

The Funside

March 2020



<u>DATE</u>	<u>EVENTS</u>	<u>TIME & PLACE</u>
Mon., Mar 2	Wellness Day	See insert page for details.
Mon., Mar 2	"Functional Fitness: Moving Throughout the Lifespan" Presentation	10:30 am, Bethesda Theatre
Wed., Mar 4	Spring Fling with Virginia Bethune	10 am, Bethesda Theatre
Wed., Mar 4-25	Lenten Worship Service: <i>The Seven Last Words of Jesus Christ</i>	2 pm, Meredith Chapel
Thurs., Mar 5	Northern Lights Dance & Dinner Buffet *	5:30 pm, 1912 Bistro, \$19
Fri. Mar 6	<i>Waiting For God</i> Lunch Series- Season 2 Finale	12 pm, Blue Ridge Room, HL
Tues., Mar 10	TED Talk: The Secrets of Gardening	11 am (Mar 10) Blue Ridge
Tues., Mar 17		4 pm (Mar 17) Room, HL
Tues., Mar 10	Movie Night: <i>A Beautiful Day in the Neighborhood</i>	7 pm, Sunnyside Room
Wed., Mar 11	"The 2020 Election and Its Significance for the Future of American Politics." Presentation	1:45 pm, Bethesda Theatre
Sun., Mar 15	Celebration Singers	3 pm, Meredith Chapel
Mon., Mar 16	March Madness NCAA Men's Bracket Challenge	Wellness Center
Tues., Mar 17	Spring Modern Hoop Wreath Workshop *	1 pm, Sunnyside Room, \$16
Thurs., Mar 19	"Active Aging" Presentation	1:45 pm, Bethesda Theatre
Fri., Mar 20	"The Northern Lights in Folklore & Science" Presentation	1:45 pm, Bethesda Theatre
Tues., Mar 24	Medleys & Mingle with Stewart Chapman: Elvis Tribute Artist	5 pm– 7 pm, 1912 Bistro
Thurs., Mar 26	Town Meeting	2 pm, Bethesda Theatre
Fri., Mar 27	JMU College of Education Update	1:45 pm, Blue Ridge Room, HL
Sun., Mar 29	Rockingham Male Chorus Performance	2:30 pm, Meredith Chapel

<u>DATE</u>	<u>TRIPS</u>	<u>TIME & COST</u>
Sun., Mar 1	TAHS Musical: <i>Hello, Dolly!</i> *	1:30 pm, \$14/ticket
Tues., Mar 3	MUMMENSCHANZ: <i>you & me</i> *	6 pm, \$40/ticket
Wed., Mar 18	Documentary: <i>Risking Light</i> *	5:40 pm, pay what you will
Sun., Mar 22	Shenandoah Valley Youth Symphony & Jr. Strings Concert *	2:50 pm, suggested donation of \$7/person
Wed., Mar 25	Lunch at Crossroads Café *	11:10 am, \$ for lunch
Tues., Mar 31	"The American Chestnut: The Tree that Made America" Presentation *	5:40 pm, pay what you will

<u>DATE</u>	<u>SPECIALTY EXERCISE CLASSES FOR MARCH</u>	<u>TIME</u>
Mon., Mar 2-30	Tabata & Balance Express	2 pm, Wellness Center
Tues., Mar 3-31	Chair Yoga Continues (note Monday's class is moved to Thursday at a new time. Tuesday's class remains the same.)	1:30 pm (Tues. & Thurs.)
Thurs., Mar 5-26		Wellness Center
Wed., Mar 4-25	Dance Fitness	2 pm, Wellness Center

See back of Funside Calendar for a complete list of Wellness Land & Pool Classes being offered this month.

* Sign up required. Call 8200/8201 or 8241

Registration for March Events & Trips will open at 10 am on Tuesday, February 25.

Early registrations will not be accepted.

