Bella Vista
Gracious Retirement Living

55 Piney Mountain Drive • Asheville, NC 28805 • Phone (828) 255-8255 • www.seniorlivinginstyle.com

SEPTEMBER 2019

BELLA VISTA STAFF

Managers	CARY & TAMMY COLE
Assistant Managers	JILL JEFFORDS & MARK HALVORSEN
Executive Chef	GREG LEDFORD
Activity Coordinator	JENNIFER THOMPSON
Maintenance	FRANK WINER
Transportation	DWIGHT VROOM VROOM HAGAN

TRANSPORTATION

Monday, 9 a.m.-Noon and 1:30-3 p.m.: Shopping

Tuesday, 9 a.m.-Noon and 1:30-3 p.m.: Medical Appointments

Wednesday, 9 a.m.-Noon and 1:30-3 p.m.: Shopping or Outing

Thursday, 9 a.m.-Noon and 1:30-3 p.m.: Medical Appointments

Friday, Will Be Posted: Shopping or Outing

Cane Mill Road Draws a Crowd

Louis's grandson, Liam, is in a band. That band is called Cane Mill Road. They are some of the most talented young people around. And luckily, they like to give back to the community by playing for senior groups, especially Grandpa's group.

The band is very popular in bluegrass circles and their website says that peers in the bluegrass industry voted Cane Mill Road as one of five nominees for the International Bluegrass Music Association's Momentum Band-of-the-Year for 2018, an award to honor rising music stars under 30 years of age. Cane Mill Road's banjo player, Tray Wellington, was nominated for IBMA's Momentum Instrumentalist of the Year. IBMA selected Cane Mill Road as a Ramble showcase band in 2017, making the band one of 30 bands in bluegrass to be chosen for the honor.

Casey, Tray and Liam perform before a packed house.

There were over 60 people in attendance for the concert.

We're so lucky to have Grandpa Louis living at Bella Vista and his very talented family to perform for us.

Art for Non-Artists

We learned pour painting and it was so much fun! Alyssa, our intern from UNCA, is an artist and one day said, “Can I teach Pour Painting?” Jennifer said yes, and the class was added to the calendar. Pour painting is just what it sounds like. You mix paint with a medium, then stir it up. You do this three times and then pour those paints in another cup. The final step is to lay the canvas on top of the cup, turn it over and let the paint pour out on the canvas. It’s that easy! And so pretty. Everyone’s creations were different and beautiful and just wonderful. Thank you, Alyssa, for your fabulous idea. We loved it.

Alyssa showing Gayle, JoAnn, Ruth and Roseann the next step in the process.

Renae’s painting turned out beautiful!

Maxine, Betty A. and Betty S., enjoying making art.

Le’Ann is so happy to be pour painting.

Those are great colors, Betty.

What is That Beautiful Plant?

The number one question asked in the Activity Center lately is, “What is that plant?” That plant is a Clivia. And according to Wikipedia: “The Clivia/ˈklaɪviə/[1] is a genus of monocot flowering plants native to southern Africa. They are from the family Amaryllidaceae, subfamily Amaryllidoideae. [2] Common names are Natal lily or bush lily. They are herbaceous evergreen plants, with green, strap-like leaves. Individual flowers are more or less bell-shaped, occurring in umbels on a stalk above the foliage; colors typically range from yellow through orange to red. Many cultivars exist, some with variegated leaf patterns.”

This is the second time it has bloomed in the past two years. Be sure to come by the Activity Center to witness nature’s beauty and enjoy the pretty flowers.

We Love Pisgah Inn

It doesn't get much better than a trip on the Blue Ridge Parkway and lunch at the Pisgah Inn. The sun was shining, the trees were green and the Rhododendron were blooming. And, of course, the view was amazing! The specialty at Pisgah Inn is the trout, and several residents ordered it and said that it was exceptional! They've also expanded their deck and made a really great place for photos and viewing our majestic Blue Ridge Mountains.

Residents wave as they pose in front of the Blue Ridge Mountains.

Two happy friends, Le'Ann and Lois, get a great picture taken.

