

Wellness Notes

by Wellness Coordinator LuAnn Greene, R. N. • September 2022

Event	Date	Time	Location	Info
Tai Chi Class (Seated and Regular/Beginner)	Every Wednesday in September	Seat: 1-2 PM Reg. 2-3 PM	Fitness Center —Chapel Building	\$5 per class (pay when you attend)
Chair Massage	Tues. Sept. 6 & 20	11:30 AM to 3:30 PM	Video Room —Chapel Building	Donation. Schedule w/Linda 817-456-3309
Foot Reflexology	Tues. Sept. 13 & 27			
Caregiver Support	Monday, September 26	2:00 to 3:30 PM	Video Room & Lounge —Chapel Building	Free
Oxygen Club (for those on oxygen)	Tuesday, September 13	12:30 to 1:30 PM	Video Room —Chapel Building	Free
Nutrition Support Group	Monday, September 12	12:30 to 2:00 PM	Video Room & Lounge —Chapel Building	Free
Diabetic Support	Thursday, September 15	1:00 to 2:30 PM	Family Dining Room —Chapel Building	Free
Life After Loss ongoing group	Thursday, September 29	4:30 to 6:00 PM	Activity Rooms A & B —Chapel Building	Free

Special Meeting: CPR and First Aid

Please call the Wellness Coordinator’s office, 817-292-6228, and leave a message if you are interested in the AHA Family & Friends CPR / First Aid Classes. LuAnn will organize class times and call you back.

One-on-One Medicare Q&A

Date: Monday, September 26 & October 24

Time: 12:00 PM

Location: Video Room & Lounge

Sign up in the Residents’ Business Office.

We send our thoughts and prayers to the family and friends of the following who passed away:

• Bob Russell (July 28, 2022)

• Wallace Sadler (August 19, 2022)

✝

Attention Musicians

Let’s start a SFV Jam Session!

Call Ernie Rios, 146 St. Anthony, 817-938-5798.

Events					
Event	Date	Time	Price	Location	Sign up/Purchase Tickets
Games Night	Tues., Sept. 6	5 - 8 PM	\$4 per person	Pax	by 3 PM on Sept. 6
Ladies’ Potluck	Fri., Sept. 16	12 PM	Free	Pax	bring a dish
ROMEOS	Fri., Sept. 2	8:15 AM		Dixie House Cafe	

Movie at the PAX

The Chosen” Season 2, Episodes 7 & 8

Date: Friday, September 16, 2022

Time: 2:00 PM

Location: Pax Community Center

Popcorn and tea provided. Moviegoers are welcome to bring snacks.

September Birthday Dinner

Date: Tuesday, September 13, 2022

Time: 5:30 - 7:00 PM

Location: Pax Community Center

Luau Menu: Beef Stroganoff with egg noodles, grilled vegetables, creamy Caesar salad, rolls, birthday cake, coffee, wine, and tea.

Price: \$10 per resident
\$15 per non-resident guest

Tickets are free for residents with September birthdays. Sign up and purchase ticket by 3:00 PM Friday, September 9.

ST. FRANCIS VILLAGE

The community you want... the retirement you deserve”

Community News and Monthly Events

September 2022

Meet our new Activities Director, Ashlee Britting

I have been a Physical Therapist for 18 years, but am beyond excited to transition into my new role at SFV to support community engagement.

My husband, Braxton, and I have 2 daughters (Dylan, 8th grader and Kendall, 5th grader at Southwest Christian School), and a dog, Jep. My mother-in-law, Dorothy Britting is a Village resident. I enjoy reading, traveling, and outdoor adventures - especially snow skiing and hiking. I love college football and basketball. At Doxology Bible Church, I lead the First Impressions team and help with Children’s and Youth ministry activities.