Resident Led Monthly Meetings & Clubs

Mon., Mar 2, 9, 16, 23 & 30	Mah Jongg	1 pm (Mon.) Skyline Room, HL
Tues., Mar 3, 10, 17, 24 & 31		7 pm (Th.) 1454 Glenside Dr.
Mon., Mar 2, 9, 16, 23 & 30	Bowling	1 pm, Valley Lanes Harrisonburg
Show up when you can– no sign-up required! Cost is \$2/game +\$2 for shoes. No experience necessary!		
Mon., Mar 2, 9, 16, 23 & 30	Scrabble	7 pm, Skyline Room, HL
Mon., Mar 2, 9, 16, 23 & 30	Bridge	7 pm (Mon) Shenandoah
Thurs., Mar 5, 12, 19 & 26		6:45 pm (Thurs) Room, HL
Tues., Mar 3 & 17	Adult Coloring Group	1-3 pm, Massanetta Room, HL
Wed., Mar 4	1st Wednesday Bridge	1 pm, Allegheny Room, HL
Wed., Mar 4, 11, 18 & 25	Write Your Own Story	1:30 pm, Massanetta Room, HL
Wed., Mar 4, 11, 18 & 25	BINGO	7 pm, Massanetta Room, HL
Thurs., Mar 5	Veterans Lunch	12 noon, Tartan Grill
Mon., Mar 9 & 23	Technology Club	1 pm, Allegheny Room, HL
<i>Monday, Mar 9: “How your DNA Information Gets into a Computer and What it Means.”</i>		
Sunnyside Resident Ralph Allen will discuss how mapping the human genome was aimed at helping understand genetic factors in disease, but it also became an important tool in solving and prosecuting crimes and for understanding the origin, evolution, and movement of humans. The technology of detecting small differences in our DNA has improved to the point that it is fast and accurate. While the interpretation using computers has also become fast, the data bases do not always provide reliable results.		
<i>Monday, Mar 23: Assistance Day, one-on-one help</i>		
Wed., Mar 11	Woodworkers & Friends	8 am, Marketplace, HL
Thurs., Mar 12	Travel Club	1 pm, Allegheny Room, HL
Join Pat & Tom Harkins and Barbara Mancini as they share the beauty and ancient history of Provence, a remarkable region in southern France. Their travels took them throughout the region from wildlife sanctuaries and bull-training farms to charming and unique villages. An unforgettable experience awaits you!		
Sat., Mar 14	Art Group Open Studio	10 am– 12 pm, Sunnyside Room
Sat., Mar 14	Stitch & Chat Group	2 pm, Jefferson Room
Mon., Mar 16	Bunco	6:30 pm, Allegheny Room, HL
Wed., Mar 18	Buzzards (Aviation Group)	12 noon, Tartan Grill
Wed., Mar 25	Book Buddies	10 am, Eiland Center Library

Village Association Meeting

Friday, March 6, 2 pm– 4 pm
Bethesda Theatre

Please wear your name tag. Please bring your \$5.00 annual dues if not paid. Program includes “Touchtown Community App Enhancements” presentation by Robin Golliday, Sunnyside Director of Residential Living. Refreshments and social time will follow the meeting.



2020 SUNNYSIDE POOL TOURNAMENT

The week of March 16– 20, 2020

Start polishing your pool sticks! We are looking for pool players for the 2020 pool tournament. To have a competitive tournament at least 8 players are needed. This is single elimination with the winner of each 2 out of 3 games moving on in the tournament.

Sign up sheets will be available beginning March 2nd on both the Highlands Lobby and Eiland Center Mail Room bulletin boards. Interested participants can also e-mail Frank Lambert at bcfwlambert@aol.com.

Note: a few pool sticks are available in the pool room on the 4th floor of the Highlands.



Mon., March 23, 1:45 pm
Blue Ridge Room, Highlands

Don't miss the launch of
BROWSING THE BOOKSHELF!

Our guest will be Nancy Wayland, Director of Marketing. Guess what her favorite childhood books were?? She definitely had an international interest as a child! Mark your calendars!



Thursday, March 5, 12, 19 & 26
Weigh In: 1:45 pm • Meeting Time: 2 pm
Sunnyside Room

For more details, please contact Debbie Bower at debbie.bower@ww.com

Trip: TAHS Musical: *Hello, Dolly!* *

Sunday, March 1, 2:30 pm
 Turner Ashby High School, Bridgewater, VA
 Cost: \$14/ticket
 Depart: EC 1:30 pm / HL 1:40 pm
 Matchmaker Dolly Levi is a widow, a matchmaker, and also a professional meddler --but everything changes when she decides that the next match she needs to make is to find someone for herself. Set in New York City at the turn of the century, *Hello, Dolly!* is boisterous and charming from start to finish. Approximate return: 5:30 pm *This trip was advertised in the February Funside and is full. Call to be placed on the Wait List.*



Wellness Day

Monday, March 2
 Throughout Campus
 Celebrating our commitment to campus-wide wellness culture. *See insert page for a list of the day's scheduled activities.*

"Functional Fitness: Moving Throughout the Lifespan" Presentation

Monday, March 2, 10:30 am
 Bethesda Theatre
 Presented by Andy Allen, ACSM CPT
 Functional fitness integrates multiple modalities of exercise to help prepare your body for real-life movements and activities. By incorporating functional movements into your workout routine, your body will be better prepared for and can recover faster from unexpected events, like sudden falls or illnesses. Come to this presentation to redefine your mindset around exercise and help you look forward to everything your body is capable of doing!

