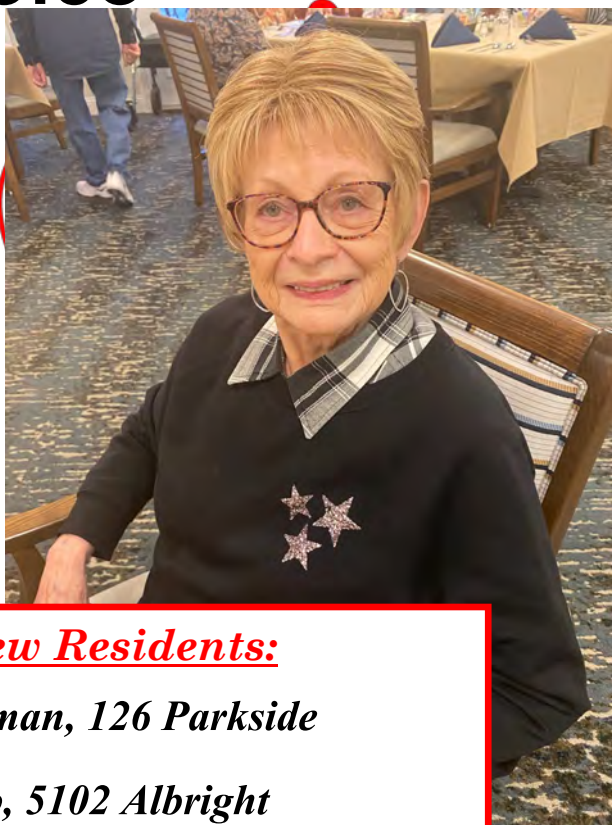


February
2023

Village Voice



Welcome New Residents:

Agnes "Azi" Zeman, 126 Parkside

Lana Donoho, 5102 Albright

Dolores "Babe" Cummings, 304 Wiseman-Pollock



Anita's Ad-libs

Dear Asbury Village Family,

February arrived quickly and we're off to a fun month ahead. Looking forward to celebrating Valentines Day and Fat Tuesday together. Oh, and it's Super Bowl time of the year, too. Ash Wednesday transitions us into the beginning of the Lenten season.

*In addition, you'll notice that **Ask Anita is back on the calendar**. Please check the calendar for the date and time. I'm planning on offering the Ask Anita as needed to offer an opportunity for open positive discussions and community updates. We will have our Resident Association Meetings quarterly where the Directors provide departmental updates. The Board is willing to attend a few meetings in the year ahead as well. Many updates will typically arise from our Resident Council Meetings. In particular for this month, I will review our Motor Cart Policy and Dining and Events Policy. If you have anything in particular that you would like for me to cover, please let me know. I'll be happy to review it.*

*We're excited that our Village is enjoying the **café**. We're very grateful for all the wonderful food – breakfast, lunch and snacks that have been enjoyed. We enjoy hearing all of your wonderful comments about the café. You requested and yes, we responded! We've expanded to occasional Saturdays. Dominic is posting the Saturdays when we're able to staff accordingly. We especially enjoy seeing everyone gathering with new friends and guests. We're working with several vendors to expand our gift items. We appreciate your insight as to what you would like in terms of gifts and market items. We're listening!*

*We have appreciated all of your positive responses to the **cooking stations**. Thanks to Dominic and his entire team for their dedication to ensuring that creative and delicious meals are being served. Again, we welcome your feed back on the cooking stations as well.*

*As many of you know, our annual **Resident Village Directory** is a treasure to many. Thanks to Gail Stucker, she has begun updating the directory. We look forward to adding our new residents to our Village Directory. We all appreciate putting a name with a face! Hoping that the new Directory will be out soon and we'll continue to connect.*

As the year unfolds, we enjoy the opportunity to celebrate your birthdays. Please check the calendars as you won't want to miss these delicious celebrations. We've especially enjoyed seeing our residents dining together during their special months and getting to know one another over a birthday meal. Those zodiac signs are creating new friendships!

You may have noticed that we have launched an energy efficiency project. We've been working with Ameren UE and with Green Energy on this project. A portion of Wiseman Pollock second floor fixtures have been replaced with LED bulbs. As you know, this is perfect timing as electric continues to rise at a rapid rate. Our most recent bills reflected an almost triple increase. We are not alone as this increase has affected the entire metropolitan area. We are very fortunate! This project would not be possible without an energy efficiency gift from a former resident. She was very forward thinking and we were able to uphold her gift through this wonderful project. I extend a special thanks to Rick Taylor for all of his time and effort on working with this project. A lot of work is ahead! Thanks for your patience. I hope that everyone has a wonderful month of February!