September Dinner and Dance

Featuring SFV favorite, Toney Walsh

Date: Friday, September 23, 2022

Time: 5:30 - 8:30 PM

Location: Pax Community Center

Menu: Creamy Madeira mushroom chicken over angel hair pasta, Italian roasted vegetables, spinach salad with cranberries and pecans, rolls, apple pie, tea, coffee, and drink set-ups

Price: \$10 per resident
\$15 per non-resident

Sign up and purchase ticket through September 20.

Fr. Phil Fall Festival

Friday and Saturday, October 14 and 15

Pax Community Center

Mark your calendars - It’s almost time for the Fall Festival! Pull out those special Bake Sale recipes! Invite your family and friends: It’s open to the public both days. Hope to see you there!

Fifth Thursday Protestant Potluck & Gospel Music

Date: Thursday, September 29, 2022

Dinner: 5:30 PM

Music: 6:30 PM

Location: Pax Community Center

Everyone is invited to an evening of good music, good food (bring a dish to share if you can) and good fun! We’ve planned a community sing of songs from the hymnal interspersed with special presentations by individuals. For more information, call the church office or Richard Brewster at 817-271-8835.

New Residents

George Coman-Lavery, 160 St. Clare

Mary Ann Goodwin, 115 Trinity

Mary Kay Johnson, 136 St. Clare

Brad Hamzy, 24 Assisi

Ramond & Lanell Laster, 174 Rieti

Belinda Tomancak & Sandra Shackleford, 173 St. Clare

Residents Who Have Moved

Michael Brown, Elizabeth Hoyt

David Tolson: Director

September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Services of Worship Catholic Mass: Sundays at 10:00 AM Monday - Saturday, 9:00 AM Saturdays at 5:00 PM Protestant Chapel: Sundays at 10:00 AM Thursdays at 6:30 PM Need a ride? Call 817-223-7336.				9:30 AM Geezercize with Linda Lee 2:00 to 4:00 PM Cards 6:30 PM Protestant Chapel 1	8:15 AM ROMEOS 10:30 AM Exercise with Joyce 1:00 to 3:30 PM Cards 1:00 to 4:00 PM Crafts 6:00 PM Poker 2	8:00 AM BIBLE STUDY 5:00 PM Catholic Mass 6:30 to 8:30 PM Card Bingo 3
10:00 AM Catholic Mass 10:00 AM Protestant Chapel 4:00 to 6:00 PM Cards PACK THE PANTRY: Fruit cups, tuna 4	1:30 to 4:00 PM Cards 2:00 to 4:00 PM Mahjong 4:00 PM 42 for Beginners 5:00 to 7:00 PM Dominoes SFV OFFICE CLOSED LABOR DAY 5	9:30 AM Geezercize with Linda Lee 10:00 AM Card Making Group 10:30 AM Exercise with Joyce 11:30 AM CHAIR MASSAGE 1:00 to 5:00 PM Cards 1:30 to 3:00 PM Knitting Class 5:00 PM GAMES NIGHT 6	10:00 AM Grocery Shopping 12:30 to 5:00 PM Cards 1:00 PM Sewing Group 1:00 PM TAI CHI CLASS - SEATED 2:00 PM TAI CHI CLASS - REGULAR 6:00 PM Poker 7	9:30 AM Geezercize with Linda Lee 2:00 to 4:00 PM Cards 6:30 PM Protestant Chapel 8	10:30 AM Exercise with Joyce 1:00 to 3:30 PM Cards 1:00 to 4:00 PM Crafts 6:00 PM Poker 9	8:00 AM BIBLE STUDY 5:00 PM Catholic Mass 6:30 to 8:30 PM Card Bingo 10
