



ARDEN

Our Mission:

Empowered by Christ, we walk together with all we serve.

“Trinity View does not discriminate in housing, services, or employment on the basis of race, color, national origin, religion, age, disability, or sex.”

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Trinity Views

2017: A Year in Review



2017 has come to an end and a new year has begun! Trinity View had a lot to celebrate last year, including the new PCA (personal care assistant) program that was started earlier in the year and the long-anticipated arrival of our new bus. Throughout 2017, Trinity View residents enjoyed many activities and social gatherings at the community with monthly dances, entertainment, table talks, holiday gatherings, and scheduled outings, which included a trip to Abington, Virginia to see *A White*

Christmas at the Barter Theatre and taking one of our very own veterans to Washington, D.C. on the Honor Air Flight. Trinity View also hosted several events at the community, including a garden party and a presentation by Dr. John P. Vavalle, MD, MHS, and FACC Cardiovascular Specialist from UNC Chapel Hill. During the year Trinity View added several new features, including new fencing surrounding the garden area in memory of the Duddes and a new gazebo. The Trinity View singers appeared again with the guidance of musical director Christine Georger, director of Fletcher Community Chorus. Looking back over this past year, Trinity View has welcomed new residents and staff and remembered those we have lost, and we do it with everlasting love, dedication, and appreciation.

Happy New Year!



Happy New Year! Welcome to 2018. First of all I want to thank all who remembered our family during this Christmas celebration with cards and spoken holiday greetings. Your greetings are deeply appreciated.

As we begin a new calendar year, I want take this

opportunity to lift up several of the programs and services that are provided and organized through the Chaplain's office.

Chapel Services are held every Tuesday at 11 am in the Chapel and on the 1st and 3rd Sundays of each month at 6:15 pm in the Meeting Room. All are welcome to attend. All are welcome to receive the sacrament of Holy Communion. If you choose not to commune, we simply ask that you fold your hands when it comes time for the distribution of the bread and wine.

Bible Study is held each Tuesday morning from 10 -10:45 am. All are welcome to share in this time of study and conversation. We look forward to exploring the Bible together in the coming year and will choose a course of study that will be of interest to the group.

Prayer List – We have a group of residents (Prayer Team) who devote themselves to praying for others that have been named by our community. The Prayer list is regularly updated. You are invited to submit names for the prayer list. These names will be mentioned in our prayers during worship (first name only). These names may include your friends and relatives at Trinity View and beyond our Trinity View community.

Prayer Team - The Prayer Team lifts up in prayer those names which have been offered to the group. They meet periodically as organizational needs arise. If interested in joining this group please speak with the Chaplain.

Hospital and Rehab visits – If you are hospitalized or have to go to rehab, I will visit you if I possibly can. During this visit, I will ask if it is okay to pray with you during our visit and in chapel.

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I will also ask if it is okay for the Prayer Team to pray for you. If you say yes, I will lift up your name in Chapel and encourage our Prayer Team to also lift you up in prayer.

Men's Discussion Group- This group of men meets on a Monday morning each month from 8:30-9:30am in the Library. Our next meeting is Monday, January 8. The topics for discussion are brought up by the group. The conversations have included jokes, sports, and other more serious matters of concern. The bottom line is those who attend drive the conversation and eat fresh donuts.

Table Talk – All residents are invited to gather for conversation and open discussion in the Library from 3-4 pm. This month we meet on January 29. The topics for discussion are brought up and driven by the group. All are welcome to attend and to lift up matters of interest.

My prayer is that each of you will have a good and healthy New Year.

Happy New Year

Pastor Steve Ridenhour, Chaplain

2018 Resident Council



During the month of December, Trinity View residents had an opportunity to vote for new council members representing the Assisted Living and the Independent Living residents for 2018. The new Trinity View Council consists of the following residents: Robert Newcomer, Lee Fowler, Hugh Caudill, Maxine Nelson, Bob

Devereaux, Marilyn Patterson, and Bill Payne. The resident council will officially hold its first meeting of the new year on Monday, January 8, 2018, followed by an association meeting on Monday, January 15 at 3 p.m.. If you have any comments or concerns, please contact one of the council members listed above.

