



## The History of Crosslands Health Center

### Part 2: Pioneers in the Care of the Elderly



*In Part 1, published in the November 2022 Chronicle, the beginning of the Crosslands Health Center in 1977 was featured. Part Two will look at how the community and its big sister, Kendal at Longwood, would make big names for themselves.*

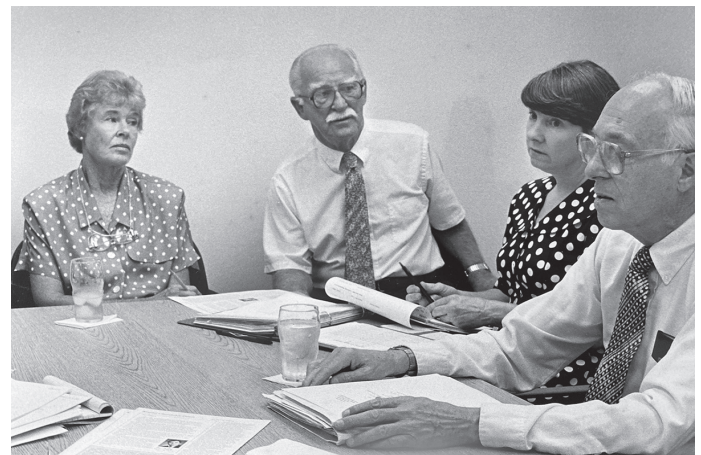
Today, The Kendal Corporation, with twelve affiliates, is among the most respected not-for-profit Continuing Care Retirement Community (CCRC) organizations in the country, and is especially well known for major pioneering efforts. According to Nora Adelman, who came to Kendal at Longwood as a graduate student intern in 1977 and retired from The Kendal Corporation in 2022, these would include working to reduce or ban the use of restraints, creating an accreditation program, and getting appropriate legislation passed to regulate continuing care communities in Pennsylvania.

**Refusing to Use Restraints.** After Lloyd Lewis, founding Executive Director, hired nurse Jill Blakeslee as Director of Nursing at Kendal at Longwood, Jill would take the lead in advocating for non-profit associations on the importance of abolishing or reducing the use of physical and chemical restraints. When the Continuing Care Hall of Fame posthumously inducted Lloyd Lewis as a charter member in 2015, he was lauded for his support of restraint-free care. Crosslands resident Joe Savery, who was the first Social Services hire, emphasized that Kendal at Longwood and Crosslands never used restraints of any kind.

Following the model of Kendal at Longwood, Crosslands began implementing what would later be called the “Untie the Elderly” policy as soon as it opened in 1977, with the leadership of Betty Zeiler, its first Director of Nursing. Then in the late 80’s, participating in a U.S. Senate Special Committee Symposium on Aging were

Beryl Goldman, Associate Director for Health Services for The Kendal Corporation at the time, Alan Hunt, Kendal-Crosslands’ Board member, and Jill Blakeslee. The Symposium led to changes in nursing home regulations related to restraints and a national program to educate nursing homes about the benefits of using no restraints on residents.

Beryl Goldman, who would retire as Director of Kendal Outreach, LLC., was interviewed by Kendal at Longwood resident George Alexander



Early 80’s, engaging often in policy and regulation decisions, are Betsy Walker, Kendal Corporation board member at the time and now a Crosslands resident; Bob Metz, Kendal at Longwood resident; Nora Adelman, graduate student; David Hewitt, founding Kendal Corporation board member who moved to Kendal at Longwood. *Photo provided by Louise Synder, Kendal Corporation, Graphic Designer.*

(available on YouTube). She described the training sessions Kendal at Longwood and Crosslands sponsored. Beryl and Jill Blakeslee would conduct an Open House monthly at Kendal at Longwood or Crosslands, answering questions and giving tours of the Health Centers. Visitors from Medicare and Medicaid facilities would come to see if these policies would work in their situations.

Beryl noted that in some long-term care facilities, restraints might also include chemical restraints, or a wheelchair if its main purpose was simply to move a resident faster to the dining room. As written in the Values and Practices statement published by The Kendal Corporation, "We do not use physical restraints because restraints increase the emotional problems of an already anxious person." Also, when medication is used, the statement continued, it should be monitored and used to treat medical conditions, not as a pacifying drug.

**Accreditation.** The next important pioneering accomplishment was that of accreditation. Talks began with Lois Forest, Executive Director from Medford Leas; Paul White, Executive Director from what was then called Philadelphia Presbyterian Homes; and Lloyd Lewis of Kendal at Longwood and Crosslands, said Nora Adelman. Discussions were begun with other Delaware Valley communities on developing an accreditation system that could be applied to all life care communities. The system, wrote Lloyd Lewis, would consist of a set of standards that could help "measure the performance and value of individual communities within the proliferating Continuing Care Retirement Community (CCRC) industry."

Eventually eleven communities from Pennsylvania, New Jersey, Maryland, and Delaware, including Kendal at Longwood and Crosslands, would develop together a process similar to the peer review approach used in secondary schools, according to Nora. They formed what would come to be called the Continuing Care Accreditation Commission (CCAC).

Loraine Deisinger, who retired from The

Kendal Corporation as The Corporate Director of Human Services, was an early staff member at Kendal at Longwood and would also serve as assistant to Crosslands' first administrator, Sam Lam. She remembers that in the beginning Kendal at Longwood received a number of calls and letters asking about how to choose a good continuing care community. Lloyd Lewis became concerned that people were not asking enough questions as they decided where to move, and he wanted to compile a resource that would be "something that could serve the public and could also include questions the consumer should consider."



**Late 90's to early 2000's, from left, Beryl Goldman, Jill Blakeslee, and Lloyd Lewis. Jill was honored for her service by the Pennsylvania Association for Non-Profit Homes for the Aging (PANPHA). Photo provided by Louise Synder, Kendal Corporation, Graphic Designer.**

To accomplish that compilation, Nora Adelman, who was then a graduate student from Bryn Mawr College's Graduate School of Social Work and Social Research, was hired shortly before Crosslands opened. She commented that, as an intern, she researched and gathered information on non-profit life care communities. The result was the publication of the *Directory of Life Care Communities*. According to the September 1978 *Chronicle*, the directory was

available to the public for \$5.95. It listed the entries by “size, costs, location, and facilities and services offered, such as health care, skilled nursing, housekeeping and maintenance services, and recreational activities.” Nora explained that the first two editions of the directory were published by Kendal-Crosslands with a grant from the William Penn Foundation. The third edition was published by H.W.Wilson Publishing Co., thanks to Willis Wing, a Crosslands resident and a literary agent. The American Association of Homes for the Aging and AARP took over the directory and now have an online version with more than 1,900 communities.

**Regulation.** In February 2003, the Commission on Accreditation of Rehabilitation Facilities (CARF) combined with the Continuing Care Accreditation Association (CCAC). Crosslands is evaluated by CARF for re-accreditation every five years, as required. To be certified by CARF indicates a level of success based on service results and standards conformance. The commission is recognized as one of the top international, non-profit accreditors of health and human services.

