



# King's Grant *Town Crier*

## February | 2026

### From the Executive Director's Desk

Dear Residents, Staff, and Stakeholders,

We are starting to really feel the brisk temperatures of Old Man Winter, and I have a feeling we will not see an early spring. If you believe the adage that a bumper acorn crop foreshadows a long, cold winter, then you are like me in betting that we have more cold weather in store. In any case, we certainly know how to make the most of each season, whether warm or cold.

This quarter will prove to be exciting as we continue our master planning work with RLPS Architects. To recap, we last met with them in September for focus group discussions. Both residents and staff participated, and the conversations covered a vast array of community-related topics.

As always, thank you for your continued support and passionate spirit for Kings Grant.

James Souter,  
Executive Director





Rev. Bonnylee Witt

**Spiritual life is like living water that springs up from the very depths of our own spiritual experience. In spiritual life everyone has to drink from his or her own well.** — Bernard of Clairvaux

**Faith and prayer are the vitamins of the soul; man cannot live in health without them.** — Mahalia Jackson

**3 John 1:2 NIV**  
“Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.”

# Spiritual Health & Aging

**What is Spiritual Health?** Spiritual Health becomes quite significant, as we age. The reason for this is because our needs evolve and change in various ways; physically, emotionally, and spiritually. Our schedules slow down and life comes at a different pace. Accessing resources for these needs become very necessary for our total and holistic well-being. **Finding meaning and purpose**, may be very different for us in this stage of life and we may find that we need to expand our perceptions and change some of our thoughts about caring for these needs and caring for ourselves.

## BENEFITS OF SPIRITUAL HEALTH

- Lower levels of anxiety and depression
- Greater resilience during difficult life transitions
- Stronger feelings of peace and acceptance
- A more positive outlook on aging and health

(Source: How Spiritual Practices for Seniors Enhance Emotional Well-Being August 1, 2025. Research (<https://pmc.ncbi.nlm.nih.gov/articles/PMC2755140/>)

## 2026 Schedule

### VICTORY CHAPEL SERVICES

**Sunday Afternoon 4:15 PM**

SUN. FEB. 01 KG BONNYLEE WITT

SUN. FEB. 08 KG BONNYLEE WITT

SUN. FEB. 15 REV. PALMER LOWERY

SUN. FEB. 22 TO BE DETERMINED

**All Are Welcome!**

### THE HISTORY OF THE BIBLE

**EVERY THURSDAY  
MORNINGS 10:30 AM  
FOR AN EDUCATIONAL &  
EXPLORATION OF THE  
HISTORIES AND MYSTERIES  
OF THE BIBLE...  
JOIN US IN THE  
VICTORY CHAPEL**

### Pastoral Events in February 2026

**First Baptist's Service of Communion Wed. FEB. 04, 2025 2:30 PM**

**Victory Chapel Led by Rev. Mike Hatfield**

**Service of the Holy Eucharist Thurs. FEB. 05, 2025 at 1:30 PM**

**Victory Chapel Led by Rector John Adams All are Welcome!**

**Women's Wednesday Afternoon Bible Study**

**1:30 PM Pheasant Card Room Facilitator Anne Hartman**

**Monday Morning Meditation & Prayer Time in the Pheasant**

**Card Room. Every Monday Morning 10:30—11:15 AM**

**Art & Soul Spirituality Class Spiritual Connections Through Art**

**Every Monday Afternoon 2:00—3:00 PM Multi-Purpose Room**

**In Loving Memory...**

*Patsy Perkins, Robert Harmon  
June JD Lester, Kate Judson  
Ann Grogan, Ruth Prillaman  
Irvin Holley, Mary Frith*

**NEW SPIRITUAL HEALTH CLASSES**

**The Literary Café EVERY WED. 2:30-3:30**

**Third Floor Game Room**

**Book Discussion (various topics Resident Led)**

**Spiritual Health & You EVERY TUES. 2-3 PM Video Presentation & Discussion**

**Third Floor Theater Room**

**Classes Begin 3RD WEEK IN FEBRUARY**

# Resident Birthdays

Fred Donavant	2/2	Steve Yellin	2/14
Shirley Bentley	2/4	Merlow Luttrell	2/18
Sara Rakestraw	2/4	Velma Martin	2/18
Gail Vogler	2/5	Sandra Ford	2/19
Linda Prillaman	2/8	Carol Sue Swanson	2/20
Sandra Ramsey	2/9	Randy Rollins	2/22
Lena Pigg	2/12	James "Jim" McIntosh	2/22
Mary Frances Wall	2/14	Linda Moore	2/23
		Maxine Edwards	2/29