New Trinity View Residents Page 6



Mrs. Ann Sizemore moved to the community during the month of December. Mrs. Sizemore is a native of the Hendersonville/Asheville area. Mrs. Sizemore grew up on a farm and raised beef cattle and helped with her families' large plant nursery. She attended Western Carolina University and taught in the Buncombe County School District. She volunteers with her church and the school. She is also a member of the Skyland United Methodist Church. The library at Estes Elementary is named the Ann Weir Sizemore Library. Mrs. Sizemore enjoys jigsaw puzzles, cross-stitch and needle point, reading, gardening, and volunteering with the elderly and children. *Please welcome Mrs. Sizemore to the community!*



Mrs. Joan Moore also moved to the community in the latter part of the month of December. Mrs. Moore was born in Atlanta, Georgia and has lived in Charleston, Richmond, and the Gastonia area. She has one son and one daughter and was a newspaper reporter and editor. She also was a software trainer for Home Health. She is affiliated with the Baptist church and loves needlepoint, reading, and travel. *Please welcome Mrs. Moore to the community!*

Library Notes



Start the New Year off with one of the new books on our display table. The library also offers non-fiction and inspirational titles. The non-fiction titles are located on shelves beneath the large print books. The inspirational books are located on the bottom shelf below the paper back books. There is a rack with DVDs available and another rack with magazines. The honor system applies to all. There is an inventory book on the display table that will tell you what books are currently available. Please come visit the library which is located on the 3rd floor.


Library Committee: Mella Caudill, Carolyn Conrad, Lee Fowler, Connie Rhudy, and Dot Williams