Tabata & Balance Express

Monday, March 2, 9, 16, 23 & 30, 2 pm- 2:30 pm
 Wellness Fitness Studio
 This standing interval fitness class strengthens all muscles groups while also improving balance! The class will begin with a focus on specific balance poses and then progress to a more challenging cardio and strength portion. Get ready for all the fun! *Don't forget to check out Tabata 45 on Friday afternoons at 2:30 pm. See land exercise schedule for a description of this on-going class!*

Spring Fling with Virginia Bethune

Wednesday, March 4, 10 am
 Bethesda Theatre
 Come to see and hear this magical presentation of harp and bells by Sunnyside resident Virginia Bethune. She will cheerfully usher us from winter into spring!

Trip: MUMMENSCHANZ: *you & me* *

Tuesday, March 3, 7 pm
 JMU Forbes Center for Performing Arts
 Cost: \$40/ticket
 Depart: EC 6 pm / HL 6:10 pm
 Swiss-based theatre troupe MUMMENSCHANZ utilizes life-size puppets and light and shadow to generate awe-inspiring optical illusions, creating a visually stunning spectacle that transcends cultural barriers and sparks imaginations. Its latest program, *you & me*, is timeless, wordless theatrical magic that makes dreamers of us all. Approximate return: 10 pm

Dance Fitness

Wednesday, March 4, 11, 18 & 25, 2 pm
 Wellness Center Fitness Studio
 Experience the joy of moving to music while improving your health and fitness. In this 30 minute class, Deion will lead you through step-by-step moves to upbeat music! No prior dance experience needed. Come join the fun!



Thursday, March 5, 5:30 pm– 8 pm
 1912 Bistro

Cost: \$19/person + optional alcoholic beverage purchase from Bistro Bar

* Sign up required. Call 8200/8201 or 8241 to sign-up
 Sign up deadline: 4:30 pm, Wed., February 26.

Dance the night away under the Northern Lights to music by the Marlon Foster Band. Sign up today for an evening of delicious food, good music & great company! Dinner buffet menu includes:

SALAD	SIDES
Chopped Spring Salad	Honey Tarragon Roast Carrots
SOUP	Haricot Verts
Cream of Asparagus	Yukon Gold Whipped Potatoes
ENTREES	Roasted Sweet Potatoes
Roast Salmon with Raspberry Hollandaise	DESSERT
Breast of Chicken with a Pesto Cream	Strawberry Short Cake

Please note, Tartan Grill dinner service for this evening will be menu only. This evening's dinner buffet is only for those signed up for this special themed dinner.

The Bistro is reserved for those signed up for this dinner. The regular Bistro dinner menu will not be offered.

Waiting for God Lunch Series– Season 2 Finale

Friday, March 6, 12 pm
Blue Ridge Room, Highlands

Join us as we watch the final 2 episodes of Season 2. Each episode is approximately 30 minutes in length. Attendees are welcome to bring a lunch to enjoy.

TED Talks: Secrets of Gardening

Tuesday, March 10, 11 am
Tuesday, March 17, 4 pm
Blue Ridge Room, Highlands

This is the time of year that many of us use to plan and plant gardens. This month's TED talks will cover the beauty, utility, and secrets of gardening without the aching back. See beautiful flower and vegetable gardens, and hear about "Guerrilla Gardening" in South Central LA and replanting an island in New Zealand.

Movie Night: A Beautiful Day in the Neighborhood

Tuesday, March 10, 7 pm
Sunnyside Room

A timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers (Tom Hanks) and journalist Tom Junod (Matthew Rhys). After jaded magazine writer Tom Junod is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor. (2019, PG, 109 minutes)

"The 2020 Election and Its Significance for the Future of American Politics" Presentation

Wednesday, March 11, 1:45 pm
Bethesda Theatre

Dr. David K. McQuilkin, Professor of History and Political Science, Emeritus Bridgewater College
Attend for an investigation of the 2020 election and its impact on the future of American identity and political unity. David K. McQuilkin taught Russian history, Middle East history, East Asian history and World history, as well as numerous political science courses at Bridgewater College until his retirement in 2009. He has traveled extensively in both Russia and Australia and provides periodic political commentaries on local media.