According to Nora, in the late 1970's and early 1980's, there was a movement to regulate continuing care communities. The same leaders from Pennsylvania who worked on accreditation were in favor of regulation, but what was initially proposed only focused on finance. Lloyd Lewis and Dick Dewees (Kendal at Longwood and Crosslands' Director of Finance at the time) both testified at the state capital in Harrisburg as did Kendal at Longwood resident Dorothy Fraser, whose husband lived in the health center. The result was Act 82, the Continuing Care Provider Registration and Disclosure Act, including annual disclosure statements, sharing financial information, stating the provisions contained in contracts, and showing the results of reviews by the PA Department of Insurance, as well as other model practices.

The Values and Practices document on The Kendal Corporation website, adopted by all organizations in the Kendal System, states that information and expertise are shared with

## From the CRA President

As we enter the final weeks of the year, we have much thanks to express and celebration to enjoy. Thanksgiving itself is an appropriate holi-



day to provide the gateway for the rituals and celebrations ahead. Gratitude, appreciation, and sensitivity to the needs of others are intensified as we look back on the events of the year and look forward to the opportunities and challenges of the year(s) ahead.

Crosslands residents practice a variety of faiths. Ours is a community of beliefs. To a Bountiful Thanksgiving, Merry Christmas, Happy Holidays filled with family, feast, love, forgiveness, inclusion. May your faith be with you, may our Lights Shine.

*Sam Wagner*



other not-for-profit providers of services for older adults. The Kendal Corporation and the communities in the Kendal System are part of national associations of not-for-profit services, including Leading Age in Washington, DC and the respective state organizations. Pennsylvania's organization, LeadingAgePA, was formerly known as PANPHA, Pennsylvania Association of Non-Profit Homes for the Aging.

Today, those in the field of non-profit Continuing Care Communities (now referred to as Life Plan Communities) know the Kendal brand. Policies and practices that were started and nurtured and expanded here are recognized throughout the country.

*In Part 3, the final installment next month of the History of the Health Center, read about the 1986 building of Firbank East, and then the massive renovations and expansions of the entire health and wellness facilities from 2011 to 2014.*

*Linda Helton*

## Our New Technology – Viibrant®

Viibrant is a technology system configured specifically for senior living communities that is already in use at KCC and will soon be a much more significant part of our lives. It's a very powerful system that KCC administration will use to share information with residents. The digital signs in the Pond's Edge Café are the first of its visible manifestations, and the IT department, under the leadership of James Craig, is working to roll out a Viibrant website which will be the place where content from the administration is shared with residents.

The Viibrant website will complement the already existing resident websites and be accessible via links from those. With the enhanced level of security that Viibrant can provide, once logged in, residents will be able to access directories and other secure information from anywhere they can connect to the internet. Later on, the enhanced security will make it possible for residents to do things like check the number of meals they have remaining in any given month. There are plans for residents to

submit work orders via Viibrant and ultimately to follow the progress on each work order.

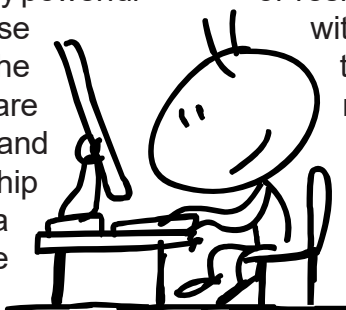
The Viibrant Steering Committee is composed of residents from all four communities along with key staff members. They are working to advise the staff on what will best meet the needs of the residents.

The Steering Committee meets monthly and receives reports from subgroups as needed. There are approximately 20 residents serving as the testers subgroup and another subgroup of six resident website

editors working with the IT department to map out links from the resident sites to Viibrant and back again.

Work on implementing Viibrant began before the pandemic and has picked up speed in the last six months. The IT department hopes to have all the administrative content moved from the resident websites to Viibrant by early December and to roll out the site in January.

*Val Suter, Chair,  
Viibrant Steering Committee*



### Resident Moves

|                   |     |
|-------------------|-----|
| Cort R. DeVoe     | 704 |
| Nancy W. DeVoe    | 535 |
| Robert Hochhauser | 814 |
| Jean P. Worley    | 526 |

### In Memoriam

|                      |                   |
|----------------------|-------------------|
| Doris Grumbach       | November 4, 2022  |
| Richard Morris       | November 6, 2022  |
| J. Crawford MacKeand | November 7, 2022  |
| Sandra Damari        | November 19, 2022 |
| Juliet C. Reed       | November 21, 2022 |

## Updated Editions of “Who’s Here at Crosslands”

In January a new digital edition of “Who’s Here at Crosslands” will be distributed by email to all residents with email addresses. If there are any changes you’d like to make to your biography, please leave a note in Open Box 179 or email the information to Hollis Scarborough before the end of the year.

A print edition, without photographs or contact information, will be prepared for residents who cannot use email and who notify Hollis of their need for a paper copy.

*Hollis Scarborough  
Biographies Committee*

## Geese Tales

Since the pond at Crosslands was established, geese have called it home. They are fun to watch but — they are a nuisance. And sometimes a danger as they have been known to menace the day care children, staff, and residents.

Multiple things have been done over the years to discourage the geese-usage of the pond.

- A small cannon was fired by someone in maintenance, daily or multiple times a day. Of course, this would send the geese scurrying away momentarily, but alas, they all would return.
- A team of geese collectors, complete with a boat and wooden crates, was hired to capture the geese, put them on trailers, and take them to North Carolina. This was done during the molting season. The thought was they could not fly to return. Alas, this failed. New geese soon took up occupancy on the cleared pond.
- Once, a “prankster” put a fake alligator head in the pond. This did little good except give everyone a good laugh.
- The activities department tried their hand at things. They inflated a huge silver helium balloon with a “big bullseye” on one side. It supposedly represented a large owl, and with sun reflecting from the silver, it would deter the geese from landing. Once again — failure.
- Have you seen the plastic “coyotes” strategically placed near the pond? Did that



work? No, but they scared some residents.

- Most recently herding dogs have been brought in to chase the geese. This seems to have been working, but wherever there is a pond, there will always be geese.
- In addition, the CRA once established a residents’ “Poop Committee”, assigned to clear the sidewalk of “goose poop” at least once a day between Ellerslie and the entryway to the main sidewalk next to the putting green. They had their own special “scoopers” and a special place to keep them. Do we need to reestablish this committee?



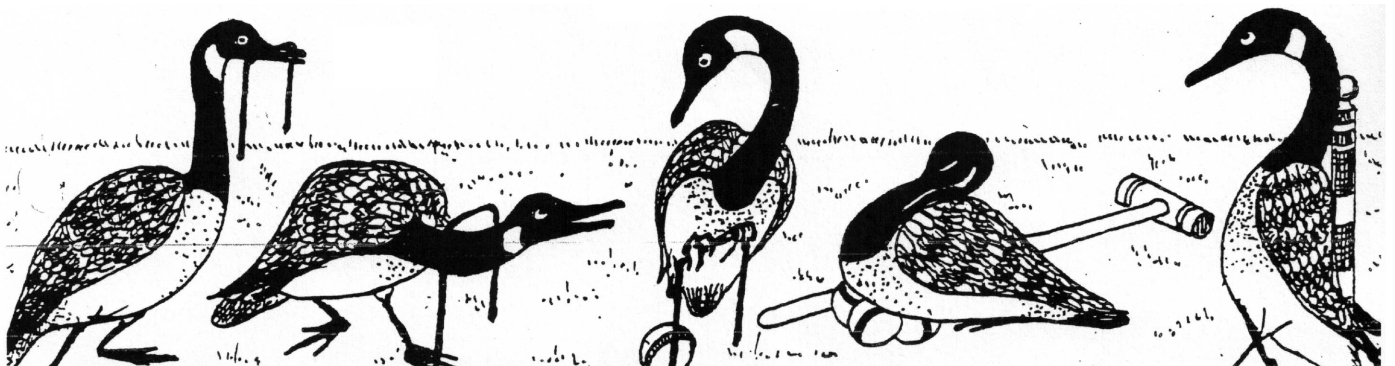
Our artistic residents made many goose drawings which graced the pages of the *Chronicle*. Perhaps the best of these was Frances Severance, a founding resident, whose drawings are featured in this article.

