rosborough Gym \$ 1:00pm Hefner Auditorium \$ 1:30pm Hefner Auditorium	27 ALL Classes Cancelled  POOL OPEN *No Lifeguard present after 3:00pm ASSOCIATE HOLIDAY	28 Stand Up Get Fit 8:30am Home Exercise Tai Chi 9:00am Canceled Pace Yourself 9:30am Canceled Steady As You Go 10:00am Home Exercise Better Balance 11:00am Home Exercise Boxing 101 11:00am Home Exercise Aqua Challenge 11:00am Rosborough Pool \$ Regular TRX 1:00pm Canceled Social Dancing Refer to calendar for other classes Yoga 3:00pm Hefner Auditorium \$

The Wellness Guide



THANK YOU FOR PARTICIPATING

The Wellness team extends its sincere appreciation to all who participated in Active Aging Week 2025. Your engagement in the walk, games, tournaments, activities, and the festival helped make the week a resounding success.

Thank you for your enthusiasm and support!

PROGRAM SPOTLIGHT: AMV BOXING PROGRAM

Fighting Parkinson's -Together

The AMV Boxing Program offers a variety of classes designed to support overall well-being, especially for individuals living with Parkinson's. We encourage you to invite a neighbor or refer someone who may benefit.

For more information, please contact Mo Lawani or Matt Kessler.

SUPPORT GROUPS AT AMV

AMV provides a range of support groups that foster connection and offer valuable resources. If you need help accessing this information, contact 301-987-6255.

Details available on ICON: Health & Wellness Resources --> Support Groups



*May your holiday be full of
blessings, love, and
an abundance of happiness.*

**Happy
Thanksgiving**

WALKING CHALLENGE FOR NOVEMBER

Challenge yourself! Take a **brisk walk** four to six days per week, 15 to 30 minutes.

WEEKLY GOAL: Try to reach a weekly goal of walking 42 to 105 minutes.

Challenge form can be obtained from the Wellness office, or Icon: Bulletins & Programming --> Ongoing Campus Opportunities

Questions: 301-987-6265 or jwarner@asbury.org



Well-being



Well-being Director
Belinda Degboe
301- 987- 6444



Well-being Manager
“Mo” Moufty Lawani
301- 987- 6455



Sr. Well-being Professional
James Warner, Jr.
301- 987- 6265

Well-being Professional
Mary Sandoval
301-987- 6453



Well-being Professional
“Matt” Matthew Kessler
301-987-6169

Well-being Professional
Kaveh Yousefi
301-216 -5549



Well-being Professional
“Leni” Lenora Tooher

Brain Health Coach
Dawn Kirk
301-216-4419



Brain Health Coach
Emily Bowers
301-216-4419

Brain Health Coach
Bethany Silva
301-216-4419



Brain Health Coach
Amalya Virabyan
301-216-4419

Lifeguard/Pool Operator
Mansour Behroozi
301-987-6269



Well-being Coordinator
Jayne Imbach
301-987-6258

Pool Open Swim Hours

Monday

7:30-8:45am ♦ 11:00am - 4:00pm

Tuesday & Thursday

7:30-8:45am ♦ 10:00am-11:45am ♦ 1:00-4:00pm

Wednesday

7:30-10:45am ♦ 1:00-4:00pm

Friday

7:30-8:45am ♦ 1:00-4:00pm

Saturday

7:30-Noon ♦ 1:00-4:00pm

Sunday *

Closed

Extended pool hrs. Monday - Saturday 4 -7pm*

Swim at your own risk, no lifeguard present*

Fitness Gym Hours*

Residents may access the fitness gym unsupervised by using their POS cards, with permission of Wellness staff and a completed Wellness application on file. Residents **MUST** wear SARA pendants at all times especially during any unstaffed time, including regular staffed hours during which staff may occasionally not be present. Fitness room is accessible via POS card during holidays & weekends.

Sunday - Saturday

5:00am-9:00pm

Wednesday

5:00am-1:00pm ♦ 2:30-9:00pm

Monday - Friday (Staff Available)

7:30am - 4:30pm

Tues. & Thurs. - no open gym 11 -11:30am

***Refer to monthly calendar for exceptions**

**Welcome
New AMV
Associates**
September 2025



Ohemaa Agyemang (Receptionist), Morgan Pellet Pyatkov (Director of Admissions), Melissa Ayala Orellana (Dining Attendant), Nola Brunache (Dining Attendant), Andrea Jimenez (Cook), Hira Kanwal (Dining Attendant)



Leemu Mulbah (Dining Attendant), Andre Brown (Master Plumber), Larry Murphy (HVAC Team Lead), Mialy Razafimahefa (Cert Med Aide - Tech)



Stephanie Toukam (CNA - GNA), Banka Toure (Intern), John Arthur (Pharmacist), Erica Lee (Pharmacist), Ghaiya McDonald (Pharmacy Tech)

Join us for Music for the Mission



Radio King Orchestra
Sunday November 2
3 p.m.
Rosborough Theater

**\$20 Tickets Supports
Benevolent Care at AMV**

**Campus-wide transportation will
be available before and after the
shows.**

Tickets available at the door.