10:00 AM Catholic Mass 10:00 AM Protestant Chapel 4:00 to 6:00 PM Cards 11	11:00 AM CHAIR YOGA 12:30 PM NUTRITION SUPPORT GROUP 1:30 to 4:00 PM Cards 2:00 to 4:00 PM Mahjong 4:00 PM 42 for Beginners 5:00 to 7:00 PM Dominoes 12	9:30 AM Geezercize with Linda Lee 10:00 AM Card Making Group 10:30 AM Exercise with Joyce 11:30 AM FOOT REFLEXOLOGY 12:30 PM OXYGEN CLUB 1:00 to 5:00 PM Cards 1:30 to 3:00 PM Knitting Class 5:30 PM SEPT. BIRTHDAY DINNER 13	10:00 AM Grocery Shopping 12:30 to 5:00 PM Cards 1:00 PM Sewing Group 1:00 PM TAI CHI CLASS - SEATED 2:00 PM TAI CHI CLASS - REGULAR 6:00 PM Poker 14	9:30 AM Geezercize with Linda Lee 1:00 PM DIABETIC SUPPORT GROUP 2:00 to 4:00 PM Cards 6:30 PM Protestant Chapel 15	10:30 AM Exercise with Joyce 12:00 PM LADIES' POTLUCK 1:00 to 4:00 PM Crafts 2:00 PM MOVIE AT THE PAX 6:00 PM Poker 16	8:00 AM BIBLE STUDY 5:00 PM Catholic Mass 6:30 to 8:30 PM Card Bingo 17
10:00 AM Catholic Mass 10:00 AM Protestant Chapel 4:00 to 6:00 PM Cards 18	11:00 AM CHAIR YOGA 1:30 to 4:00 PM Cards 2:00 to 4:00 PM Mahjong 4:00 PM 42 for Beginners 5:00 to 7:00 PM Dominoes 19	9:30 AM Geezercize with Linda Lee 10:00 AM Card Making Group 10:30 AM Exercise with Joyce 11:30 AM CHAIR MASSAGE 1:00 to 5:00 PM Cards 1:30 to 3:00 PM Knitting Class 20	10:00 AM Grocery Shopping 12:30 to 5:00 PM Cards 1:00 PM Sewing Group 1:00 PM TAI CHI CLASS - SEATED 2:00 PM TAI CHI CLASS - REGULAR 6:00 PM Poker 21	9:30 AM Geezercize with Linda Lee 2:00 to 4:00 PM Cards 6:30 PM Protestant Chapel 22	10:30 AM Exercise with Joyce 1:00 to 3:30 PM Cards 1:00 to 4:00 PM Crafts 5:30 PM SEPTEMBER DINNER DANCE 6:00 PM Poker 23	8:00 AM BIBLE STUDY 5:00 PM Catholic Mass 6:30 to 8:30 PM Card Bingo 24
10:00 AM Catholic Mass 10:00 AM Protestant Chapel 4:00 to 6:00 PM Cards 25	11:00 AM CHAIR YOGA 12:00 PM MEDICARE Q&A 1:30 to 4:00 PM Cards 2:00 PM CAREGIVER SUPPORT GROUP 2:00 to 4:00 PM Mahjong 4:00 PM 42 for Beginners 5:00 to 7:00 PM Dominoes 26	9:30 AM Geezercize with Linda Lee 10:00 AM Card Making Group 10:30 AM Exercise with Joyce 11:30 AM FOOT REFLEXOLOGY 1:00 to 5:00 PM Cards 1:30 to 3:00 PM Knitting Class 7:00 PM KofC Clothing/Sandwiches 27	10:00 AM Grocery Shopping 12:30 to 5:00 PM Cards 1:00 PM Sewing Group 1:00 PM TAI CHI CLASS - SEATED 2:00 PM TAI CHI CLASS - REGULAR 6:00 PM Poker 28	9:00 to 11:30 AM Cards 9:30 AM Geezercize with Linda Lee 2:00 to 4:00 PM Cards 4:30 PM LIFE AFTER LOSS 5:30 PM FIFTH THURSDAY PROTESTANT POTLUCK AND GOSPEL MUSIC 29	10:30 AM Exercise with Joyce 1:00 to 3:30 PM Cards 1:00 to 4:00 PM Crafts 6:00 PM Poker 30	