*Melanie Williams*  
Long-time Aquatics Instructor

### About the Artist



Frances Severance was a Crosslands founder and longtime *Chronicle* staff artist. Best-loved among her drawings were her many whimsical geese.



## Tru Earth Laundry Detergent Eco-strips Now on Sale at the Sunflower Shop

Our price of \$13.00 plus tax per package of the strips is unbeatable. Buy a package for yourself — and buy more to give to your family and friends. They will love them, and you will too. For a free sample strip, email Hedy Knoth at [knoth@comcast.net](mailto:knoth@comcast.net) or leave a note in open box #1.

Each package contains 32 strips and will wash 32 full loads of laundry. For a small load, cut a strip in half. Each strip is about the size of a calling card. Despite its very small size the strip is packed with all the detergent you need to wash a full load. It dissolves totally during the wash cycle.

The strips can be used in any type of washer — top-loaders, side-loaders, and HEs and can be used at any water temperature. The strips are hypo-allergenic and contain no chemicals harmful to the environment. What could be better than that?



**Be sure to tear each square at the perforation to create two strips.**

You will find 16 perforated squares in each package. Be sure to tear each square at the perforation to create two strips. Only one of those strips is needed for a full load.

For more information about the product see [www.tru.earth](http://www.tru.earth), or read the article on page 7 of the November *Chronicle*.

*Hedy Knoth*

## Crosslands Welcomes Four-Legged Residents

Greetings, Crosslands four-legged furry friends. We are so glad you brought your people (AKA owners) with you. Some of us who have been here for a while wanted to let you in on a few secrets to guide your people.

There are great wooded areas where you can walk your people, but be sure to have your person read the signs. Hunters and two-legged residents may be in the woods, so it is best to stay safely on your leash wherever and whenever you walk.

Whether you are on the woodland paths or the hard surfaces, before you go out, remind your person to take along a bag just in case you feel the need to complete your daily deposit. It simply is not nice to leave it behind. Take your person to any of the trash barrels and leave it there — it makes everyone happier. No one likes to step on something you have left behind. Additionally, it is not healthy for you to smell another furry friend's deposit.



One more top secret: just in case your person runs out of collection bags or forgets one, the Sunflower Shop will be stocking a supply. They have done a great job choosing a vendor who gives a portion of the proceeds to non-profit organizations that help our fellow dogs in need. Even better, the bags are compostable and environmentally positive since they are made from cornstarch.

So, four-legged residents, wag your tail proudly — if you have one — to say hello as you walk your person. We are glad you are living at Crosslands, but don't forget to remind your person to carry a bag for all of your poop presents and be sure your owner uses it, whether you are in the woods or somewhere else on the Campus.

*Crosslands Canine Community  
(Sherry Burke, Ghostwriter)*



## Crosslands Blood Drive

Wed, Dec 14 noon-5:00 pm WPR

### **Schedule an Appointment.**

Call 1-800-733-2767) or visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter ***crosslands*** to schedule an appointment, or [click here](#).

### **Maximize Your Blood Donation.**

Help more patients. If you are an eligible type O, B or A donor, consider making a **Power Red donation**.

Power Red is similar to a whole blood donation, except a special machine is used to allow you to safely donate two units of red blood cells during one donation while returning your plasma and platelets to you.

### **Streamline Your Donation.**

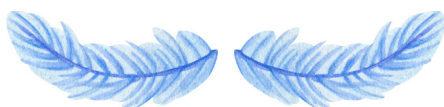
Save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) (or [click here](#))

to complete your pre-donation reading and health history questions on the day of your appointment.

### **Receive a \$10 Gift Card by Mail Courtesy of Amazon...**

...if you give blood Nov 25 through Dec 15.

***Give Something That  
Means Something.***



## Our Meditation Room Gets an Upgrade



Crosslands' newly upgraded Meditation Room now has dedicated daily silent hours of 10 am-noon, 4-5 pm, and 7-9 pm. During these hours you may enter and leave at any time, maintaining silence and sitting quietly with whoever else wishes to also be present.

This room, located across from Penny's Lounge, has been set aside for non-denominational prayer, reflection, and meditation and is available to all residents, staff, and visitors. There is attractive, comfortable seating of twelve upholstered armchairs.

Peaceful, inspirational art by several Crosslands artists decorates the walls. A diversity library and a spiritual life library offer hundreds of inspirational books for you to read in the room or take home on loan.

There is also the option of holding small introspective gatherings of up to ten people by pre-scheduling time — please contact Atala Toy at 847-651-1758 or [atalatoy@gmail.com](mailto:atalatoy@gmail.com).

*Atala Toy, Chair  
Spiritual Life Committee*

## Recycling Guidelines

The latest recycling guidelines are being posted in each trash room. We Crosslanders take great pride in our recycling programs. Let's keep up the good work.



## What Is a “Kitty Smith Dinner”?

Two weeks after moving to Crosslands in December 2016, Paul and I experienced our first “Kitty Smith Dinner.” Char and Chuck Gosselink were at our table and graciously explained the history of these special dinners.

Catherine (Kitty) J. Smith moved to Crosslands in 1992 and died in 2013. A graduate of Swarthmore College, a librarian at Swarthmore, and someone who enjoyed “good” food, coffee, and ice cream, she bequeathed to Crosslands funds for premium coffee, Bassett’s ice cream, and a regular culinary dinner featuring a special “gourmet”

menu, tablecloths, and napkins. Initially, the dinners were bi-monthly; then monthly. Both Independent Living and Health Center residents enjoyed the Kitty Smith Culinary Series dinners. One resident commented, “The Kitty Smith dinners were a great idea.”

The first Kitty Smith Culinary Series dinner was June 10, 2015. It featured lobster bisque, Mediterranean salad, marinated quail, grilled lamb chop, vegetarian orecchiette with rapini and goat cheese, confit new potatoes, barley risotto,

baby French haricots vert, turtle cheesecake, and mixed berry cake. The last Kitty Smith Culinary Series dinner was June 22, 2017. It included amuse bouche, homemade crostini topped with brie, raspberry and honey-dipped walnuts, garden



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vegetable soup, Caesar salad with homemade croutons, baked lobster tail with drawn butter, roasted vegetables and gnocchi with a spinach herb pesto, pan-seared petit Iowa prime filet mignon with bleu cheese, Béarnaise sauce, or sautéed mushrooms, rice pilaf with fresh herbs, twice-baked potatoes, onion rings, sautéed fresh green beans

with pimento, fruit tart, crème brûlée, and diet key lime mousse.