Celebration Singers

Sunday, March 15, 3 pm
Meredith Chapel

Directed by Jerrilyn MacDanel, this 25 member choir represents a multitude of churches from around the local community. **Call 8241 to sign up for shuttle service by 4:30 pm on Thurs., March 12.**



March Madness NCAA Men's Bracket Challenge

Stop by the Wellness Center Monday, March 16 to pick up your paper copy of the NCAA Basketball Championship Bracket. Printable brackets and our online bracket option instructions will be emailed on Mon., March 16 to all residents on our email contact list (contact the Wellness Center at 8276 to be added to our email list). *All brackets must be completed online or returned to the Wellness Center by 10 am on Wed., March 18, to be entered for a chance to win a prize.* No college basketball knowledge required!

Spring Modern Hoop Wreath Workshop *

Tuesday, March 17, 1 pm – 3 pm
Sunnyside Room
Cost: \$16/wreath

+\$4 optional additional decor

During this workshop, participants will make a modern spring wreath with a 14" embroidery hoop, faux spring flowers and greenery. The base price of \$16 includes all supplies. For an additional \$4, a wooden "hello" can be added to the wreath. A sample wreath is hanging on the IL Events Coordinator's office door (next to the Meredith Chapel). **Please sign up by Fri., March 6.** *Please indicate if you would like to add "hello" to your wreath.*



Trip: Documentary: Risking Light *

Wednesday, March 18, 7 pm
Wayne Theatre, Waynesboro, VA
Cost: Pay What You Will Admission
Depart: EC 5:40 pm / HL 5:50 pm

From the streets of Minneapolis, the aboriginal lands of Australia, and the killing fields of Cambodia come the powerful stories of three people who had the courage to step out of the haunting, tragic darkness of the past, risking everything to reach the light of their own compassion. *Risking Light* is a thought-provoking documentary that explores resilience and the painful process of moving from grief to compassion and forgiveness. Through the unforgettable stories of Mary Johnson, who grieves a murdered son; Debra Hocking, a victim of government-sanctioned genocide; and Kilong Ung, who survived the terror of the Khmer Rouge, *Risking Light* challenges us to examine our own beliefs about forgiveness and ask "What would the world look like if we could learn to forgive one another?"
Approximate return: 9:15 pm

"Active Aging" Presentation

Thursday, March 19, 1:45 pm
Bethesda Theatre

Please join Rick Loudon, PTA, Rehab Director with HealthPro-Heritage Rehab, for a discussion on active aging and to learn about the many services that are available to you here on your campus. Topics will include insurance coverage, latest Medicare updates, as well as adaptive equipment use that most anyone can benefit from.

"The Northern Lights in Folklore & Science" Presentation

Thursday, March 20, 1:45 pm
Bethesda Theatre

Presented by Sunnyside Resident Ralph Allen
Why did the Space Weather Prediction Center issue a geomagnetic storm watch for the night of Feb. 18? If you missed the display of Northern Lights that night you can learn how our understanding of the spectacular night displays of dancing lights has changed from "omens bad events" to evidence of the sun's atmosphere and the shield that has made life on earth possible.

Trip: Shenandoah Valley Youth Symphony & Jr. Strings Concert *

Sunday, March 22, 4 pm
Lehman Auditorium, Eastern Mennonite University
Harrisonburg, VA

Cost: Suggested donation of \$7/person
Depart: EC 2:50 pm / HL 3 pm

This concert will include Aaron Copland's "Variations on a Shaker Melody," "Wedding Day at Troldhaugen" by Edvard Grieg, "Finale" from Dvorak's New World Symphony and more! The Shenandoah Valley Youth Symphony (SVYS), conducted by Dr. Yi-Ping Chen, provides a unique, high-level orchestral experience for advanced wind, brass, strings, and percussion students of the Shenandoah Valley. The Jr. Strings Ensemble, conducted by Sharon Miller, is for intermediate students and teaches basic orchestral skills through appropriate musical selections. A \$7 suggested donation helps to support the SVYS. Approximate return: 6 pm