Myrtle, Louise and Inge enjoy the view from the upper deck.

Back to School Supplies A-Plenty

Our charity of the month this month was school supplies for the Eliada Children's Home. Eliada is a non-profit agency serving the children and families of Western North Carolina. Eliada's mission is helping children succeed. As usual, the folks at Bella Vista are so giving, they gave pencils, pens, pencil cases, notebooks, paper, backpacks, lunch boxes, crayons, rulers, erasers, pencil sharpeners, glue sticks, scissors, and much more. The employees at Eliada were so pleased to receive the supplies, and they promised to distribute them right away.

Our wonderful residents who gave school supplies

Norma gave school supplies for the children.

SEPTEMBER 2019

Birthdays

Dub Thompson, 11th
Ann Piland, 16th
Bette Weir, 18th
Virginia Howell, 21st
Phyllis Linscheid, 23rd
Norma Astin, 26th
Lily Oatfield, 26th
Will Hutchinson, 27th

Locations

Activity Center, AC
Arts Craft Studio, ACS
Chapel, CH
Dining Room, DR
Fitness Center, FC
Game Room/Billiards, GR
Library, LI
Theater, TH
TV Room, TVR

Beauty Salon

Hours:
Tuesday-Thursday:
9 a.m.-4 p.m.
Friday: 9 a.m.-2 p.m.
Hairdresser: Belinda Wells, 779-1475

Mountain Home Care

828-684-6444

Legacy Healthcare Services

828-252-1915

"What you do today can improve all your tomorrows."
— Author Unknown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH **3:00 Ambassador's Meeting, CH** 7:00 Late-Night Movie, TH	**LABOR DAY** **2** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling 7:00 Marilyn on Piano, AC	**3** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Skip-Bo with Jennifer, AC **2:00 Resident Manager Meeting, AC** 3:00 Yoga with Rich, FC 7:00 Bingo, AC	**4** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** **2:00 Chair Volleyball, DR** 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** 7:00 Night at the Movies, TH	**5** 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **11:00 Chef Talk, AC** **2:00 Sit and Knit, AC** 3:00 Yoga with Rich, FC **6:30 Game Night, AC**	**6** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Picnic at Lake Powhatan** 2:00 Bingo with Shekinah, AC 7:00 Featured Movie Night, TH	**7** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH **4:00 Music with Shekinah, DR** 7:00 Late-Night Movie, TH
8 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**9** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:00 Rainbow School to Read to Us, AC** 2:00 Wii Bowling **3:30 Popcorn Party** 7:00 Night at the Movies, TH	**10** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **11:00 Gin Rummy, AC** **2:30 Happy Healthy Series with Rich, FC** 3:00 Yoga with Rich, FC 7:00 Bingo, AC	**PATRIOT DAY** **11** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** **4:30 Eat Out and Author Ron Rash** 7:00 Night at the Movies, TH	**12** 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC **2:00 Legacy Health Talk, AC** **2:00 Sit and Knit, AC** 3:00 Yoga with Rich, FC **6:30 Game Night, AC**	**Happy Hershey Day** **13** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH **11:15 Eat Out and Tour Fire Station Downtown** 2:00 Bingo, AC 7:00 Featured Movie Night, TH	**14** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 7:00 Late-Night Movie, TH
15 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**16** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling 7:00 Night at the Movies, TH	**17** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Skip-Bo with Jennifer, AC **2:00 Reminisce Show and Tell, LI** 3:00 Yoga with Rich, FC 7:00 Bingo, AC	**18** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** **2:00 Chair Volleyball, DR** 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** 7:00 Night at the Movies, TH	**19** 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC **2:00 Sit and Knit, AC** 3:00 Yoga with Rich, FC 7:00 Music Night with Paul, AC	**20** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Scattergories, AC 1:30 Welcome Shabbat, CH 2:00 Bingo with Shekinah, AC **2:00 "Baked" Pie Store for Dessert** 7:00 Featured Movie Night, TH	**21** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 7:00 Late-Night Movie, TH
22 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**AUTUMN BEGINS** **23** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling **7:00 Night at the Movies, TH**	**24** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **11:00 Gin Rummy, AC** **2:00 Book Club, TVR** 3:00 Yoga with Rich, FC 7:00 Bingo, AC	**25** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **10:30 Mexican Train, AC** **12:30 Flat Rock Playhouse "Cinematastic"** 3:00 Catholic Communion, CH **3:00 Creative Coloring, AC** 7:00 Night at the Movies, TH	**26** 9:00 Health Screening, AC 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC **12:00 Oktoberfest, DR** **2:00 Sit and Knit, AC** 3:00 Yoga with Rich, FC **6:30 Game Night, AC**	**27** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:00 Bible Study with Shekinah, CH 11:00 Scattergories, AC 2:00 Bingo, AC 7:00 Featured Movie Night, TH	**28** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 10:30 Pokeno, AC 2:00 Movie Matinee, TH 7:00 Late-Night Movie, TH
ROSH HASHANAH BEGINS AT SUNSET **29** 9:00 Bus to First Baptist Church of Asheville 2:00 Sunday Service, CH 7:00 Late-Night Movie, TH	**30** 9:00 Morning Devotion, CH 9:30 Morning Exercise, AC 11:00 Brain Training, AC 2:00 Wii Bowling **3:30 Back to School Bash, AC** 7:00 Night at the Movies, TH					

