

# The Village Gazette

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



## Upcoming November Events

3<sup>rd</sup> Anniversary Party!  
*November 4<sup>th</sup>*

Lunch Outing to  
Traveler's Lantern  
*November 5<sup>th</sup>*

Veteran's Day Parade  
*November 6<sup>th</sup>*

Steamboatin'  
Downstream on the  
Ohio River  
*November 10<sup>th</sup>*

Veteran's Day Ceremony  
*November 11<sup>th</sup>*

Thanksgiving Dinner  
*November 18<sup>th</sup>*

Outing to Don F. Pratt  
Military Museum  
*November 24<sup>th</sup>*

"Angel Tree" Christmas  
Project Meeting  
*November 30<sup>th</sup>*

## Greetings from the Executive Director

Hello to my friends,

As we draw closer to Thanksgiving and the holiday season, I am reminded of all the things to be truly thankful for. There is a poem by an unknown author, and part of it reads, "Be thankful that you don't already have everything that you desire. If you did, what would there be to look forward to? Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings." I am so thankful for my family and for my second family here at The Villages. I hope that everyone can have a safe and wonderful Thanksgiving with family and friends.

Additionally, during the month of November, we honor and celebrate the lives of our veterans. We take time to appreciate their commitment and service to our great nation, for as the old saying goes, "freedom doesn't come freely." We have living in our community several veterans that we want to recognize and thank them for their service: *Charles Becher* (Air Force), *Don Gross* (Air Force), *David Hollis* (Army), *Bill Kleeman* (Army), *Homer Kocher* (Navy), *Richard Kupris* (Coast Guard), *Harold Mason* (Army), *Robert Rescigno* (Navy), *Robert Stanton* (Army), *Joseph Sutryk* (Army), *Chris Taylor* (Army), *Weldon Taylor* (Army), and *Harold Wright Sr.* (Army).

I am looking forward to seeing everyone with their family members on **Thursday, November 18<sup>th</sup>** for the Thanksgiving Meal! Stay healthy everyone, and as always, my door is open to you. **Blessings,** *Lucy Townsend*

## *I am most thankful for.....*

"I am so thankful for being able to work at a place that allows me the opportunity to make new friends with our Residents, Staff, Visitors and Family Members. I am also thankful for my four fur babies that keep me company at home. I am also blessed with family members that live close by so that I can visit them frequently."

-Lisa Klasen, Community Relations Director

"I am most thankful for my health and my family. I am very thankful to be living here and having a blast each day!"

- Carol Ballard, Resident #408

"I love being able to spend time with family, and especially this weekend, I get to visit my dad. I am thankful to know God as the Trinity."

-Doug Tomes, Maintenance Director

"I am thankful to be able to help my family when they are in need."

-Johnnie Friddle, Business Office Manager

"I am grateful to be alive and to have a family that loves me very much."

-Charles Becher, Resident #215

"I am thankful to have a full-time job and to be able to support my family."

-Shannon Jacobs, Housekeeping

"I am so thankful for my daughter, Kathy. She comes twice daily to help me with my head bandage, and I appreciate everything she does for me. I am most thankful to be living here at The Villages at the River Club. The people who work and live here have become my very best friends and my second family."

-Angel Moore, Resident #224

**Congratulations to Keith and Peggy Caldwell of Villa # 1162 on their recent nuptials!**



**~September 4<sup>th</sup>, 2021~  
Congratulations from The Villages' Community!**

"I am so thankful for my family and my friends...I'm thankful that I have a lovely home where I feel safe and content. I'm grateful for the freedom we have to worship our God that make this all possible."

-Barbara Burton, Resident #220

"I am so thankful to have been blessed with the birth of my second child, Starr, this year. I am thankful to God for graduating from college."

-Frank Hicks, Volunteer Chaplain

"I am most thankful for salvation and for my family. I am thankful for having my job, the beautiful sunshine and nature, and for my wonderful husband."