Medleys & Mingle with Stewart Chapman: Elvis Tribute Artist

Tuesday, March 24, 5 pm– 7 pm
1912 Bistro

Enjoy food and beverage off of the 1912 Bistro menu while celebrating the King of Rock & Roll, Elvis Presley! Stewart Chapman, a native of Stanardsville, VA, is a world known, award winning Elvis Tribute Artist. Stewart was a headliner at the Main Event Theater in beautiful Pigeon Forge, Tennessee and is the 2019 Lake George, NY 50's division pro Champion. Stewart will recreate 2 different eras of Elvis' career– enjoy music from the 50's for the first hour, followed by the 70's for the second.

* Sign up required. Call 8200/8201 or 8241

Trip: Lunch at Crossroads Café *

Wednesday, March 25, 11:30 am
Penn Laird, VA

Cost: \$ for lunch (\$12-\$18)

Depart: EC 11:10 am / HL 11:20 am

Crossroads Café, one of Rockingham County's newest lunch locations, opened in Fall of 2019. Crossroads' menu consists of freshly made salads, sandwiches and quiche, and a variety of desserts. Spaces are limited.

Town Meeting

Thursday, March 26, 2 pm
Bethesda Theatre

Join Executive Director Josh Lyons for the presentation of the "Wind Beneath Our Wings" award and campus updates. **Call Transportation (8213) to sign up for the 1:30 pm shuttle.**

James Madison University College of Education Update

Friday, March 27, 1:45 pm
Blue Ridge Room, Highlands

JMU invites you to hear from the Dean of the College of Education, Dr. Mark L'Esperance. Dr. L'Esperance will share his vision for the College of Education and preparing teachers to educate Virginia students. Please bring any Madison College memorabilia to share. Light refreshments will be provided.

Rockingham Male Chorus Performance

Sunday, March 29, 2:30 pm
Meredith Chapel

Directed by David MacMillan, the Rockingham Male Chorus is a group of volunteer musicians from a variety of backgrounds, careers and denominations who welcome the opportunity to travel and sing the gospel of Christ. "The Singing Men" as they are known, travel hundreds of miles on an annual basis performing over 20-30 concerts from Pennsylvania to Florida. **Call 8241 to sign up for Shuttle Service by 4:30 pm, Thurs., March 26.**

"The American Chestnut: The Tree that Made America" Presentation *

Tuesday, March 31, 7 pm
Wayne Theatre, Waynesboro, VA

Cost: Pay What You Will Admission

Depart: EC 5:40 pm / HL 5:50 pm

Warren Laws, a representative of the American Chestnut Foundation, will be discussing the significant impact of The American Chestnut Tree on our country and how over 100 years ago it almost became extinct due to an imported fungus. In fact, four billion chestnut trees died at that time in one of North America's worst environmental disasters. He'll tell us why this tree was so valuable to America and about the current efforts to restore it to its native habitat. Warren has been involved with The America Chestnut Foundation for 11 years and currently serves as Vice President of Education for the Virginia Chapter. Approximate return: 9 pm

SIGN UP NOW!

Trip: Gilbert & Sullivan's *Iolanthe* *

Friday, April 17, 8 pm

JMU Forbes Center for the Performing Arts

Cost: \$22/ticket

Depart: EC 7 pm / HL 7:10 pm

Brimming with a lush score, compelling plot and brilliant wit, the hilarious and satirical operetta *Iolanthe* is a send up to Gilbert and Sullivan's topsy-turvy world of misalliances, contradictions, and English political peculiarities. *Iolanthe* has been banished from fairyland because she married a mortal. Her son Strephon, a half-fairy shepherd, and the maiden Phyllis wish to marry, but she is a ward of court and requires the Lord Chancellor's permission. The Lord Chancellor, however, wants her for himself, as does the entire House of Lords. Tensions mount as the fairies festoon the halls of Westminster battling against the Lords, while the Fairy Queen swoons for a grenadier guard. Passions are ignited, lovers are thwarted and then reunited, and in true G&S style, irreconcilable differences vanish with a pencil stroke and the wave of the Fairy Queen's magic wand. Features students from JMU's Opera Theater. Approximate return: 10:30 pm

DEMOCRATIC PRESIDENTIAL PRIMARY



Tuesday, March 3, 2020

POLLING LOCATION:

Massanutten Presbyterian Church
50 Indian Trail Road, Penn Laird, Virginia

ELECTION DAY SHUTTLES:

Sunnyside Transportation Department will be providing a 9:30 am and 1:30 pm shuttle to the polls.

