

November 2022

The Village Gazette

The Villages at the River Club | 1176 Warfield Blvd, Clarksville TN 37043 | 931-552-7455



Celebrating November

**American Indian Heritage
Month**

**Inspirational Role Models
Month**

Adoption Month

Men Make Dinner Day
November 3

Veterans Day Ceremony
November 5 @ 2:00 PM

Veterans Day (U.S.)
November 11

World Kindness Week
November 13–19

Village's Thanksgiving Meal
November 17

Game & Puzzle Week
November 20–26

Thanksgiving Day (U.S.)
November 24

Giving Tuesday
November 29

In Memoriam...

**Mr. Wheeler
Wayne Pryor, Jr.**

**Aug 24, 1936 –
Sept 22, 2022**



Mr. Wheeler Wayne Pryor Jr., age 86 of Clarksville, passed away Thursday, September 22, 2022 at his home, surrounded by family.

Wheeler was born in Paducah, KY on August 24, 1936, the son of the late Wheeler W. and Margurette Williams Pryor.

He is survived by his wife, Mary Judith Hunt Pryor; four children, 10 grandchildren, and nine great grandchildren.

Mr. Pryor was owner and operator of North Tennessee Tool and Die for 35 years and was a member of Immaculate Conception Catholic Church. He was a graduate of Austin Peay State University where he was a charter member of Epsilon Pi Tau fraternity.

A Celebration of Life Service was held 1:00 PM Monday, September 26, 2022 at Immaculate Conception Catholic Church with Father Eric Fowkles officiating. Mr. Pryor was interred in Resthaven Memorial Gardens in Clarksville, TN.

In lieu of flowers, donations may be made to Immaculate Conception Catholic Church 716 Franklin St, Clarksville, TN 37040, the Montgomery County Humane Society 940 Tennessee Ave, Clarksville, TN 37040, or St. Jude 501 St. Jude Place, Memphis, TN 38105.

In Memoriam...



Mrs. Mildred Vaughan
April 6, 1939 – October 14, 2022

Mrs. Mildred Vaughan, age 83, of Clarksville, TN, formerly of Bumpus Mills, TN, passed away Friday, October 14, 2022. She was born April 6, 1939, in Stewart County, TN, daughter of the late Darrel and Geneva Burke Kingins.

Mildred was a member of Dyers Creek First Church of God in Dover, TN. Her faith was strong and clearly evident in the life she lived for the Lord. As a testament of faith, she never called attention to herself and placed the needs of others in the forefront of her living. Never in fear of death, Mildred had peace in knowing her heavenly home awaited.

She enjoyed reading and was known for writing heart-felt letters to her family and friends. Most of all, she loved her family dearly and was always excited to celebrate their accomplishments no matter how big or small. She was a devoted wife and loving mother and grandmother.

The funeral service was held at 11:00 a.m. on Saturday, October 22, 2022, at Anglin Funeral Home in Dover, TN with Rev. Jeff Wallace officiating. Burial followed in the Miles Cemetery, Bumpus Mills, TN.

Memorial contributions may be made to the National Breast Cancer Foundation.

Our resident Thanksgiving dinner will be held Nov 17th starting at 5pm, with a second seating at 6:15. Two guests per apartment are allowed with a meal cost of \$10 per guest. Advance sign-up is **REQUIRED**. As an added treat to the meal, you will also enjoy live piano music in the main room between 5:00-6:15 courtesy of Ms. Bobby Textor from the Cumberland Winds musical ensemble.



New and Notable!

- On Nov 29th, Dr. Jeff Anderson of Ultimate Hearing Centers of Tennessee will be conducting on-site hearing evaluations for our residents. You must sign up in advance but the visit is free of charge!
 - Beginning Nov 7th, a 60 minute yoga class will be held on Monday afternoons starting at 4pm. Ms. Diane Percelay is a highly certified and experienced RYT200 instructor comfortable working with many skill levels and ages. She is also a member of the 55+ community so truly understands the mobility issues of this population. She is very excited to work with our residents and help them prevent and improve joint issues, flexibility and core strength.
 - Thru the cooler months, we will be working on a "Legacy Project". This is a series of writing topics combined with scrapbooking and compiling so that your family can inherit a cherished work detailing their heritage. There is no skill requirement and residents can work at their own comfort level.