Understanding that Crosslands residents would miss premium coffee, Bassett’s ice cream, and monthly culinary dinners, John Platt and his culinary services team have budgeted carefully so that these special offerings first provided by Kitty Smith’s gift might continue. The next special culinary dinner is scheduled for November 30.

*Diana Stevens*

## New Fitness Programs Preview

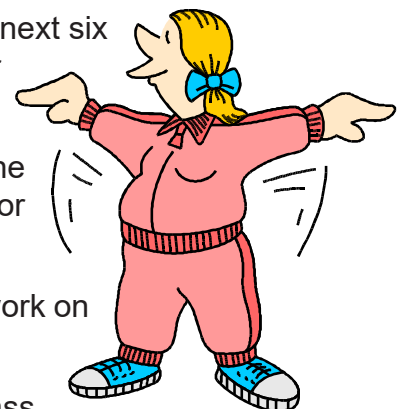
The Fitness Team — Casey, Emilie, Jenn, Melanie, and Suzanne — is looking forward to working with you all in these wonderful new programs.

**FallProof®.** This program has been added as a sample class for the next six weeks. Find out what the FallProof program can do for you and your balance and mobility. The full class will be added beginning in 2023.

**Power Hour.** Have you ever wanted to fit in a quick workout in the fitness center and not known how to plan an efficient circuit? This is for you.

**Barre.** Look for the return to ballet moves and the exercises that will work on your posture and tone the body. Emilie will be teaching this class.

**Mat Pilates.** Mat Pilates has returned. Jenn will be teaching this class. Experience that all-over body workout to strengthen and tone.



## Winter Alternatives

Wondering what to do when the winter weather gets you down? Try these:

### Zumba

**Tuesdays 10:00-10:30 Aerobics Rm**

Zumba is a fitness program started by the Columbia dancer Breto Perez in 2001. The word “Zumba” was coined to sound like “rumba” and



the movements set to Latin-inspired dance music. Zumba gives a great cardio workout, boosts heart health by getting the heart rate up, helps to strengthen core muscles, and helps to de-stress while burning calories.

Crosslands residents enjoy getting together to stay fit and find Zumba easy to learn. You don't need to be a dancer to do Zumba. Just feel the Latin rhythms, join in, and have fun! Michael D'Ulisse, our teacher, has taught Zumba at Crosslands for the last five years.

### Tai Chi

**Wednesdays 9:00-10:00 Multipurpose Rm**

Tai Chi is a Chinese martial arts exercise that has been practiced for hundreds of years. Chi is defined as your life force, the energy flowing through you. The aim of Tai Chi is to activate the body's energy center. Resident



Les Small leads Tai Chi, slowly teaching the unhurried, precise movements. Tai Chi improves blood flow, balance, posture, and relaxation and helps to reduce stress.

Les Small teaches the Yang Style 37 shortened form as developed and taught by Professor Cheng Man-Ching. The 37 Form has a sequence of standing movements. Those who practice Tai Chi keep their spines straight and their hands moving. The 37 positions move slowly from one position to another, enabling the harmonious flow of soft and strong forces.

The exercises keep the yin and yang in flux. The positions have interesting names: Grasping the Sparrow's Tail, Embrace Tiger, Brush Knee, Repulse Monkey, Wave Hands Like Clouds, and Fair Lady Works the Shuttle, for example.

### Line Dancing

**Thursdays 9:00-9:45 Aerobics Rm**

Line dancing is a group dance where people, in one or more rows, face in the same direction as they step in a repeated sequence. Well-known examples of line dancing are the Electric Slide, Cupid Shuffle, and Macarena.

Line dancers note that this type of exercise is good for balance and coordination, helpful for heart health, and brain memory. Come join Michael on Thursday mornings. Wear comfortable clothes and sneakers.

Michael D'Ulisse, our instructor, started Line Dancing at Crosslands about six months ago. He demonstrates the steps and then everyone follows along for an upbeat and joyful exercise. There is a solid core group who look forward to dancing together each week.



### Yoga

**Thursdays 11:00-noon Multipurpose Rm**

Yoga was originally an ancient spiritual practice of Hindu discipline. Crosslands resident Mary Lou Thomas has taught yoga for over 50 years and emphasizes slow stretching movements, meditation, relaxation, and deep breathing all of which increase blood flow and warm up muscle, help with balance and flexibility, help ease back pain and arthritis aches, and best of all, reduce stress. And holding a pose, whether for Warrior, Tree Pose, or Downward Dog, builds strength.



*Continued next page...*

*Winter Alternatives, continued...*

Participants should try to do poses according to how their bodies feel that day. Mary Lou even has tips for how to get down easily on the floor and then how to get up! The best part is the social aspect of this supportive group.

Participants are asked to bring a mat, and extra mats are available if needed.

## International Folk Dancing

**Third Sunday of the Month 2:00-3:30 pm**  
**Multipurpose Room**

International Folk Dancing is alive and well at Crosslands thanks to resident Jenny Brown. She has been teaching folk dance for 40 years and likes to teach beginners. By explaining and demonstrating the steps, Jenny makes the steps fun and easy to follow. She likes to demystify folk dancing, and she welcomes everyone.

International Folk Dancing is ethnic social dancing. There are many variations of these traditional dances from around the world. Jenny chooses mostly Western and Eastern European dances, like the Hora, for example.



The dances take many forms like line, circle, and square dancing and long-ways sets. The dance music expresses exuberant cultural rhythms which inspire joy of movement.

There are many benefits gained from folk dancing. The dancing improves coordination and balance and relieves stress. It creates smiles! It is aerobic exercise which burns calories. In addition, dancers learn repeated patterns of steps, thereby testing their memories. Dancers also meet new people.

With International Folk Dancing no partner is needed. No prior experience is necessary. Participants need no special clothes or shoes. Jenny Brown makes this social activity uncomplicated, inclusive, and fun. Join in!

*Connie Strickland*

## Australian Aboriginal Art Show

**Dec 18-23 4:00-5:00 pm Cottage 149**



Join Betty Nathan at the showing of Australian Aboriginal Art at her "Down Under Gallery" in cottage 149 the week of December 18 through 23, from 4:00 to 5:00 pm.

Please wear a mask.

*Betty Nathan*



## Friday Afternoon Trips to Philadelphia

**Dec 2 and Jan 13 11:30 am**  
**Community Center Front Entrance**

Join the group that goes to the Kimmel Center by bus and use your time as you wish — sightseeing, shopping, museums, etc.

The bus boards at the front of the Center at 11:30 am. We return about 6:00 pm, in time for dinner. Cost varies with the number of passengers, but is about \$42. We welcome riders who are not attending the concert but want some time in Philadelphia.

*Judith Greene, Trip Contact*

## Events

### Forum

#### Lincoln University's Role in Educating African Leaders over the Years

Tue, Dec 6 7:30 pm WPR / TV13

Speaker: Dr. Marilyn Button



Lincoln University, the nation's first degree-granting, historically black college and university (HBCU), was founded in 1854 for the express purpose of educating youths of African descent for lives of public service. First called Ashmun Institute, the school answered the prayers of two young farmers from Hinsonville (now Lincoln University, Pennsylvania) and fulfilled the dream of its founders, Rev. John Miller Dickey and his wife Sarah Emlen Cresson, an active member of the Philadelphia Society of Friends. Today, Lincoln University continues to accomplish its mission by training students in the liberal arts to "Learn, Liberate, and Lead."