**Tickets are also available for your
off-campus friends & family!**

Active Aging Week Recap

This month, we celebrated Active Aging Week with a variety of events. We kicked off the festivities with an exciting Rock and Roll Walk led by James, followed by a lively pickleball contest, the Bocce Olympics, and a delightful Wine and Cheese Dance. It was a fantastic week filled with fun, fitness, and fellowship.

Photos by Dorothy Mbori and Mo Lawani



Ongoing Services



CATHOLIC MASS

Sundays: Wilson Health Care Center, Ebinger Chapel – 9:30 a.m.

Sundays: Park View, Guild Memorial Chapel – 11:00 a.m.

ECUMENICAL SERVICE (*Communion service is every 1st Sunday*)



Sundays: Park View, Guild Memorial Chapel – 9:30 a.m.

Coffee hour immediately after service in the Park View Club Room

Sundays: Kindley Assisted Living, first floor living area – 11:00 a.m.

1st and 3rd Wednesdays: Wilson Health Care Center

The Ebinger Chapel - 2:00 p.m.

(Communion service is every 1st Wednesday in Ebinger)

EPISCOPAL SERVICE (*With Holy Communion*)

3rd Thursdays, monthly: 10:30 a.m. - call for location or refer to digital calendar.

Led by various local pastors.

LUTHERAN FELLOWSHIP

1st Wednesdays, monthly: Hefner Arts and Crafts Room – 11:00 a.m.

11:00 a.m. DVD lecture / 11:30 a.m. coffee/tea and conversation, bring a lunch
12:30 p.m. Communion led by pastors of Good Shepherd Lutheran Church (ELCA)

METHODIST - HOLY COMMUNION SERVICE

3rd Wednesdays: Trott Conley Hall – 11:00 a.m.

Led by Rev. Helen Ballew of Grace United Methodist Church

SHABBAT SERVICE and DINNER

Friday Night Lights (gathering of the Jewish Community at AMV)

First Friday: Parker Hall – 5:00 p.m.

Dinner follows in Crawford Dining Room

UNITARIAN UNIVERSALIST

3rd Thursdays, monthly: Wallace Community Room - 10:30am

Led by various ministers

All interested persons are welcome, regardless of religious affiliation.

Spiritual Life and Care



The Guild Memorial Chapel and Kindley Assisted Living Preaching schedule for November

Nov. 2 - Rev. Suzanne Morris
Nov. 9 - Rev. Suzanne Morris
Nov. 16 - Rev. Judy Thomas
Nov. 23 - Rev. Eric Hatcher
Nov. 30 - Rev. Suzanne Morris



Ecumenical Thanksgiving Service

November 26: The Ebinger Chapel, lower level of WHCC at 2:00pm

Special November Catholic Mass Schedule

November 1: All Saints Day, Mass at 10:00am in Ebinger Chapel

November 2: All Souls Day, regular Sunday Mass at 9:30am in Ebinger Chapel
and 11:00am in Guild Memorial Chapel

November 27: Thanksgiving Day, Mass at 10:00am in Ebinger Chapel

Unitarian Universalist: On Nov. 20, Rev. Abhi Janamanchi, senior minister at Cedar Lane Unitarian Universalist Congregation in Bethesda, will lead the service. His sermon is titled "**Gratitude in a Fractured Season.**" Lunch follows in Hefner Dining Room.

A Campus-wide Memorial Service will be held on Saturday, November 8 at 2:00pm in Rosborough Theater. You are encouraged to attend this service as we gather as a community to remember and celebrate the lives of friends and neighbors at AMV.



Nancy Cumberbatch
Well-being Coordinator
301-216-4093
ncumberbatch@asbury.org



Rev. Suzanne Morris
Spiritual Life and Care Manager
301-216-4088
SSmithMorris@Abury.org



Eric Hatcher
Chaplain
301-216-4094
EHatcher@Asbury.org



Father Val Keveny
301-801-7065

September Notes from Wilson and Kindley

Updates from AMV's Kindley Assisted Living and Wilson Health Care Center



Spreading Joy in Kindley

Kindley residents create beautiful and colorful messages to brighten up neighbors walks in Fellowship Park.



Ready for Fall!

A Wilson residents got dressed up and decorated for fall.



Taking Walks Around the Pond

Residents of Kindley's Reflections neighborhood took a delightful stroll around the pond, enjoying the fall foliage and air of a beautiful fall day.

Melody Makers at Wilson

Residents at Wilson had a great time with our good friends Melody Makers!