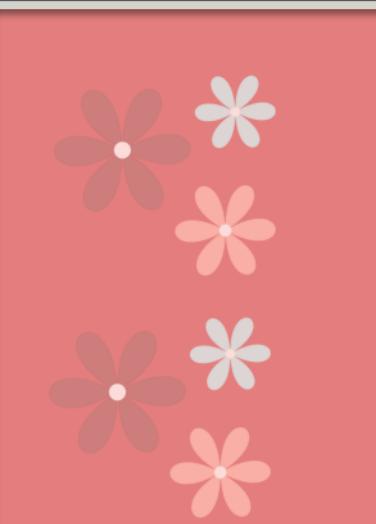
Happy Anniversary 

Ross & Linda Gale 2/21/1985 (40 years)

Joe & Toy Cobbe 2/23/1980 (45 years)



Maxine Edwards  
Apartment 300



James and Linda Alphin  
15 Colony Court

# Staff Birthdays

JeNes Turner	2/1
Melissa Lampkins	2/3
Vickie Cline	2/6
Tammy Shorter	2/8
Jay Cox-Stockton	2/8
Chance Brady	2/10
Kenzie Holt	2/11
Brandon Earles	2/13
Gary Waller	2/20
Janet Thomas	2/24
Carolyn Gibens	2/25
Mohamed Afify	2/26
Thomas Jamerson	2/26
Shereva Johnson	2/27
Ginnie Scott	2/27
Veronica Via	2/28

**Celebrating Years  
of Service**  
Ten Years:

Jimmy Jones, Maintenance

Three Years:

Sheridan Carter, Speech Therapy

One Year:

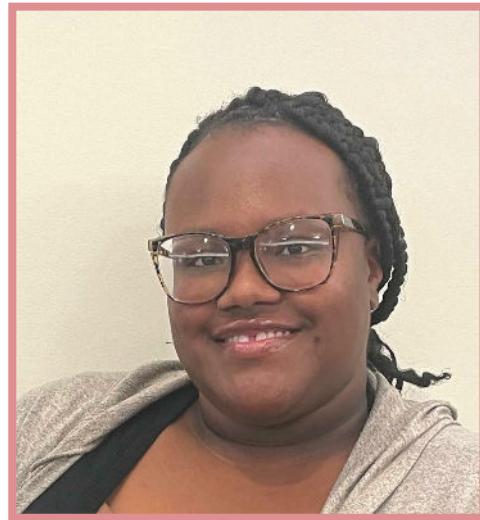
Melanie Scott, Physical Therapist

Gabina Cazales C.N.A

Kaitlyn Haynes, LPN

# Congratulations

Employee of the Month



Please Help Welcome Our Newest  
Employees to King's Grant

Chance Brady, C.N.A

Jaclyn Durant , C.N.A

February 2026

# King's Grant Wellness Center Fitness Schedule

Please note that this schedule is subject to change. Be sure to check channel 970 for class changes and updates throughout the month.

MONDAY	TUESDAY	WEDNESDAY
<b>8:30-9:45</b> Open Swim <b>10:00-10:30</b> Gym class <b>11:00-11:30</b> Water Volleyball <b>1:30-2:00</b> Chair Volleyball <b>2:00 - 3:30</b> Open Swim	<b>9:00-9:45</b> Dream Team <b>10:00-10:30</b> Lite n' Lively <b>10:45-11:20</b> Hot Shots <b>11:30-12:00</b> Gym Staff Training <b>2:00-3:30</b> Open Swim	<b>8:30-9:45</b> Open Swim <b>10:00-10:45</b> Mat Stretching <b>11:00-11:30</b> Water Volleyball <b>11:30-12:30</b> Open Swim
THURSDAY	FRIDAY	SATURDAY
<b>9:00-9:45</b> Dream Team Cardio <b>10:00-10:30</b> Lite n' Lively <b>10:45-11:20</b> Hot Shots <b>11:30-12:00</b> Gym Staff Training <b>2:00-3:30</b> Open Swim	<b>8:30-9:45</b> Open swim <b>10:00-10:45</b> Total Fitness/standing seated class <b>11:00-12:30</b> Open Swim <b>2:00-3:30</b> Open Swim	<b>9:00-12:00</b> <b>OPEN SWIM</b> <b>LIFEGUARD ON DUTY</b>