This forum presentation by Dr. Marilyn Button, Professor of English at Lincoln University, will outline the historical foundations of Lincoln University here in Chester County. The presentation will emphasize the tradition of activism that has characterized its students and alumni and will include examples of current African leaders who have received their education at Lincoln University.

Dr. Marilyn Button is widely published in English literature and highly regarded as a gifted teacher, having received both the Lindback Award for Distinguished Teaching and the Lincoln University Distinguished Faculty Award for Teaching Excellence. Her presentation promises to be engaging and will give new insights about Lincoln University's impact in the lives of underserved students as they grow into leadership positions across many continents.

*Bob Whitlock*

### Light & Lively

#### Joe Jencks

Thu, Dec 1 7:30 pm WPR / TV13

We are delighted to bring you Joe Jencks in person. Joe is an internationally-known touring musician and award-winning singer/songwriter who combines singable tunes with important messages. His work balances musical beauty, social consciousness, and spiritual exploration. He's a champion of the forgotten and the downtrodden.

Joe's background combines his conservatory training with Irish roots and a working-class midwestern upbringing. He has released 15 CDs.



*David Camp*

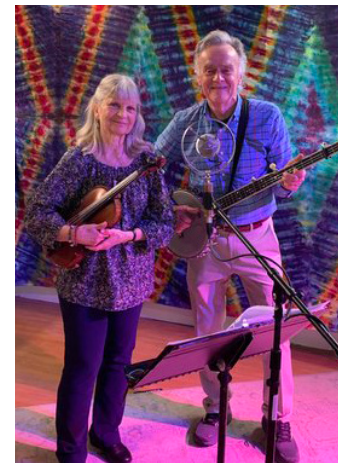
#### Last Chance

Sat, Dec 10 7:30 pm WPR / TV13

Last Chance is Jack Scott and Ingrid Rosenback. They play original songs mixed with traditional and contemporary folk songs, fiddle tunes, bluegrass numbers, and other songs, including Holiday music for this concert.

Ingrid is classically-trained on the violin music of Bach and Mozart, while Jack excels on music for the banjo. When not performing as a duo, Jack and Ingrid play with the Wilmington-based band, Whirled Peas. Come to the WPR, and enjoy!

*David Camp*



## Events

### Crosslands Crafts Sale

Thu, Dec 1 9:30 am-12:30 pm WPR



Don't miss the annual Crosslands Crafts Sale. **Come early for the best selection.**

The jewelry selection will include items by the jewelry-making groups as well as some excellent work from Roger Parish and Courtney Peterson.

Knit and fabric creations by Jane Roberts and other Needlers will warm hands and hearts. Select ceramics make great gifts. The wood shop crew will have bowls, critters, and other items for sale.

The Sunflower Shop will host its annual Holiday Plant Sale and bring some special selections for holiday gifts.

All sales benefit the Crosslands Residents Association.

*Jane Roberts*

### Community 5 o'Clock

Thu, Dec 29 5:00-6:00 pm WPR

Do you remember the old days when 5 o'clocks were the "thing to do" before dinner? Long, long ago, before the pandemic, and before the decision was made to allow wine at dinner, to be invited to a 5 o'clock meant, "Come have a cocktail at my place before dinner."

Let's renew the tradition in a new form and have a group 5 o'clock at the Center as we recover from the Christmas festivities.

Bring our own libation (for yourself or to share) and a couple of nibbles to go with it, and a dollar to cover the cost of having the staff prepare the set-ups. See more details on the bulletin board as the time approaches.



*Julie Knobil*

### Christmas Eve Gathering Spiritual Life Committee Event

Sat, Dec 24 7:30 pm WPR&L



Gather 'round the glowing fire and join in peaceful community as we sing traditional Christmas songs, hear holiday readings, share our own memories of Christmases past, and enjoy light refreshments.

*Atala Toy, Chair  
Spiritual Life Committee*

### Camera Club

#### Celebrations of Winter

Fri, Dec 16 7:30 pm WPR / Zoom / TV13

**Photographers:** Mary Barlow  
Lowell McMullin  
Scott Murray  
Mary Rodgers,  
Bob Suter



PHOTO BY BOB SUTER

Winter brings not only colder weather, with its clear nights, frosted windows, picturesque snowfalls, and winter sports, but also socially important rituals and gatherings, both religious and secular.

For your enjoyment, our photographers have assembled five collections of images with which to celebrate this festive and photogenic season.

We hope you will join them.

*Bob Suter*

## Events

### Diversity, Equity, Inclusion and Belonging

**New Diversity Art Wall Explained:  
Unsung Lives Given for Democracy  
and Social Justice**

**Presenter: John Fong**

**Fri, Dec 2 7:30 pm WPR&L / Zoom / TV13**

After a residency in psychiatry, Dr. Fong served as director of a Pennsylvania State Psychiatric Hospital for fifteen years and then as a nationwide mental hospital reviewer for the National Institutes of Mental Health. He was a forensic psychiatrist in Pennsylvania and Delaware.

He and his partner, Dr. Colin Johnstone, both residents of Cartmel, have spent a lifetime collecting antiques and art — English furniture and decorations reflecting Dr. Johnstone's English heritage and Chinese and Japanese Art reflecting Dr. Fong's Asian heritage. John has curated and exhibited Chinese Art at many museums and has written books on Chinese Art and Chinese herbal medicine.

A metalsmith, potter, and portrait painter, John works primarily in oils. When asked if he would exhibit some of his work, he embarked on painting the portraits in current exhibition. This diverse group includes Quakers, Jews, Protestants, Chinese, Germans, Americans, and more — including two former Kendal residents — who worked to end discrimination.

*Judy Heald*



**"Lucretia Mott"  
by John Fong**



## Concerts

**Jasper String Quartet**

**Tue, Dec 13 7:30 pm WPR / TV13**



Formed at Oberlin University, this young string quartet has already played all over the world, recorded several albums, and won competitions and awards all over the country. They have been one of our greatest treats annually for the past four years. Don't miss them.

*Anne Gross*

### Holiday Concert

**Thu, Dec 15 7:30 pm WPR**



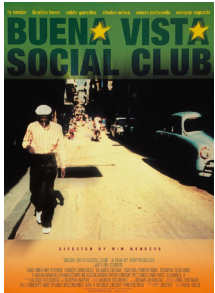
CREATIVEFABRICA.COM

The Crosslands Chorus is presenting a holiday concert of seasonal and secular music for our listening pleasure. The chorus will be accompanied by Eileen Hickman, a new resident, on the piano, and Sue Welles on the flute. A quartet will provide an interesting echo effect for one of the presentations. There may be some audience participation as well.

The chorus plans occasional concerts throughout the year and is always looking for new singers to join the group. New bass voices are especially encouraged.

*Trish Reed*

## Movies



### **Buena Vista Social Club (1999)**

**Sat, Dec 3 7:15 WPR / TV13**

Winner of the 1999 Oscar for Best Feature Documentary, the film chronicles American guitarist Ry Cooder's trip to Cuba to assemble and record a group of the country's once renowned but later forgotten musicians. The resulting band and the movie are named after The Buena Vista Social Club, a nightclub that featured traditional Afro-Cuban music. When Cuba's Revolutionary government closed the club and others like it, the musicians became unemployed and faded into obscurity. The movie features scenes of Cuba, interviews with the musicians, and excerpts from their triumphant performances in Amsterdam and at Carnegie Hall. In English and Spanish with English subtitles. 105 min.