Activity Calendar January 2018



Calendar Key

Meeting Room (MR) Lobby (L) Recreation Room (RR) Assisted Living (AL) Chapel (C) Dining Room (DR) Game Room (GR) Asterisk (*) Need to Sign up in Activity Book Library (Lib or Library)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 New Year's Day  No Aroma Therapy Today! No Healing Movements! 11:30-1:30 New Years' Day Meal – One Meal Day (DR) No Chair Yoga Today!	2 Dr. Appointments* 9:30-10:00 Chair Exercise (RR) 10:00-10:45 Bible Study (Library) 11:00-11:30 Chapel Service (C) 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 3:00-4:00 Bingo (MR)	3 8:30-9:30 Trinity View Breakfast (DR)* 10:00-2:00 Aroma Therapy (GR)* 12:30-2:00 Bridge (Library) 1:30-3:30 Errands & Wal-Mart 2:00-3:00 Cheese Fondue (Lobby) 6:30-8:00 Pool Game (GR)	4 10:00-10:45 Strength Training (RR) 12:30-1:30 Ingles 1:45-2:30 Ingles 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 2:30-3:30 Bingo (AL) 6:30-8:00 Coloring with a Twist (Lib.)	5 10:30-11:15 Bethany and Kids (AL) 1:30-3:30 Shopping at BonWorth in Hendersonville* 2:00-2:30 Healing Movement and Balance Class (RR) 3:45-4:45 Music with John T. (AL)	6 10:30-11:15 Line Dancing with Olga (RR) 2:00-3:00 Saturday Afternoon Bingo (MR) 6:30-7:30 Coloring with a Twist (AL)	
7 10:00 –12:30 Trinity View Shuttle to Area Churches 6:15 Sunday Chapel Service (MR)	8 8:00-1:00 Dr. Appointments* 8:30-9:30 Men's Discussion (Library) 10:15-11:15 Coffee Hour (MR) 10:00-2:00 Aroma Therapy (GR)* 11:00-11:45 Healing Movements (RR) 1:30-2:30 Resident Council (library) 2:00-2:45 Chair Yoga (RR)	9 Dr. Appointments* 9:30-10:00 Chair Exercise (RR) 10:00-10:45 Bible Study (Library) 11:00-11:30 Chapel Service (C) 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 2:00-3:00 Before Bingo Social (Lobby) 3:00-4:00 Bingo (MR)	10 8:30-9:30 Trinity View Breakfast (DR)* 10:00-2:00 Aroma Therapy (GR)* 12:30-2:00 Bridge (Library) 3:00-4:00 Memory Trippin' with Tom (MR) 3:45-4:45 Music with John T (AL) 6:30-8:00 Pool Game (GR)	11 10:00-10:45 Strength Training (RR) 12:30-1:30 Ingles/1:45-2:30 Ingles 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 2:30-3:30 Bingo (AL) 6:30-8:00 Coloring with a Twist (Lib.) 6:30-7:30 Vocals and Harp (MR)	12 10:30-11:30 Bethany and Kids (AL) 11:30-1:30 Out to Lunch at Copper River Grill* 2:00-2:30 Healing Movement and Balance Class (RR) 6:15 departure Baroque Standards* 6:30-7:30 Music with Nancy McGimsey (MR)	13 10:30-11:15 Line Dancing with Olga (RR) 3:30-4:30 Musical Concert with Pianist Ethan Usian (MR)	
14 10:00 –12:30 Trinity View Shuttle to Area Churches 1:30-2:15 Therapy Dog "Diamond" (Second Floor Lobby) 2:00 departure for Cinemark Movie*	15 MLK, Jr Day  10:00-2:00 Aroma Therapy (GR)* 11:00-11:45 Healing Movements (RR) 1:30-3:30 Errands & Target 2:00-2:45 Chair Yoga (RR) 3:00-4:00 T.V. Residents' Association Meeting (MR) 4:00-5:00 After Meeting Mingle with John (Lobby)	16 Dr. Appointments* 9:30-10:00 Chair Exercise (RR) 10:00-10:45 Bible Study (Library) 11:00-11:30 Chapel Service (C) 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 3:00-4:00 Bingo (MR)	17 8:30-9:30 Trinity View Breakfast (DR)* 10:00-2:00 Aroma Therapy (GR)* 12:30-2:00 Bridge (Library) 2:30-3:30 Aroma Spheres (MR)* 6:30-8:00 Pool Game (GR) 6:00 departure for The Opera House at Cinemark*	18 10:00-10:45 Strength Training (RR) 12:30-1:30 Ingles/1:45-2:30 Ingles 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 2:30-3:30 Bingo (AL) 3:30-4:30 Olympic Pride -American Prejudice (MR) 6:30-8:00 Coloring with a Twist (Lib.)	19 10:30-11:30 Bethany and Kids (AL) 1:30-3:30 Shopping at the Asheville Mall* 2:00-2:30 Healing Movement and Balance Class (RR) 2:45-3:30 National Popcorn Day (Lobby) 3:45-4:45 Music with John T. (AL)	20 10:30-11:15 Line Dancing with Olga (RR) 2:30-3:00 Sing A-Long with Sandra (AL) 6:30-7:30 Coloring with a Twist (AL)	
21 10:00 –12:30 Trinity View Church Shuttle 6:15 Sunday Chapel Service (MR)	22 10:00-2:00 Aroma Therapy (GR)* 11:00-11:45 Healing Movements (RR) 1:30-3:30 Errands & Wal-Mart 2:00-2:45 Chair Yoga (RR) 9:30-3:00 Carolina Mobile Optics (MR) 3:30-4:30 Reading with Andy: Bio of Humphrey Bogart (MR) 6:45-7:30 Sassafras Band (MR)	23 Dr. Appointments* 9:30-10:00 Chair Exercise (RR) 10:00-10:45 Bible Study (Library) 11:00-11:30 Chapel Service (C) 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 3:00-4:00 Bingo (MR) 6:30 departure for BRCC Concert Series*	24 8:30-9:30 Trinity View Breakfast (DR)* 10:00-2:00 Aroma Therapy (GR)* 12:30-2:00 Bridge (Library) 3:00-4:00 Crafts with Pat (AL) 6:30-8:00 Pool Game (GR)	25 10:00-10:45 Strength Training (RR) 12:30-1:30 Ingles/1:45-2:30 Ingles 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 2:30-3:30 Bingo (AL) 3:30-4:30 Music with Sunny Side Up (MR) 6:30-8:00 Coloring with a Twist (Lib.)	26 9:20-12:00 Low Vision Support Group* 10:30-11:30 Bethany and Kids (AL) 2:00-2:30 Healing Movement & Balance Class (RR) 6:30-8:30 Winter Dance with DJ Eric (MR)	27 10:30-11:15 Line Dancing with Olga (RR) 2:00-3:00 Saturday Afternoon Bingo (MR) 6:30-8:30 Saturday Night Movie: The Great Debaters (MR)	
28 10:00 –12:30 Trinity View Church Shuttle 1:30-2:15 Therapy Dog "Diamond" (Second Floor Lobby)	29 10:00-2:00 Aroma Therapy (GR)* 11:00-11:45 Healing Movements (RR) 1:30-3:30 Errands in Skyland and Target Shopping Center 2:00-2:45 Chair Yoga (RR) 3:00-4:00 Table Talk with Ridenhour (Library)	30 Dr. Appointments* 9:30-10:00 Chair Exercise (RR) 10:00-10:45 Bible Study (Library) 11:00-11:30 Chapel Service (C) 1:00-1:30 Balance Class (RR) 1:30-2:00 Exercise with Jeff (AL) 2:00-3:00 Before Bingo Social (Lobby) 3:00-4:00 Bingo (MR)	31 8:30-9:30 Trinity View Breakfast (DR)* 10:00-2:00 Aroma Therapy (GR)* 12:30-2:00 Bridge (Library) 2:30-3:30 Afternoon Ride with Assisted Living* 3:45-4:45 Music with John T. (AL) 3:00-4:00 Crafts with Pat for Independent Living (MR)* 6:30-8:00 Pool Game (GR)	<h1 style="color: blue; font-size: 2em;">Trinity View</h1> <h1 style="color: blue; font-size: 3em;">Activity Calendar</h1> <h1 style="color: blue; font-size: 3em;">January 2018</h1>			