Do you know we have an on-campus pharmacy?

convenience | free delivery | medication evaluations

Call or visit us in Arcadia Place!

www.asbury.org/pharmacy/

301-216-5216

ALBRIGHT
PHARMACY
SERVICES



Table Talk

AMV Dining Guide



Veteran's Day Breakfast

Friday, November 07

9:00 – 11:00 a.m. in Crawford Dining Room

This event is open to all veterans and their spouses, and will be free with a donation of one non-perishable food item for our AMV Campus Food Bank.

Reservation forms were distributed and due to be turned in by Saturday, November 1. Since seating is limited, reservations will be honored on a first-come, first-served basis.

Omelets Made-to-Order

Scrambled Eggs

Creamed Chipped Beef

Buttermilk Biscuits, Sausage Gravy

Bacon, Sausage, Scrapple, Home Fries

Assorted Danish, Fresh Fruit, Coffee, Tea, Milk, Assorted Juice

Mimosas & Bloody Marys \$5.00 each (no dining points)



Thanksgiving Menu *Thursday November 27*

Park View, Hefner & Crawford Dining Rooms

Dine-in Buffet - \$25.00

Carry-out & Delivery - á La Carte

Soups (\$2.70) - Pumpkin Bisque / Chicken Noodle

Salads (\$4.10) - Garden / Crab

Entrées

Maple Roasted Turkey Breast w/ Gravy (\$14.00)

Glazed Baked Ham (\$14.00)

Butternut Squash Stuffed w/ Wild Rice (\$13.90)

Stuffed Flounder Florentine (\$16.00)

Sides (\$1.90)

Green Beans w/ Fried Shallots

Cornbread Stuffing

Sweet Potato Casserole

Country Mashed Potatoes & Gravy

Sauteed Spinach

Desserts (\$4.40)

Pumpkin Pie / Pecan Pie / NSA Apple Pie

Ice Cream: Chocolate / Strawberry / Vanilla

Hot Apple Cider (Dine-in Only**)**

Reservations by phone or online.

DINING

SPECIAL NIGHT AT PARK VIEW



Tuesday, November 11 - Steak Night

Reservation forms will be available on Tuesday, November 4 at 11:00 a.m. in all campus mailrooms.

ACTION STATIONS IN NOVEMBER

The following action stations will be available in Hefner, Crawford and Park View.



Thursday, November 06 - Nachos (\$16.00)

Thursday, November 13 – Cannoli (\$5.00)

Thursday, November 20- Mac & Cheese (\$16.00)

Thursday, November 27 - Thanksgiving Buffet



VIEW NUTRITIONAL INFORMATION IN ICON

From the Main Menu:

—> Dining —> Nutritional Information

Click on the venue of your choice



DINING

We want to make sure that residents are aware of the process for ordering extra entrees from our dining venues.

At the Crawford, Hefner, and Park View Dining Rooms and at the Blue Note Bistro, no more than five extra entrees may be ordered per resident per day. Extra entrees (beyond what is ordered for each meal) must be ordered as either carry-outs or deliveries, and at the later delivery times for each venue.

We have established this process in order to ensure that we are able to prioritize service to residents who wish to order meals on any given day and so that we do not run out of popular items before the end of regular service.



Park View: 7:00 p.m.

Blue Note: 7:00 p.m.

Crawford: 6:30 p.m. (2:00 p.m. Sundays/Holidays)

Hefner: 7:00 p.m. (2:00 p.m. Sundays/Holidays)

Questions regarding this policy may be directed to Garfield at GClarke@Asbury.org or 301-216-6780.



DINING



WAITERS' TABLE

You've been served by the waiters many times. Now be served *with* the waiters. Sign up to have dinner with two selected members of our staff.



The group will be limited to six, dinner will be free of charge, and all menu items will be available to order (excluding beer & wine).

If you are interested in this opportunity to get to know our servers better in a relaxed, sociable environment, sign-up sheets will be located at the dining room podiums a week prior.

Hefner Dining Room	Crawford Dining Room
Wednesday, Nov 19, 4:30 p.m.	Friday, Nov 21, 4:30 p.m.

FRESHLY BAKED PIES

Apple / Pecan / Pumpkin

\$9.00

\$11.50

\$9.60



Holiday Pie Sale



Order by 5pm on Sun, November 16!

Call #301-216-4711 or 4713 to place your order.

Pickup will be on Friday, November 21.

POS card is charged upon placing order,
no discounts apply. Pie size is 12 inches.

Enjoy!