*George Helton*



### **The Man from Snowy River (1982)**

**Sat, Dec 8 7:15 pm WPR / TV13**

An Australian Western based on a poem by Andrew Banjo Paterson, noted for his idealized pictures of the Outback. The movie follows the adventures of a drover and his friends (drawn from other Paterson poems). English with subtitles. 102 min.

*Bobbie Roberts*



### **Top Gun: Maverick (2022)**

**Sat, Dec 17 7:15 pm WPR / TV13**

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. Starring Tom Cruise. 141 min. Strong Language, Intense Action Sequences.

*Dennis Arrouet*

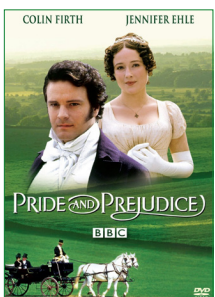


### **The Muppet Christmas Carol**

**Thu, Dec 22 7:15 pm WPR / TV13**

This year's Christmas film is the Muppets' adaptation of Dickens' much dramatized story; the Muppets' take is unique. The film mixes live actors and muppets on sets specially built to make both seem inhabitants of the same London. With Michael Caine as Scrooge, Kermit the Frog as Bob Cratchet, and Miss Piggy as Mrs. Cratchet. English with subtitles. 86 minutes.

*Ron Broude*



### **Pride and Prejudice (1990)**

**In Two Parts: Tue, Dec 27 and Wed, Dec 28 7:00 pm WPR / TV13**

A holiday special! This is Jane Austen's most popular novel in the BBC mini-series adaptation starring Jennifer Ehle and Colin Firth. The 5-hour, six-part series will be shown over two successive evenings. English with subtitles. 150 min each.

*Ron Broude*

## Did You Know That...

...the entire staff at the Anniversary Dinner were Crosslands staff? It was an all-hands-on deck event – no one had time off and all full timers were scheduled to work. In the dining room and cafe, there were 14 wait staff members (5 were 15 years old so had to leave at 7 p.m.) plus Darlene, Tracy, and Casey. 270 residents were served in the main dining room/café. About 100 were seated in the café, while the rest sat in the main dining room and alcove. 31 residents did take out through the café. There were also several a la carte charges in the café and one guest charge.

...the champagne served during the Anniversary Dinner was thanks to the late Ray Firmin's bequest?

...the State of Pennsylvania will allow no deer hunting between November 25 and December 26? Thus, Crosslands residents may use any trail anytime during that time.

...at last count, approximately 33 dogs live at Crosslands?

...a Crosslands mystery is looking for a solution? What is the source of the containers of chestnuts which appeared outside the Center in October?

...in response to a resident's suggestion to have small bottles of soda water in the dining room refrigerator, Culinary Services provided the bottles three days after the suggestion was made?

...there is a restroom on the first floor of Woolman (turn to the right when you enter)?

...the 4 community chat is an online bulletin board on which residents of all 4 KCC communities are invited to post messages for other residents? The messages may be offers, such as free tickets to an outside event, requests for pet care, invitations to join a resident committee, request for names of good barbers, etc.

...a Kendal cottage energy efficiency study is ready to begin? Energy efficiency modifications

have been made at a trial 1 bedroom with den cottage. For 12 months the energy use at the trial cottage will be compared with the energy use of a similar Kendal cottage with no modifications to learn the impact of the changes on the energy efficiency of the trial cottage.

...if you would like free a copy of *"If You Build It, They Will Come," The Origin Story of Crosslands* by Lyn Back, you may ask the Front Desk Ambassador for one or obtain one in The Sunflower Shop? .

...there is a new grouping of chairs outside the Sunflower Shop a perfect place to meet friends before dinner, after dinner, or whenever?

Diana Stevens



## Colors of India Showcase



The current showcase is "Colors of India." It is filled with the exotic and colorful memorabilia of Margaret and David Camp from their time in India. This month's display was set up by (left to right in the photo) Giny Chapin, Debby Kern, Margaret Camp, and David Camp.

The showcase is located at the end of the hall near the library and Pond's Edge Café.

## Meet Nancy Connell #45

Where to begin when one meets new resident Nancy Connell? Perhaps with a childhood spent first in and near Bridgeport, Connecticut, later in New York City. Nancy is one of five children, including two brothers who have died. She is in constant contact with her sisters: "We text and laugh multiple times every day."

Nancy attended Oakwood, a Quaker boarding school, and then Middlebury College, where she majored in the classics. Pivoting after graduation, she worked as a technician in a biology lab. On to Harvard for a PhD in Microbial Genetics and post-doctoral studies, then a move to City Island in the Bronx, where she could boat, garden, and easily access Manhattan.

For twenty-five years, Nancy worked in infectious diseases at Rutgers University. She earned tenure but declined administrative positions that did not include teaching. When she departed, she left strong programs to younger staff and students (with funding intact), ensuring that both students and programs would continue to flourish.

Nancy's areas of scientific expertise include biological warfare and disasters. Responsible conduct in scientific

research is a core value of hers. She credits Quaker values, learned from family — her mother lived at Crosslands for a short time — and at Oakwood, with strengthening her sensitivity to the ethical questions that inevitably arise in her field. Her professional vision always works to marry basic science and ethics.

In 2018, Nancy joined the Johns Hopkins Center for Health Security, created to address health crises around the globe. Presently, she is working for the congressionally-funded National Academies of Sciences.

First, she served as "professor-on-call" there. Now a staff member, her team convenes and supports panels of national experts who are tasked with helping any and all governmental agencies to find

innovative, effective approaches to the myriad of problems those agencies are created to address and solve.

Proud mother of Eloise, who has just joined Stoneleigh's horticultural staff, Nancy is also an accomplished cellist, and a newlywed. She will travel between their home at the Jersey shore (where her husband, Bill Halperin, lives) and Crosslands for the foreseeable future.

*Beth Hopkin*



PHOTO BY BOB SUTER

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*Nancy's  
professional vision  
always works  
to marry basic  
science and ethics.*

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## A Trail Map for Your Phone

There now is a phone-compatible schematic map that includes all the Crosslands trails as well as the Kendal trails in the Big Woods. It's modeled on the famous London Underground map with each trail color-coded and named and the intersections well-marked. You can download it at the [Trails Committee web page](#) or click the thumbnail image, right. The map is updated regularly to improve accuracy.

Be safe. Carry the map with you when you hike.

*Steve Sander*



## Meet Ginny and Chuck Bracken #446

Charles (Chuck) and Virginia (Ginny) Bracken left West Chester in 2008 for Chocowinity, North Carolina, north of New Bern. Chuck calls their time there "Retirement Phase I." However, they also knew they wanted to eventually come back to this area. Why Crosslands? Ginny had worked in a dental office in West Chester for 30 years and had met wonderful patients who lived in Kendal and Crosslands. While attending a college alumnae club, she also heard residents describe their pleasure in living here. So began their "Retirement Phase II." An additional draw for returning to this area is their two daughters in Doylestown and West Grove. Each daughter has a son and daughter. The grandchildren in West Grove are delighted to check on their "pretty cool" grandparents often.