As always, it's a gift to serve you!

Anita

***“Tidbits” from Gail Stucker,
Director of
Community Life Services***

Dear Village Residents:

February is a busy month!

Please look over the calendar carefully and decide what activities and events that you would like to participate. It's going to be a fun month.

February 13—the Asbury Village Choir is planning a special party of valentine goodies and punch while they entertain us with their favorite love songs.

February 16—TRIVIA in the afternoon. Get a table together and sign up to compete with all our trivia buffs. There will be prizes for the best decorated table, the best snacks, the most enthusiastic team and the overall winner!

February 21—MARDI GRAS—FAT TUESDAY—We will celebrate with a Happy Hour along with a photo booth that is always creates lots of laughs.

February 22 Ash Wednesday—Father Jerry and Chaplain Jackie are planning a special Ash Wednesday Service to begin the Lenten Season.

Be sure to check out the outings offered this month. There are concerts to experience with the St. Louis Symphony at Powell Hall, Alton Symphony Orchestra at Lewis & Clark College, Kevin Frakes singing in Sinatra style at Alton Little Theater and none other than Bud Shultz and the You Can't Beat Experience Jazz Band at Trimpe Center at Lewis and Clarks College to celebrate Fat Tuesday.

Don't forget the restaurants and shopping. I hope everyone has a wonderful month. Please don't hesitate to call with any questions you might have.

Gail Stucker, Director of Community Life Services



JANUARY CRAFTS!!



Penguin Party



Peanut Butter, Ping Pong, Tic Tac Toe



Memories made together

Once upon a time there was a craft teacher who said, "Let's make soup mix!"

Her class said okay, and they put together all the ingredients for a great pot of soup and decorated the jar as a gift. A student in the class went to see her friend and said, "Let's make soup. All we need is a pot!" Her friend said, "I have a pot that belonged to a dear friend of mine. It will be perfect.

The two made the pot of delicious soup and decided they would share the soup with another friend who had just moved back to her apartment.

The soup was a great success and showed how a little love can be spread from an idea to touch many.





Spiritual

SPIRITUAL WELLNESS

A message from Jackie Havis, Chaplain



Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and, ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.

All Catholics and Protestants of Asbury Village are invited to our Ash Wednesday Service at 10:30 am on February 22, 2023, in the Chapel. Father Jerry and Chaplain Jackie will lead us in a time of worship, reflection and imposition of Ashes. This service will begin our Lenten Season. This season always invites us to repent of our sins and be even better aware of our need for grace and salvation.

This year, I would invite us to especially be in conversation with God about the word, "delight." The Psalmist tells us that God brings us into a broad place to live because God rescues us for God's own delight —Psalm 18:19 If God takes delight in us, then surely we can ask God to increase our beautiful delight in God. Taking delight has a different tone to it than just being happy, or merely finding pleasure. Delight is an active word, showing forth affection, joy, fascination, and desire. Contemplate the various ways you take delight in God—for the color of creation, for the diversity of humanity, for generosity and kindness, for beautiful relationships, for situations and circumstances that might bring challenge and growth. Take Delight! Dance with the Spirit of God! Repent and be forgiven in order to praise God for the wonderful works of salvation and fresh starts!

Sunday Evening Worship Leaders for Vesper Services

February 5th	Preacher—Rev. Jay Hanscomb	Musician—Betsy Arnold
February 12th	No Vesper Services this evening.	
February 19th	Preacher—Rev. Deborah Hoertel	Musician—Betsy Arnold
February 26th	Preacher—Pastor Alberto	Musician—Joyce Anders



Physical

“Lifestyle and Wellness Program”

Physical Wellness



Physical



SIT 2 FIT EXERCISE CLASSES

Monday, Wednesday and Friday

11:15 a.m.

Benjamin Godfrey Auditorium

Led by

Senior Services Plus



GET FIT EXERCISE CLASSES

Tuesday and Thursday

11:15 a.m.

Benjamin Godfrey Auditorium

Led by Meredith

Alton Physical Therapy



SIT & BE FIT

Every Monday, Wednesday and
Friday at

3:00 pm on Channel 2493

Among many other things, this form of exercise:

Maintains and increases joint range of motion

Decreases joint pain and stiffness

Improves physical conditioning

Reduces stress, helps maintain a positive attitude

Morning Exercise

Channel 2493

Monday—Saturday mornings

at 10:00 a.m.

If you have any questions,

please call Gail in

Community Life Services.

Village Fitness Center

OPEN