A Visitor for Terry

Joe Santos and his wife, Alma, recently came by to surprise Terry Beale with a visit. It turns out that Terry and Joe worked together for a couple of years back in 1972. They've remained friends ever since. Terry and Joe first met at the Malmstrom Air Force Base in Montana. They were part of the Intercontinental Ballistic Missile Hardened Intersite Cable System or Minutemen Missiles Systems group. Their job was to keep the cables that led to the missiles in good working order. Terry drove heavy equipment like front end loaders and tractors. Joe and Alma live in Omaha, Nebraska, now and were on a trip across the country. They decided to stop and see their good friend. Alma made a quilt for Terry in red, white and blue with a small tractor in one corner.

Terry, Alma and Joe

Terry showing off his new quilt

Popcorn Party was a Hit!

Turns out everyone loves to eat popcorn. There were over 50 people at our recent popcorn party. There was fresh popped buttered popcorn, white cheddar popcorn, Cracker Jacks, and Skinny Pop popcorn with four different flavors of salt, the most popular being Ranch flavor. Everyone tried a little, and most people came back for seconds, thirds and even fourths. Some asked if we could do this every week or at least once a month, so watch your calendars for the next corn popping fun day!

Intern, Sarah, helps Betty, JoAnn and Gayle get their popcorn.

Lake Lure and Larkin's

You know it's summertime when Bella Vista heads for the lake. A boat ride on Lake Lure is one our favorite outings of the year. Even though the trip is on curvy mountain roads, the views are beautiful and it's so very green, with flowers blooming everywhere. This year, we ate at Larkin's on the Lake, where they are known for their she-crab soup and yummy burgers. Then we were off to the lake for a tour on the pontoon boat.

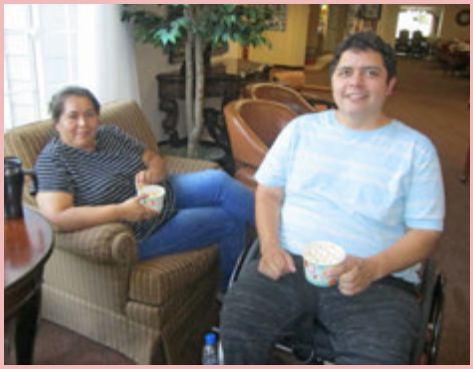
Louise, Barbara, Ruth and Ann look like naturals on the water.

Ida, Sharon and Phyllis smile for the camera.

David and Pamela love the lake.

Bella Vista residents, all ready to take off.

Mary, Betty Lee and Betty R. all love popcorn and tried different flavors.



The Uribes joined us for the popcorn party.

What a crowd! Everyone loves popcorn.

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EQUAL HOUSING OPPORTUNITY