Russell Avenue Cafe



NOVEMBER

DAILY LUNCH SPECIALS (NO SUBSTITUTIONS)

**- includes a 16-ounce fountain beverage -
(\$6.⁹⁹ unless noted otherwise)**

Mondays: Pulled Pork Sandwich, Cole Slaw

Tuesdays: BLT Wrap, Potato Chips

Wednesdays: Fried Fish Sandwich, Fries

Thursdays: Chef's Choice * rotates weekly**

Fridays: Chicken Wings (\$9.³⁰)

***** CHEF'S CHOICE**

6th: Veal Parmesan w/Spaghetti & Marinara Sauce, Garlic Toast

13th: BBQ Chicken w/Baked Beans, Cole Slaw

20th: Beer Battered Cod, Fries and Cole Slaw

CHICKEN ROTISSERIE CARRY-OUT SPECIAL

Wednesday, November 19 (POS points ARE permitted):

WHOLE: \$7.⁹⁹ / HALF: \$3.⁹⁹

While supplies last. No pre-order needed.

MANY other regular menu items offered too!

Regular Hours: Monday through Friday, 7:00-9:00am & 11:00am-2:00pm

Carry-out and dine-in! (CLOSED Nov 27)

Questions #301-216-4167, Payment methods: cash, credit/debit card, POS

DINING

FRIENDSHIP TABLES



Residents who make a reservation in a residential living dining venue for a party of one but would prefer to dine with others may request to join a “friendship table,” and we will happily place them with an available group that has been previously seated. Speak to the host/hostess to make these arrangements upon arrival for your reservation.

Nutrition Tip of the Month



10 TIPS FOR A HEALTHY LIFESTYLE

- Measure and Watch Your Weight
- Limit Unhealthy Foods and Eat Healthy Meals
- Take Multivitamin Supplements
- Drink Water & Stay Hydrated, and Limit Sugared Beverages
- Exercise Regularly and Be Physically Active
- Reduce Sitting and Screen Time
- Get Enough Good Sleep
- Go Easy on Alcohol and Stay Sober
- Find Ways to Manage Your Emotions
- Use an App to Keep Track of Movement, Sleep & Heart Rate

Provided by the Health and Wellness PAC
Nutrition Subcommittee.

CLOSINGS AND CHANGES

Thursday, November 27 (Thanksgiving):

Blue Note, Café and Shoppe - Closed.

Crawford, Hefner and Park View will offer a holiday buffet 11:30am-2:00pm, reservations required and no evening meal.

REGULAR HOURS

Crawford Dining Room **301-216-4711**

Dine-in Dinner Service

Monday to Saturday
4:30 p.m. to 6:30 p.m.

Dine-in Sunday Service

11:00 a.m. to 2:00 p.m.

Hefner Dining Room **301-216-4713**

Dine-in Lunch Service

Monday to Saturday
11:30 a.m. to 1:00 p.m.

Dine-in Dinner Service

Monday to Saturday
4:30 p.m. to 6:30 p.m.

Dine-in Sunday Service

11:00 a.m. to 2:00 p.m.

Blue Note Bistro **301-216-5010**

Daily

11:30 a.m. to 7:00 p.m.

Fridays & Sundays

11:30 a.m. to 9:00 p.m.

Park View Dining Room **301-216-4735**

Dine-in Dinner Service

Monday to Friday
5:00 p.m. to 7:00 p.m.

Shoppe **301-216-6243**

Monday to Friday
9:00 a.m. to 3:00 p.m.

Russell Avenue Café **301-216-4167**

Monday to Friday
7:00 a.m. to 9:00 a.m.
11:00 a.m. to 2:00 p.m.

Catering Office **301-216-4217**



ENTERTAINMENT



	SUN	MON	TUES	WED	THUR	FRI	SAT
5AM	5am - 11 minute Fitness Exercise with Nancy Brouillette						
6AM	6am - 11 minute Fitness Exercise with Nancy Brouillette						
	6:30am - 30 minute Pilates with Leni Tooher						
7AM	7am - 30 minute Easy Fitness Exercise with James Warner						
	7:30am - 30 minute Kindley Exercise with Celia						
8AM	Easy Fitness	Easy Fitness	Aerobics	Easy Fitness	Aerobics	Easy Fitness	Aerobics
9AM	Meditation	Asbury View					Meditation
	Ecumenical Service						
10AM	LIVE	Better Balance	On Your Seat	Boxing 101	Better Balance	On Your Seat	Aerobics
11AM		Look at TV Listings				Core & Flex	Line Dancing
12PM	Parkinson Exercise		Parkinson's Exercise				
1PM	MOVIE			MOVIE			MOVIE
2PM							
3PM							
4PM		Better Mobility	Stand Up Get Fit	Better Mobility	Stand Up Get Fit	Guided Meditation	
	Meditation	Yoga 3	Line Dancing	Yoga 1	Line Dancing	Yoga 2	Meditation
	5PM	Asbury View					Asbury View
6PM	Ecumenical Service	Cardio Exercise with James					
		Asbury View					
7PM		Asbury View					
8PM	MOVIE		Seasonal	MOVIE	Seasonal	Special Event	MOVIE
9PM						OR Movie	
10PM		Look at TV Listings					
11PM	Asbury View	Easy and Steady Stretch at 11pm					Asbury View
		Meditation for Evening 11:30pm					View

SPECIAL TV PROGRAMMING - Channel 1970/1971

Sat 11/1 **Movie - Mansfield Park**



(7:30 p.m., PG-13, 1999, 1h 50m, History/Drama)

Fanny (Frances O'Connor), born into a poor family, is sent away to live with wealthy uncle Sir Thomas (Harold Pinter), his wife (Lindsay Duncan) and their four children, where she'll be brought up for a proper introduction to society. She is treated unfavorably by her relatives, except for her cousin Edmund (Jonny Lee Miller), whom she grows fond of. However, Fanny's life is thrown into disarray with the arrival of worldly Mary Crawford (Embeth Davidtz) and her brother Henry.