## **NEW 6 WEEK EXERCISE CLASS**

Total Fitness Class of Cardio  
Weight Resistance Exercises  
Tai Chi cool down

**This is a Standing and Seated Moderate Class**

**Fridays at 10:00AM**

**Second Floor Exercise Room**

Cardio- For your Heart Strength  
Weight Resistance- Muscle Strengthen for the  
Muscles and Bones  
Tai Chi- Balance and Calming the Mind



# Wellness Spotlight

Curtis and Daphne Stone have always shared a love for staying active. Since moving to King's Grant, they've made daily exercise in the gym part of their routine. The treadmill and the bike are their favorites, and they rarely miss a workout. Most days, if you see one of them there, you can count on seeing the other right alongside them.



Margie Price-Savedge

And

Christopher Janey

Less than 2 months away before  
our own wellness director  
Margie Price-Savedge will be  
performing on stage for the  
Piedmont Arts Dancing for the Arts!

Don't forget your tickets for the Show on  
March 14th.

[www.Piedmontarts.org](http://www.Piedmontarts.org)



# FEBRUARY HIGHLIGHTS

set your reminder!

Tues. Feb, 3rd	<b>1st Tuesday Breakfast &amp; Meeting</b>	8:00 a.m. Breakfast– Trellis 8:30 a.m. Meeting– Trellis
Wed. Feb, 4th	<b>Speaker: Roanoke Bus Tour– Ernie Dale</b>	10:00AM - Multipurpose Room
Fri. Feb, 6th	<b>Watch Party– Winter Olympics Opening Ceremony</b>	2:00PM-Franks' Place Theatre
Mon. Feb, 9th	<b>Pastor Glen &amp; Singers</b>	10:30-11:15AM Victory Chapel
Wed. Feb, 11th	<b>Bus Outing: Give me Liberty Exhibit– Halifax County Museum of Fine Arts &amp; History</b>	Departing 10:00AM from 300 Entrance
Thurs. Feb, 12th	<b>Science Café</b>	3:00PM– Francks' Place Theatre
Fri. Feb, 13th	<b>Valentine's Day/ Birthday Party</b>	2:00-3:30PM– Trellis Room
Sat. Feb, 14th	<b>Valentine's Dinner Special</b>	5:00-7:00PM– Franck's Place
Mon. Feb 16th	<b>Monday Night Movies– All The Way (LBJ)</b>	6:30pm Francks' Place Theater
Tues. Feb 17th	<b>Mardi Gras Entertainment– 2nd Chance Duo</b>	2:30PM– Trellis Room
Tues. Feb, 17th	<b>Fat Tuesday— Special Menu at Francks' Place</b>	5:00-7:00PM– Francks' Place Theatre
Wed. Feb 18th	<b>Bus Outing: Recognizing AI scams ( S.A.L.T) at the Henry County Administration Building</b>	Departing 1:30PM from 300 Entrance
Thur. Feb, 19th	<b>Bus Outing: Hamlet Kitchen</b>	Departing 3:00PM from 300 Entrance
Wed. Feb, 25th	<b>Lunch &amp; Bingo</b>	12:00PM– Lunch (Optional) 1:00PM– Bingo
Wed. Feb 25th	<b>90+ Lunch Bunch</b>	11:30 AM Trellis Private Dining Room
Thur. Feb, 26th	<b>Bus outing: Texas Tavern &amp; Black dog Salvage</b>	Departing 10:00AM from 300 Entrance



## News with Dining

CHRISTMAS IS NOW A FOND MEMORY, AND JANUARY IS ALREADY IN THE REARVIEW MIRROR—BUT THERE'S STILL PLENTY OF TIME TO ENJOY THICK, HEARTY SOUPS AND STEWS. TASTY TUESDAY HAS OFFICIALLY RESUMED! WE'LL BE ALTERNATING BETWEEN LUNCH AND DINNER SERVICE SO EVERYONE HAS AN OPPORTUNITY TO PARTICIPATE. WHEN THESE FEATURED DISHES APPEAR ON THE MENU, THEY WILL BE MARKED WITH AN ASTERISK BEFORE AND AFTER THE ITEM, LETTING YOU KNOW IT'S ONE OF THE SELECTIONS YOU HELPED CHOOSE.