Chuck and Ginny met at a graduation dinner dance at Hood College, where Chuck's sister and Ginny were dorm mates. Chuck was in the military, and was scheduled to leave to begin a tour in Vietnam. He had planned a pre-tour sailing trip, but he was dragged away from his trip to escort his sister to a graduation dinner dance at Hood College, and at the dance he met Ginny.

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*Chuck and Ginny appreciate the pet-friendly atmosphere. since they brought their Black English Labrador, Dash.*

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while working in the Chester County Department of Contracts and Purchasing.

Ginny earned a BA in History at Hood College before continuing there as an admissions counselor. She next worked as a pre-school teacher, homemaker, and personnel officer for

Strawbridge and Clothier before becoming a dental office manager.

When recalling childhood memories, Chuck said he played many sports, such as football, basketball, and summer-league baseball. He looked forward to the family's summer home on Lake Erie where he sailed and fished. Meanwhile, Ginny said that her family moved often. She felt that that time was "formative" for her as she learned to make new friends quickly.



PHOTOS BY BOB SUTER

Both Brackens have been active volunteers over the years. Ginny was a church elder and trustee. She was active on association boards for Hood College Alumnae, Homeowners, Women's Club Chair, and Del-Val Dental Managers. Chuck constructed homes for Habitat for Humanity. He also volunteered with the "Blue Hats," who built ramps for handicapped residents.

Chuck and Ginny like this phase of retirement. They like the many choices of good food at Crosslands. They've found Resident Care to be "wonderful" and the Administration to be responsive. They appreciate the pet-friendly atmosphere, since they brought their Black English Labrador, Dash. They look forward to meeting people and doing more hiking and gardening. Ginny also likes reading, quilting, and genealogy. Their Bucket List includes a cruise of the British Isles and a Mississippi River cruise.

Connie Strickland

## Meet Fran Riddle & Bob Frazier #208

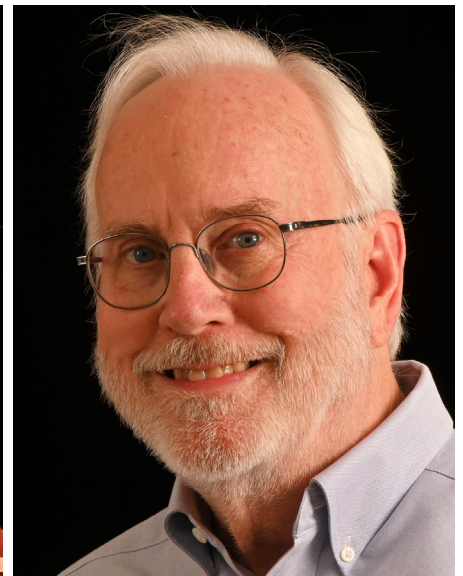
Have you ever sat in an airplane and talked with the person next to you? That's how Fran Riddle and Bob Frazier met. In August 1992 Fran was happily sitting next to the window thinking about visiting her cousin in San Diego. Bob was in the back of the plane. Right before takeoff, the flight attendant, seating a family of five, asked Fran to move...right next to Bob. They talked during the whole flight. Before parting, Bob wrote his name and address on his boarding pass. "If you are so inclined, drop me a note." Later Bob (in Virginia) received a postcard from Fran (in Delaware). That card was the beginning of a seven-year courtship, eventually leading to marriage and Bob's move to Dover, Delaware.

Bob Frazier grew up in Portsmouth, Virginia. He earned a BA in Music from Tennessee Temple. He taught music and later worked as a Field Engineer and analyst for several companies, as well as a church music director. Fran said that Bob has a beautiful tenor voice, singing with Delaware Friends of Folk, Delaware Choral Society, Scola Cantorum, Kent Chamber Choir, and Celtic Harvest. In addition, he found

*"The Friddles" like to "live in the moment!"*

Fran Riddle grew up in Devon, Pennsylvania, where she liked to explore the woods with her sister and friends. She's already hiked here, where she "feels like a kid again." Fran loves folk dancing, baking, and wearing exotic earrings. She earned a BS in Economics from the Wharton School of Business. She later earned a MEd from Wesley College. Her favorite job was as Administrator at Health Education and Welfare's Office for Civil Rights and the United States Department of Education. She "helped yank the E from HEW" when it

separated. Later she was the Executive Director of the Delaware Music School. Eventually, she taught middle and high school math in Dover before becoming a math adjunct and academic advisement coordinator at Wesley College. Fran enjoyed mentoring students because she could relate to those with math phobias. She volunteered with community development and engagement work in downtown Dover and was a member of environmental boards.



PHOTOS BY BOB SUTER

Fran and Bob moved to Crosslands in October along with their "existential" cats, Archibald MacLeish (Archie) and Søren Kierkegaard (Søren). They had heard about Kendal from her parents, who ended up moving elsewhere. Bob and Fran later visited Kendal and had never heard of Crosslands until they happened to travel down the Service Road and discovered another community. They drove around and later visited, finding Crosslands to be "a good fit." A community with continuing care was critical for them. Here at Crosslands Bob plans to establish his stained-glass work in the Crafts Room on Wednesdays 1:00-3:00. He and Fran would also like to teach a beginners' ukulele group if there is interest. Fran Riddle and Bob Frazier, sometimes known as "The Friddles," like to "live in the moment!"

Connie Strickland

## Meet Ted Trowbridge #188

Ted Trowbridge started to work on the next phase of his life after the death of his wife four years ago. Although Covid slowed things down, through friends and family he found Crosslands, “and the rest is history.” Selling his house, moving, and settling in to Crosslands was helped immensely by his two daughters. His apartment is “right in every way,” and he is happy to be closer to family.

An only child, Ted lived in Rutherford, New Jersey, until he went to college. In high school, he enjoyed tennis and played the tuba in his high school marching band. Then, to Amherst College and MIT for degrees in chemistry and chemical engineering. There, his fondness for New England and its history was born.

His dad was a chemical engineer, and Ted says, “it seemed

*Ted’s interest in early American history, especially the Revolutionary War, is long-standing.*

Later, at Exxon, he evaluated processes for petroleum refining and petrochemical production.

After Ted and his wife, a teacher, were married, his work took them to France. Upon their return,

they started their family. His two daughters now live in Delaware and Virginia, and he has four young-adult grandchildren.

Over the years, Ted has been active in his church and enjoyed playing tennis (until his knees objected). His interest in early American history, especially the Revolutionary War, is long-standing.

His father researched the family’s genealogical history back to their roots in New England in the 1630’s. Earlier yet, Ted’s forbears are alleged to include Charlemagne. Ted is the last Trowbridge in his branch of the family to carry the family surname.

Presently, Ted’s interests include hiking and attending lectures and taking courses. He describes himself as quiet, but others see him as friendly and

ready for a good conversation. Smiling, Ted says that he is happy to be here, to meet new people, and to hear about the life experiences of others in the community.