Sun 11/2 **Ecumenical Sunday Service (LIVE 9:30 a.m. & 6 p.m.)**



Movie - Cleopatra

(1 & 7:30 p.m., G, 1963, 4h 3m, History/Drama)

Cleopatra is a lengthy, sprawling, spectacular love story, helmed by Joseph L. Mankiewicz, depicting Cleopatra's manipulation of Julius Caesar and Marc Antony in her ill-fated attempt to save the Egyptian empire. This threesome is one of the most famous and gloriously powerful love triangles ever to be captured on film.

Mon 11/3 **Pavarotti (11 a.m. & 9 p.m.)**



Pavarotti (2019) was directed by Ron Howard. It's a solid biography of the extraordinary tenor, with archival footage and interviews with Pavarotti's colleagues, family, and friends. The Voice...The Man...The Legend. Luciano Pavarotti gave his life to the music and a voice to the world. This cinematic event features history-making performances and intimate interviews, including never-before-seen footage and cutting-edge Dolby Atmos technology.

Tues 11/4 **Asbury Play Readers 2016 (11 a.m. & 10 p.m.)**



Asbury Play Readers presents "Potpourri," an evening of comedy. Directed by Nancy Hirsche and Phyllis Hubbell. Resident Readers: Barbara & Tony Bernard, Susan Dunn, Gordon Forbes, Nancy Hirsche, Phyllis Hubbell, George and Pat Huson, Kathy Lowe, Susan Maddox, Rollie Smith, Artha Jean Snyder, Mary Waldron, Bob Wood, and Don Woodward. Recorded at Parker Hall on December 15, 2016. 47 min.

Wed 11/5 **Asbury Play Readers 2017 (11 a.m. & 10 p.m.)**



Asbury Play Readers presents "Potpourri 2," an evening of comedy. Directed by Nancy Hirsche and Rollie Smith. Resident Readers: Mary Ann Tierney, Nancy Hirsche, Rollie Smith, Lynn Allen, Pat Huson, John Manwell, Carroll Saussy, Susanna Maddox, Don Woodward, Tony Barnard, Hennie McDowell, Phyllis Naylor, Gordon Forbes, Susan Ward, Barbara Lockett, Ann Mitchell, June Herry, Jane Farber, George Huson, Ann Doyle, Bobbi Gill, Lydia Page, Mary Waldron, and Tom Foss. Recorded at Parker Hall on December 15, 2017. 47 min.



Movie - The Color Purple

(1 & 7:30 p.m., PG-13, 2023, 2h 21m, Musical/Drama)

A story of love and resilience based on the novel and the Broadway musical, THE COLOR PURPLE is a decades-spanning tale of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.

SPECIAL TV PROGRAMMING - Channel 1970/1971

Thu 11/6 **Music for the Mission - Washington Balalaika Society**

(11 a.m. & 10 p.m.)

Community-based orchestra of more than 50 musicians who love to play music together! Wide variety of music from around the world on authentic folk instruments.



Fri 11/7 **Movie - Barbie**

(7:30 p.m., PG-13, 2023, 1h 54m, Comedy)

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.



Sat 11/8 **Movie - Barbie**

(1 & 7:30 p.m., PG-13, 2023, 1h 54m, Comedy)

Sun 11/9 **Ecumenical Sunday Service (LIVE 9:30 a.m. & 6 p.m.)**

Movie - Wicked

(1 & 7:30 p.m., PG, 2024, 2h 40m, Kids & Family/Musical/Fantasy)

Wicked, the untold story of the witches of Oz, stars Emmy, Grammy and Tony winning powerhouse Cynthia Erivo (Harriet, Broadway's The Color Purple) as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Grammy-winning, multi-platinum recording artist Ariana Grande as Glinda, a popular young woman, gilded by privilege and ambition, who has yet to discover her true heart. The two meet as students at Shiz University in the fantastical Land of Oz and forge an unlikely but profound friendship. Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads and their lives take very different paths. Glinda's unflinching desire for popularity sees her seduced by power, while Elphaba's determination to remain true to herself, and to those around her, will have unexpected and shocking consequences on her future. Their extraordinary adventures in Oz will ultimately see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West.