Call Transportation at 8213 to sign up for one of the Election Day Shuttles.

Daylight Savings Begins

Spring Forward



Set your clocks ahead one hour on **Sunday, March 8**

Meredith Chapel Programs

Transitions

Monday, March 2 & 16, 1:45 pm-3:15 pm
Massanetta Room, HL

"Finding meaning and purpose amid recent life changes." Leaving behind old friends and neighborhoods to come to Sunnyside was for some a source of both joy and sorrows. The life and health changes of a partner or significant other often requires new skill sets in caregiving or decision making. The support of other adults and the shared knowledge and wisdom of lessons learned can be a boon for the journey that still lies ahead. All are invited to come together in a confidential and supportive atmosphere of care.
Facilitator: Chaplain Will Lowrance (8229)

Mourning to Dancing

Friday, February 13 & 27, 9:45 am- 11:15 am
Shenandoah Room (2nd floor Highlands)

Learning to share our grief stories in a supportive, confidential community.

Facilitator: Chaplain Pat Spears (8401)

Campus Bible Study

Every Wednesday, 10:30 am, Skyline Room, Highlands
Join Chaplain Pat Spears as she continues with an in-depth study of *The Gospel According to John*.

Chaplain's Chat

Every Thursday, 10 am- 11 am
Monroe Room, 3rd Floor Eiland Center Assisted Living
All are welcome! We will continue our reading and discussion of the nature of God in the novel, *The Shack*.

Greeting the Morning!

Contemplative Meditation

Every Friday, 8 am- 8:30 am, 1912 Bistro
Morning meditation with Chaplain Pat Spears followed by a breakfast gathering in the Marketplace.

Gather 'Round:

Sharing Stories of Life & Learning

Every Wednesday, 10 am- 11 am
Monroe Room, 3rd Floor Eiland Center Assisted Living
Join Chaplain Barb and friends and neighbors to share stories, explore interesting questions and ponder life's mysteries together.

Lenten Worship Services:

"The Seven last Words of Christ"

Every Wednesday, 2 pm, Meredith Chapel
Join us every Wednesday in March until Easter as we remember the seven last words of Jesus.

Eiland Center Library



Thank you, Sunny Treasures, for your support! Your allocation enables us to provide new large print books monthly and to expand our services to the greater Sunnyside Community.

American Dirt by Jeanine Cummins has become the subject of controversy in the literary world. Initially hailed as the new “great American novel” with comparisons to *The Grapes of Wrath*, the author is now being criticized for being a white woman telling the story of a Latina immigrant. The book is well written, has an interesting storyline and has been carefully researched – so I leave it to you to decide.

Dear Edward by Ann Napolitano is the vivid story of one’s boy coming of age redirected by a tragedy. An ordinary plane flight filled with a colorful cast of characters becomes the backdrop for a tragic accident when the plane goes down and a young boy is the only survivor. The novel tells his story alternating between events on the flight and the aftermath of the crash. It is a moving novel and explores the quality of life – what it means not just to survive, but to truly live.

Long Bright River by Liz Moore is a moving story of sisters, addiction, and the ties that persist between place, family, and fate. One sister lives on the streets in the clutches of addiction, while the other walks those same blocks on her police beat. When her addict sister goes missing, the search leads to more missing women. A suspenseful and well executed series of events will keep you reading this book.

Mr. Nobody by Catherine Steadman is a suspenseful psychological thriller. A man is found on a British beach with no identification and unable to speak. He is labeled “Mr. Nobody” in the press and a neuropsychiatrist is brought in to work with him. In a series of exciting twists and turns, they discover they are connected in ways neither could have imagined. It’s a unique and well executed plot line, with characters who seem so real, you’ll find yourself caring what happens to them.

The Long Petal of the Sea by Isabel Allende is an epic novel blending fact and fiction, history and memory, to create a richly imagined portrayal of the Spanish Civil War. It has been labeled by critics as one of the strongest and most affecting works in her long career of historical fiction.

Pat Harkins

Musings from the Highlands Library

Let’s go fly a kite! Remember the Mary Poppins movie? Mary Poppins is teaching the children to play and to use their imagination. That’s exactly what reading does—it helps us fuel our imagination!

While the March winds are blowing, check out our “Irish” books this month that are on the book table.