Cran-tastic

Cranberries are largely forgotten until Thanksgiving, when they grace the table as a jelly, relish, sauce, or chutney to go with the Thanksgiving turkey. On November 23, Eat a Cranberry Day, consider all the other ways to enjoy this tasty and healthy berry.

Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections (UTIs). While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried.

The Native Americans living around Cape Cod of southeastern Massachusetts had harvested cranberries, known as sasumuneash, for 12,000 years before the Europeans arrived. The colonists found that the sasumuneash of New England resembled the *craneberries* of their native England, so called because the flowers resembled the head of a sandhill crane.



Cranberries grow in wetlands commonly called *bogs*, which require a special set of conditions to yield a harvest. Soils at the bottom of a bog must be acidic and made of

peat; the bogs must have access to plenty of fresh water; and the growing season has to last from April to November, providing a cool period of dormancy. Luckily, the famous bogs of Cape Cod provide just the right conditions and climate. But cranberry bogs are not limited to just Cape Cod. They are found in Maine, Rhode Island, New Jersey, Delaware, Wisconsin, Michigan, and Oregon, as well as in Canada and Chile.

Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.

Devotions will take place on Tuesdays and Thursdays starting at 10:00 a.m. **in the library**. Sessions will be based on “Our Daily Bread” booklets, which are available to any resident for free.

Workout with Courtney from EmpowerMe Wellness on Tues and Thurs at 11:00AM in the Roxy. Remember to wear your dancing shoes to the Roxy on Nov 9 & 23 for a cardio dance class (also at 11AM).

The last Wednesday of the month will be our “Newcomer Orientation.” This is a time for residents to introduce themselves and learn about their new home.


Housekeeping hours are Monday-Friday 9am-3pm. Please make sure trash is placed in the correct hallway bin **no later than 3pm**.

Dining to-go orders for *Lunch*: placed by 11:30am and picked-up from 11:45am-12:15pm. *Dinner*: placed by 4:30pm, and picked-up 4:45pm-5:15pm.

Residents **must sign-up by 4pm on Fridays** to get a breakfast box from the front desk on Saturday **AND SUNDAY** mornings.

Residents are reminded that salads, desserts, or other plated food items are not self-service in the dining room. Please see a kitchen staff member if you need a food item.

Please see a staff member to join our group messages on WhatsApp for up-to-the-minute announcements, information, and updates.

 Fitness classes will be moved to 11AM regardless of day to help eliminate any confusion on timing.

Be sure to keep an eye out for upcoming menu changes and additions. Chef Katy and staff do a great job keeping our food fun, tasty, and right on time.

Meet Our Staff

Executive Director

Lucy Townsend

Community Relations Director

Lisa Klasen

Director of Maintenance & Security

Kenny Thomas

Executive Chef

Katy Heitzenrater

Home Care Professional Director

Tracy Sutton

Recreational Director

Jenny Roecker

Housekeeping Manager

Shannon Jacobs

Business Office Manager

Johnnie Friddle

Cooks

*Bridgette Parisi Tiffany Burlison
Martina Jefferson (Breakfast Attendant)*

Servers

*Rhonda Orr Claire Cox
Fredericka Lewis-Cado
Dyiamond Coins Nicole Davids*

Housekeeping

Betty Martin

Villages at Home

*Rina Gonzalez Gina Thibodeau
Ms. Chris Brown*

EmpowerMe Wellness Team

*Courtney Weaver (PT)
Jamie Smothers (Speech)
Kaylin Miley (OT), Manager*

Security Guards

*Mark Hughes Keith Stepp
Brenda Baez*

November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

- 2- Dotson Guinn
- 18- Rhonda Orr
- 23- Wanda Thompson
- 24- Helen Elsberry
- 25- Don Gross
- 28- Sheila Runyon
- 30- Carmen Rakes



Prayer and Well-Wishes to:

The Pryor Family	Barbara Burton
The Townsend Family	Covid patients
The Thompson Family	Barbara Corley
The Vaughan Family	Darlene Gibson
Sybil Thornton	Charles Mosley
Allen Anthony & wife	

WELCOME New Residents

Jan Roberts, Apt 410
Helen & Harold Elsberry, Apt 424
Patty Hubbard, Apt 313



A sign-up/scheduling session for anyone interested in Bell Ringing for the Salvation Army this holiday season will be held in the main room on Nov 4 at 1:30 PM. If you cannot make this time, please speak with Jenny.

In December we also hope to adopt “angels” from the VA Nursing home. Details to follow.