Mon 11/10 **Monster in The Mind (Docu)** (11 a.m. & 9 p.m.)



Filmmaker Jean Carper undergoes high-tech testing after learning she carries the number one gene for Alzheimer's. With industry experts advising her, she examines the irrational fear, drug failures, misconceptions and hidden facts about Alzheimer's. 59 min.

Tues 11/11 **Asbury Play Readers 2018** (11 a.m. & 10 p.m.)



Asbury Play Readers presents "Potpourri 3," an evening of comedy. Directed by Nancy Hirsche and Rollie Smith. Resident Readers: Phyllis Hubbell, Patsy Huson, Bernie Smith, Pat Dillon, Nancy Hirsche, Mary Waldron, Carroll Saussy, Tom Foss, Susan Ward, John Manwell, Joan Dunlop, Susanna Maddox, Don Woodward, George Huson, Phyllis Naylor, Lynn Allen, Rollie Smith, Frank Lostumbo, George Forbes, Susannah Newman, Georgene Dunn, and John Travis. Recorded at Parker Hall on December 2018.

Wed 11/12 **Asbury Play Readers 2019** (11 a.m. & 10 p.m.)



Asbury Play Readers presents "Potpourri 4," an evening of comedy. Directed by Nancy Hirsche & Rollie Smith.



SPECIAL TV PROGRAMMING - Channel 1970/1971

Wed 11/12 **Movie - A Beautiful Day in the Neighborhood**

(7:30 p.m., PG, 2019, 1h 47m, Biography/Drama)



Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

Thu 11/13 **Music for the Mission**

Mike Flaherty's Dixieland Direct Jazz Band

(11 a.m. & 10 p.m.)



Mike Flaherty's Dixieland Direct Jazz Band is an exciting and energetic Washington, D.C. based band specializing in traditional New Orleans Dixieland music.

Fri 11/14 **Movie - Die Hard**

(7:30 p.m., R, 1988, 2h 11m, Action/Mystery & Thriller)



New York City policeman John McClane (Bruce Willis) is visiting his estranged wife (Bonnie Bedelia) on Christmas Eve. He joins her at a holiday party in the headquarters of the Japanese-owned business she works for. But the festivities are interrupted by a group of terrorists who take over the exclusive high-rise, and everyone in it. Very soon, McClane realizes that there's no one to save the hostages -- but him.

Sat 11/15 **Movie - Die Hard**

(1 & 7:30 p.m., R, 1988, 2h 11m, Action/Mystery & Thriller)

Sun 11/16 **Ecumenical Sunday Service (LIVE 9:30 a.m. & 6 p.m.)**

Movie - Downton Abbey

(1 & 7:30 p.m., PG, 2019, 2h 2m, Drama)



The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue - leaving the future of Downton hanging in the balance.

Mon 11/17 **Under the Boardwalk: The MONOPOLY Story (11 a.m. & 9 p.m.)**



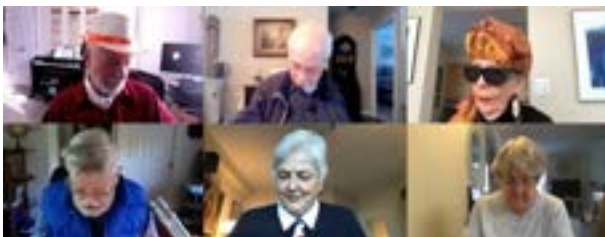
This fascinating documentary delves into the 75-year history and high-stakes world championship of Monopoly, the classic board game that has been played by over a billion people worldwide.

Tues 11/18 **Asbury Play Readers - Virtual (11 a.m. & 10 p.m.)**

Asbury Play Readers presents "Potpourri 5," a virtual Live performance. Directed by Nancy Hirsche & Rollie Smith

Wed 11/19 **Asbury Play Readers 2021 (11 a.m. & 10 p.m.)**

Asbury Play Readers presents "Potpourri 6."

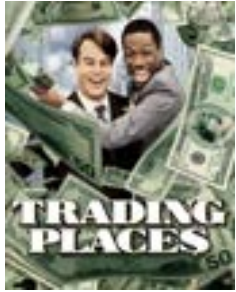


**THE SHOW
MUST GO ON**



SPECIAL TV PROGRAMMING - Channel 1970/1971

Wed 11/19



Movie - Trading Places

(1 & 7:30 p.m., R, 1983, 1h 56m, Comedy)

Upper-crust executive Louis Winthorpe III (Dan Aykroyd) and down-and-out hustler Billy Ray Valentine (Eddie Murphy) are the subjects of a bet by successful brokers Mortimer (Don Ameche) and Randolph Duke (Ralph Bellamy). An employee of the Dukes, Winthorpe is framed by the brothers for a crime he didn't commit, with the siblings then installing the street-smart Valentine in his position. When Winthorpe and Valentine uncover the scheme, they set out to turn the tables on the Dukes.