- Patrick Taylor has written several about an Irish Country doctor.
- *Brooklyn* by Colm Toibin is a good fiction read about an Irish immigrant
- *Born Fighting—How the Scots Irish Shaped America* by James Webb is a good read for history-lovers

Donations and New Books

We are grateful for the many donated books that we receive each month. We go through them carefully to determine if they will be of interest to our patrons and after they are cataloged we place them on the New Arrivals shelf—Fiction on the top shelf and Non-Fiction on the second shelf. We have received some great titles!

We try to purchase 4-6 new books each month. We are now providing a summary of each book on a display stand, along with the book, on the counter. This will help you identify all of the new additions to the library.

Do you have a book you would like in the Library? We are always open to suggestions. Just leave the information on the Got a Question form at the library or email, baboothe@yahoo.com.

See page 2 for information on the launch of Browsing the Bookshelf featuring Sunnyside Marketing Director Nancy Wayland!

SAVE THE DATE



Virginia Department of Motor Vehicles Campus Visit

Need a driver’s license updated?
Registration renewed?

The DMV will be visiting the campus to help with your needs! Stop by the **Sunnyside Room** anytime on **Wednesday, April 22, between 10 am - 3 pm.**

2020 Life Enrichment Opportunities (LEO) Committee

Judie Hutton ♦ Ric Leobold ♦ Barbara Mancini
Emily Pancake ♦ Ellen Campbell

Please contact any LEO Committee member with ideas for special events and trips.

Sunnyside Resident and Staff Spring Art Exhibit!

All Sunnyside artists are invited to enter your original artwork in our exhibit scheduled for April in the Eiland Center Walkway Gallery (Elevated Walkway on 2nd Floor Assisted Living). If you have questions or are interested in submitting your work, please contact Anita Landes, Eiland Center Assisted Living Life Enrichment Coor., at ext 8225 or alandes@sunnyside.cc

All artwork should be registered with Anita by March 30. It should be ready to hang and delivered to the Eiland Center by April 2. The show will continue for about six weeks until May 30.

Smithsonian "Aerial America" Series

Saturday, March 14 & 28, 10 am
Bethel Room, 2nd Floor Eiland Center Assisted Living
Eiland Center Assisted Living residents invite you to join them for an aerial view of the United States. "Aerial America" takes viewers on flight, offering rare looks at some of the nation's best-loved landmarks from high in the sky. Cameras capture the history and pageantry of America as they zoom over busy cityscapes and quiet, rural lands. On March 14 you will go on an aerial tour of Mississippi and on March 28 the state of Nevada.

Need Something Fixed?



The Sunnyside Woodworkers will be in the Sunnyside Woodshop on **Sat., March 7** from **10 am– 12 pm**. Bring your broken item and we will take a look at it and help repair it, if possible. Unable to meet with us on March 7? Call Bill (8450) or Len (8365) and we will set a time to meet when you are available. *The Woodshop is located in the Bistro Basement past the Sunny Treasures Furniture Sale items.*

Dining Spotlight

Tartan Grill & Bistro Dinner Service on Thurs., March 5

Please note due to the Northern Lights Dance & Dinner Buffet event on Thursday, March 5, the Tartan Grill dinner service for this evening will be menu only.

This evening's dinner buffet is only for those signed up for this special themed dinner. The Bistro is reserved for those signed up for this dinner. The regular Bistro dinner menu will not be offered.

For more details on this dinner, please see page 2. To sign up for the Northern Lights Dance & Dinner Buffet, please call 8200/8201 or 8241 beginning at 10 am Tues., Feb 25.

Medleys & Mingle

in the 1912

TUESDAY, MARCH 24 • 5 PM – 7 PM



Stewart Chapman: Elvis Tribute Artist, will recreate 2 different eras of Elvis' career—the 50's and 70's. See page 5 for more details.



News from Sunny Treasures

Just today someone told me that, looking out the window at the Bistro, she could see a green haze in the trees. That, she said, means spring is on the way!



*So, spring must be coming soon.
Wearin' of the green for St. Patrick's day?
Daffodils and hyacinths and tulips, oh my!*



*Easter baskets and bunny rabbits?
Growing things!*



How to get ready for all this celebrating?
Look no further than Sunny Treasures.



There are beautiful wreaths, spring bouquets, maybe a bunny or two, and not one bit of snow! So, come and visit and find just the right thing to bring in spring!