-Brenda Perkins, Housekeeping

## **Activity Connection Guide**

Here at The Villages, we have numerous clubs and activities for you to get involved in. This is a brief synopsis of some of the activities we offer within our community:

### **Welcome Club Committee**

*This is a brand-new club where residents will meet once per month to plan new and exciting ways to welcome our newest neighbors. We'll make welcome baskets and coordinate times to deliver these.*

### **Embroidery Club**

*This club meets every Tuesday in the main living room. Currently, we are finishing up a project utilizing cross-stitch to assemble children's blankets for the hospitals in Nashville. We'll begin soon a new project for the Christmas season.*

### **Life Talks**

*This short lecture is hosted every Wednesday by none other than our Maintenance Director, Doug Tomes. The talks are biblical-based, and the lessons relate to us, and our every-day lives.*

### **Women's Book Club**

*This ladies-only club meets every Wednesday in the library. We generally pick one book per month to read and discuss, with varying authors and genres. Currently, we are about to start reading **The Little Old Lady Who Struck Lucky Again.***

### **Morning Devotion**

*This small group meets in the mornings on Tuesdays and Thursdays. We read from Our Daily Bread, have a short scripture discussion, and take down a prayer list.*

## **Fitness Class Fridays**

*This is a quick 10–15-minute session led by Courtney Weaver that takes place every Friday at 2:30 in the Therapy Gym. She offers a variety of workout types including cardio, chair yoga, etc. This class is FREE.*

### **Pretty Nails**

*This is a free manicure with Meagan Nay, Activity Director every Thursday afternoons from about 1-3pm. You must have an appointment. The Sign-up sheet is posted every Friday by 9am for the following week's appointments. The session includes a nail trim, file, cuticle treatment, and polish.*

### **Walking Club**

*This club meets every Friday morning bright and early. We walk about 2-3 laps around the outside of the building along the paved walking path.*

### **The Medicine Shoppe Pharmacy**

*This is a mobile pharmacy that typically comes the first Thursday of each month. The pharmacist and owner, Katina, brings in over-the-counter medication to sell and usually seasonal gift items.*

### **Beautification Club**

*This is a new club starting in November. The purpose of this club will be to assist the Activity Director in decorating the building during the holiday months.*

### **Coming Soon...**

- Veterans/Men's Poker Night*
- Bridge Club (members wanted, see Betty Wood or Meagan Nay)*
- Men's Breakfast Club*



# Meet Our Staff

**Executive Director**  
*Lucy Townsend*

**Community Relations Director**  
*Lisa Klasen*

**Director of Maintenance, Housekeeping, & Security**  
*Doug Tomes*

**Executive Chef**  
*Katy Heitzenrater*

**Home Care Professional Director**  
*Tracy Sutton*

**Recreational Director**  
*Meagan Nay*

**Office Administrator**  
*Johnnie Friddle*

**Cooks**  
*Cheyenne Wyckoff*  
*Patricia Idiokakpan*

**Servers**  
*Rhonda Orr*  
*Michell Lazov*

**Housekeeping**  
*Shannon Jacobs*  
*Brenda Perkins*  
*Rina Gonzalez*

**Villages at Home**  
*Gina Thibodeau*

**EmpowerMe Wellness Team**  
*Courtney Weaver (PT)*  
*Jamie Smothers (Speech)*  
*Kaylin Miley (OT)*

**Security Guards**  
*Mark Hughes*      *Keith Stepp*  
*Brenda Baez*

## Birthstone—Yellow Topaz



Topaz, the birthstone for November, likely gets its name from the Red Sea's Island of Topazio (now called Zabargad). Pure topaz is a colorless or "white" stone. However, it's often tinged with other minerals to create shades of yellow, pink, orange, and blue. It's most found in shades of yellow—a shade Cleopatra was said to be especially fond of, since it reminded her of honey. The ancient Greeks associated topaz with strength. During the Renaissance, Europeans believed this was the stone to use to break a magic spell.

### Answer the Riddle!

In September, you picked me. In October, you cut me intentionally. In November, you threw me away like you never knew me. What am I?

## Welcome New Residents

Don Gross #406  
Pat Fitzgerald #316  
Ruth Baker #311  
Karen Lee #310

## Resident/Staff Birthdays

Dotson Guinn	November 2 <sup>nd</sup>
Kaylin Miley (staff)	November 8 <sup>th</sup>
Karen Lee	November 7 <sup>th</sup>
Rhonda Orr (staff)	November 18 <sup>th</sup>
Don Gross	November 25 <sup>th</sup>
Sheila Runyon	November 28 <sup>th</sup>