Thu 11/20

Asbury Play Readers 2022 (11 a.m. & 10 p.m.)

Asbury Play Readers presents "Potpourri 7," an evening of comedy. Recorded at Parker Hall on December 2022. Directed by Nancy Hirsche & Rollie Smith

Fri 11/21

Movie - Jurassic World Rebirth

(7:30 p.m., PG-13, 2025, 2h 13m, Action/Adventure/Sci-Fi)

Five years after the events of Jurassic World Dominion, the planet's ecology has proven largely inhospitable to dinosaurs. Those remaining exist in isolated equatorial environments with climates resembling the one in which they once thrived. The three most colossal creatures within that tropical biosphere hold the key to a drug that will bring miraculous life-saving benefits to humankind.



Sat 11/22

Movie - Jurassic World Rebirth

(1 & 7:30 p.m., PG-13, 2025, 2h 13m, Action/Adventure/Sci-Fi)

Sun 11/23

Ecumenical Sunday Service (LIVE 9:30 a.m. & 6 p.m.)

Movie - Downton Abbey: A New Era

(1 & 7:30 p.m., PG, 2022, 2h 5m, Drama)

From award-winning creator Julian Fellowes comes the motion picture event DOWNTON ABBEY: A NEW ERA. The much-anticipated cinematic return of the global phenomenon reunites the beloved cast as they go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa.



Mon 11/24

Asbury Play Readers 2023 (11 a.m. & 10 p.m.)

Asbury Play Readers presents "Potpourri 8," an evening of comedy. Recorded at Parker Hall on December 2023. Directed by Nancy Hirsche & Rollie Smith

Tues 11/25

Financial Update with Steve Mathis (11 a.m. & 10 p.m.)

Wed 11/26

Asbury Play Readers 2024 (11 a.m. & 10 p.m.)

Asbury Play Readers presents "Potpourri 9," an evening of comedy. Recorded at Rosborough Theatre on December 2025.



SPECIAL TV PROGRAMMING - Channel 1970/1971

Wed 11/26

Movie - Chicken Run

(1 & 7:30 p.m., G, 2000, 1h 25m, Kids & Family/Comedy/Animation)

This engaging stop-motion, claymation adventure tells the story of an American rooster who falls in love with a gorgeous hen on a British farm. The couple decides to run away from the farm, but they must first contend with the evil farmer who is intent on keeping them under her control. The chickens decide to attempt an escape so they don't get turned into chicken pot pies.



Thu 11/27

CCAV (11 a.m. & 9 p.m.) CCAV - Coordinating Council of Asbury Village

Fri 11/28

Movie - Superman

(7:30 p.m., PG-13, 2025, 2h 9m, Action/Adventure/Sci-Fi/Fantasy)

When Superman gets drawn into conflicts at home and abroad, his actions are questioned, giving tech billionaire Lex Luthor the opportunity to get the Man of Steel out of the way for good. Will intrepid reporter Lois Lane and Superman's four-legged companion, Krypto, be able to help him before it's too late?



Sat 11/29

Movie - Superman

(1 & 7:30 p.m., PG-13, 2025, 2h 9m, Action/Adventure/Sci-Fi/Fantasy)

Sun 11/30

Ecumenical Sunday Service (**LIVE 9:30 a.m.** & 6 p.m.)

Movie - Planes, Trains and Automobiles

(1 & 7:30 p.m., R, 1987, 1h 32m, Holiday/Comedy)

Easily excitable Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.



AVTV FAMILY

WISHING YOU AND YOUR FAMILY

A WONDERFUL AND SAFE THANKSGIVING

ROSBOROUGH THEATRE MOVIES AT 1:00 p.m.



DUE TO READERS THEATER REHEARSALS, NO TUESDAY MOVIES IN NOVEMBER

FRIDAY 11/7 - 2001: A Space Odyssey

G, Released Apr 2, 1968, 2h 19m, Sci-Fi

An imposing black structure provides a connection between the past and the future in this enigmatic adaptation of a short story by revered sci-fi author Arthur C. Clarke.

When Dr. Dave Bowman (Keir Dullea) and other astronauts are sent on a mysterious mission, their ship's computer system, HAL, begins to display increasingly strange behavior, leading up to a tense showdown between man and machine that results in a mind-bending trek through space and time.

FRIDAY 11/14 - Mission: Impossible - The Final Reckoning

PG-13, Released May 23, 2h 49m, Action/Adventure/Mystery & Thriller

Our lives are the sum of our choices. Tom Cruise is Ethan Hunt in Mission: Impossible - The Final Reckoning.

FRIDAY 11/21 - Elvis

PG-13, Released Jun 24, 2022, 2h 39m, Biography/Drama/Music

The film explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley (Olivia DeJonge).



FRIDAY 11/28 - NO MOVIE HAPPY THANKSGIVING!