*Beth Hopkin*



PHOTO BY BOB SUTER



### CROSSLANDS CHRONICLE

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chronicle@crosslandsres.org

Editor: Larry Wood

Managing Editor: Julie Knobil

Editorial Staff and Proofreaders: Lyn Back, Margaret Camp, Linda Helton, Sally Kaesemeyer, Hedy Knoth, Elizabeth Rhoads, Linda Sander, Steve Sander, Diana Stevens, Connie Strickland

Publication and Distribution: Nancy Regenye (Administration), Alice Bucher, Betty Gordon, Jane Krick



## What's New at the Library



PHOTO BY STEVE SANDER

**FICTION**

|                           |                             |
|---------------------------|-----------------------------|
| Banville, John .....      | <i>The Singularities</i>    |
| Baldacci, David.....      | <i>Long Shadows</i>         |
| Grisham, John .....       | <i>The Boys from Biloxi</i> |
| Kingsolver, Barbara ..... | <i>Demon Copperhead</i>     |
| Picoult, Judi .....       | <i>Mad Honey</i>            |
| Roberts, Nora .....       | <i>Sacred Sins</i>          |
| Shapiro, Dani.....        | <i>Signal Fires</i>         |

## AUDIO FICTION

Kava, Alex.....*Fireproof: a Maggie O'Dell novel*

## MYSTERY

|                        |                             |
|------------------------|-----------------------------|
| Bonnefoy, Miguel ..... | <i>Heritage</i>             |
| Child, Lee .....       | <i>No Plan B</i>            |
| De Castrique.....      | <i>Sacred Lives</i>         |
| French, Nicci.....     | <i>The Unheard</i>          |
| Hawkins, Paula.....    | <i>A Slow Fire Burning</i>  |
| McDermid, Val .....    | <i>1989</i>                 |
| Perry, Anne .....      | <i>A Truth to Lie For</i>   |
| Sanford, John .....    | <i>Righteous Prey</i>       |
| Walker, Martin.....    | <i>To Kill a Troubadour</i> |
| Woods, Stuart.....     | <i>Distant Thunder</i>      |

## BIOGRAPHY

Arsenault, Kerri.....*Mill Town: Reckoning  
with What Remains*  
Zamora, Javier.....*Solito, a Memoir*

## NON FICTION

|                              |                                                                                     |
|------------------------------|-------------------------------------------------------------------------------------|
| Appleyard, Bryan .....       | <i>The Car: The Rise and<br/>Fall of the Machine That<br/>Made the Modern World</i> |
| Back, Lyndon W.....          | <i>If You Build It,<br/>They Will Come</i>                                          |
| Durham, Harriet Frorer ..... | <i>Caribbean Quakers</i>                                                            |
| Keenan, Cody .....           | <i>Grace: Ten Days in the<br/>Battle for America</i>                                |

## DISPLAY TABLE

## Diversity, Equity, Inclusion and Belonging



**THE CHRONICLE  
WISHES YOU A  
HAPPY AND  
HEALTHY HOLIDAY.**

# Jumble

Unscramble the words; then use the circled letters to complete the sentence.

# OHNEP

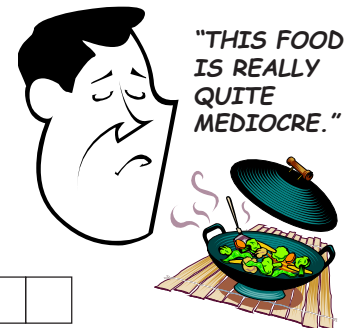
# YOANG

# SCACSIL

# TRSARE

**Answer here:**

## LAST MONTH: CREEK, ENERGY, ACCUSE, ENTER. "GREECE" WITH THE TURKEY



THE CHINESE RESTAURANT  
WAS NOT VERY POPULAR,  
BECAUSE THE CHICKEN  
DISH WAS LISTED ON THE  
MENU AS...

JUMBLE BY STEVE SANDER

# December 2022 Calendar

## Thu Dec 1 Name Tag Day.

**Crosslands Crafts Sale.** 9:30 am-12:30 pm. WPR. See p. 12.

**Birthday Celebration for Those with December Birthdays.** 5:45-7:00 pm. Main dining room alcove. Contact Phyllis Wenner to sign up.

**Light & Lively.** Joe Jencks Concert. 7:30 pm. WPR/TV13. See p. 11.

**Fri Dec 2 Diversity, Equity, Inclusion and Belonging.** "New Diversity Art Wall Explained: Unsung Lives Given for Democracy and Social Justice." Speaker: John Fong. 7:30 pm. WPR&L/Zoom/TV13. See p. 13.

**Sat Dec 3 Movie.** *Buena Vista Social Club.* 7:15 pm. WPR/TV13. See p. 14.

**Mon Dec 5 CRA Board Meeting.** 10:00 am. WPR&L/TV13. All invited.

**Tue Dec 6 Forum: "Lincoln University's Role in Educating African Leaders over the Years."** Speaker: Dr. Marilyn Button. 7:30 pm. WPR/TV13. See p. 11.

**Wed Dec 7 Painting Studio.** 10:00 am-noon. Arts and Crafts Room. Observation and sketching from models. Materials supplied.

**Thu Dec 8 Movie.** *The Man from Snowy River.* 7:15 pm WPR/TV13. See p. 14.

**Fri Dec 9 Crosslands Special Video Created by Conrad Trumbore.** 7:30 pm. WPR.

**Sat Dec 10 Light & Lively.** Last Chance Concert. 7:30 pm, WPR/TV13. See p. 11.

**Mon Dec 12 Low Vision Support Group.** 10:00 am. Health Center meeting room.

**Tue Dec 13 Music.** Jasper String Quartet. 7:30 pm. WPR/TV13. See p. 13.

**Wed Dec 14 Red Cross Blood Drive.** noon-5:00 pm. WPR. See p. 7.  
**Poetry.** 3:00-4:30 pm. WPL.

## Thu Dec 15 Name Tag Day.

**Holiday Concert.** 7:30 pm. WPR. See p. 13.

**Fri Dec 16 Camera Club.** "Celebrations of Winter." 7:30 pm. WPR/Zoom/TV13. See p. 12.

**Sat Dec 17 Movie.** *Top Gun: Maverick.* (2022) 7:15 pm, WPR/TV13. See p. 14.

**Sun Dec 18 Fitness: International Folk Dancing.** 2:00-3:30 pm. Multipurpose room.

**Australian Aboriginal Art Show.** Runs through Dec 23. 4:00-5:00 pm. Cottage 149. See p. 10.

**Chanukah Begins at Sundown.**

**Tue Dec 20 CRA Concerns Session.** 10:00 am. Music Room.

**Wed Dec 21 Community Dialogue.** 10:30 am. Lisa Marsilio, WPR/TV13.

**Thu Dec 22 Movie.** *The Muppet Christmas Carol.* 7:15 pm. WPR/TV13. See p. 14.

**Sat Dec 24 Spiritual Life Committee Christmas Eve Gathering.** 7:30 pm. WPR&L. See p. 12.

**Sun Dec 25 Christmas Day.**

**Mon Dec 26 Chanukah Ends at Sundown.**

**Tue Dec 27 Movie.** *Pride and Prejudice* - part 1. 7:00 pm, WPR/TV13. See p. 14.

**Wed Dec 28 Movie.** *Pride and Prejudice* - part 2. 7:00 pm. WPR/TV13. See p. 14.

**Thu Dec 29 Community "5 o'clock."** 5:00-6:00 pm. WPR. See p. 12.

**Sat Dec 31 New Year's Eve.**



Venues, times, and other details may change. Please watch for announcements and additional changes on the Crosslands website ([www.crosslandsres.org](http://www.crosslandsres.org)), bulletin board, and TV9.