SATURDAY 11/22 The Naked Gun

PG-13, Released Aug 1, 1h 25m, Comedy/Action/Crime

The Naked Gun is a 2025 American action comedy film. A legacy sequel to Naked Gun 33 1/3: The Final Insult (1994) and the fourth film in The Naked Gun franchise, the film stars Liam Neeson in the main role, with Pamela Anderson, Paul Walter Hauser, Kevin Durand, and Danny Huston co-starring in supporting roles. Its plot follows the son of Lt. Frank Drebin who must succeed in his father's footsteps to prevent the closure of Police Squad.



November Events

This list is only partial. Some dates/times/locations may change over the month, so please confirm information closer to the event date. Enrolled classes and small recurrent meetings are not included.

Wellness classes are listed in the centerfold calendar of this publication. In-theatre movies are listed on the previous page. For full flyers about the below events, visit Goicon.com or your neighborhood bulletin boards. To learn about any last-minute additions or cancellations, call **301-216-4500** for updates. Have your own event to advertise? Email your PDF flyer to SharetoAMV@Asbury.org.

Regular Hours for SHOPPING ON CAMPUS:

Bargain Mart: Mon/Tue/Thu/Fri 9:30-11:30am
Mund Ground Level

Bargain Mart Furniture Only: Fri 9:30-11:00am
Mund 209

Clothes Closet: Tue/Wed 10:00am-1:00pm
Admin Lower Level

RECURRENT OPEN GAMES:

Bingo: Hefner Arts & Crafts Room
2nd & 4th Tuesday 7:30 p.m.

Bingo: Park View Club Room
Friday 7:00 p.m.

Bocce: Sportsplex
Tuesday 4:00-5:30 p.m.

Chess: Trott Parlor
Thursday 2:00 p.m.

Cornhole: Sportsplex
Tuesday 4:00-5:30 p.m.

Hearts Cards: Hefner Game Room
Wednesday 1:00 p.m.

Mah Jong: Trott Parlor
Monday 3:00 p.m.
and Edwards-Fisher Lobby/Lounge
Wednesday 3:00 p.m. & Friday 10:00 a.m.

Pickleball Beginner Lessons: Sportsplex
Monday, Wednesday, Friday 9:00-11:00 a.m.

Pickleball Play: Sportsplex
Monday through Friday 8:00-10:00 a.m.

Pickleball Play: Sportsplex
Tuesday, Wednesday, Thursday 3:00-5:00 p.m.

Sat, Nov 01 ON STAGE: Claire Porter Residency -
Grammar Glamour

11:00 a.m. Hefner Auditorium

Sat, Nov 01 ON STAGE: Claire Porter Residency - Posture
& Gesture

2:00 p.m. Hefner Auditorium

Sat, Nov 01 Grains of Sand: Film Showing and Q&A

3:00 p.m. Hefner Arts & Crafts Room

Sat, Nov 01 Singalong

7:00 p.m. Parker Hall

Sun, Nov 02 Grains of Sand: Collage Workshop

2:00 p.m. Hefner Arts & Crafts Room

Sun, Nov 02 Music for the Mission Concert

3:00 p.m. Rosborough Theatre

Thu, Nov 06 AgeTech Collaborative from AARP Tour

11:00 a.m. Wallace

Thu, Nov 06 Activities Expo

1:30 p.m. Rosborough Community Rooms

Fri, Nov 07 Shabbat Service and Dinner

5:00 p.m. Parker Hall

Sat, Nov 08 Campus-wide Memorial Service

2:00 p.m. Rosborough Theatre

Sun, Nov 09 Trip: Baltimore Symphony Orchestra
North Bethesda, MD

Thu, Nov 13 Trip: Arena Stage
Washington, DC

Thu, Nov 13 Festa De Sao Martinho
In partnership with GBCI

Thu, Nov 13 Financial Review

10:30 a.m. Rosborough Theatre

Mon, Nov 17 Candid Conversation & Coffee

11:00 a.m. Crawford Dining Room

Tue, Nov 18 Farmer's Market

11:00 a.m. Rosborough

Tue, Nov 18 Intergenerational Book Club

6:30 p.m. Gaithersburg Library

Wed, Nov 19 Waiters' Table

4:30 p.m. Hefner Dining Room

Wed, Nov 19 ON STAGE: Concert by PRISM

7:30 p.m. Rosborough Theatre

Thu, Nov 20 AgeTech Collaborative from AARP Tour

10:00 a.m. Wallace

Fri, Nov 21 GBCI Monthly Meeting

10:00 a.m. Hefner Auditorium

Fri, Nov 21 Waiters' Table

4:30 p.m. Crawford Dining Room

Mon, Nov 24 Moving Forward with Michele,
Exec. Dir. Update

2:00 p.m. Rosborough Theatre

Wed, Nov 26 Trip: National Museum of American Indian
Washington, DC

Sat, Nov 29 Trip: Olney Theatre
Olney, MD