Janet Ashby, Dining Director

This is a photo of a great egret, a striking and sizable bird commonly found throughout America, including right here on the King's Grant campus. While it is most often seen near ponds, lakes, and other bodies of water, the great egret nests in trees like many other bird species—so it can occasionally be spotted in that setting as well.

GREAT EGRET



BILL CHARLES PHOTOGRAPHY



### DEAR DEVELOPMENT,

I'm updating my will and considering a planned gift to my favorite charity.  
What are the most common types of planned gifts among donors?

- Purposeful Planner at King's Grant

### DEAR Purposeful Planner,

We're so glad you asked!

A planned gift, also referred to as a legacy gift or deferred gift, is a wonderful way to leave a lasting impact on your favorite charity long after your lifetime. Many planned gifts also offer tax advantages for the donor, both during their lifetime or later to their estate.

The most common types of planned gifts to charities among donors include:

- **Bequests in wills or trusts:**  
Leaving a sum or percentage of money, specific assets, or a share of the estate in a will or revocable trust are popular because they are low cost, flexible, and simple to set up.
- **Beneficiary designations:**  
Naming a charity as a beneficiary of a retirement account (such as an IRA or 401k) or life insurance policy allows a donor to designate part or all of the proceeds to specific beneficiaries.
- Other frequently used vehicles for charitable giving:
  - o **Charitable Gift Annuities (CGA)** and **Charitable Remainder Trusts (CRT)** are used by donors who want a stream of income during their lifetime, with a planned gift later. IRA owners aged 70 1/2 + can use a one-time QCD to fund a CGA or CRT – and the tax-free limits have been increased for 2026 for QCDs.
  - o **Gifts of Appreciated Assets** (such as securities and real estate) are also used, but typically by donors with more complex estates.

If you are considering a legacy gift to a charity like Sunnyside Communities, talk to your tax advisor about ways your gift could provide tax advantages to you and/or your estate, both now and later.

HAPPY GIVING!

The Development Team

Tax ID: 54-0591600

## Alzheimer's Support Group Meeting

In-person meetings on the fourth Tuesday of every month

**Next Meeting: Tuesday, February, 24th**

**3:00 – 4:00 P.M.**

**Main Conference Room**

**This meeting additionally invites family members and/or support persons.**



# ASK US ANYTHING!

The King's Grant marketing team is ALWAYS here to answer any questions or concerns you may have. We would like to assure you that we will always listen to the voice of our residents and respond accordingly.

There are many ways to contact us. Choose the way that is most convenient for you.

Contact Our Team Today!

Jamie Turner, Marketing Director

JTurner@kingsgrant.cc \ 276-634-1140

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Brandon Earles, Marketing Counselor

BEarles@kingsgrant.cc \ 276-634-1138

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Roger Owens Marketing\ Move Coordinator

ROwens@kingsgrant.cc \ 276-634-1202

## What's Happening at Francks' Place?

**Billiards:** Every Tuesday & Thursday from 1:00—4:00pm.

**Movie Matinee:** Every Tuesday at 3:00PM at Francks' Place Theater. Popcorn and Drinks available. Titles will be announced the week Prior.  
*Sign up in the resident app or contact Sharon at 1585.*

**Wondrium:** Come Learn something new! Shown every Monday from 1:30-2:30PM in Francks' Place Theatre.

## Services available on King's Grant Campus

**McCormick Dry Cleaning:** Pick-ups/drop-offs on Tuesdays & Fridays, times vary.

**Seamstress:** Pick-ups/drop-offs by appointment only. Contact Sylvia Smith at **276-618-1441**

**Safety Deposit Boxes:** Available on campus.

**Notary Publics:** Available on-site by appointment.

**CPR & First Aid Classes:** Tammy Shorter ext.1137

**Nail Technician:** Manicures and pedicures by appointment. Contact Tina Williams at ext. **1488**

**For Clinic Hours and Services call ext. 1481**

**Transportation:** For shuttles, appointments, or shopping requests, contact Ron Dailey or Ed Ledbetter or at ext. **1129**. If they are busy and you need a shuttle, dial ext. **1513** (Guard House).

**Electronic Funds Transfer:**

Auto-draft from checking/savings accounts available. Contact Stevie Anderson at ext. **1132**

**Beauty/Barber Shop:** For appointments, contact Tina Williams at ext. **1488**

**Massage Therapy:** Kim Kidd **276-734-5015** & Cindy Rhoday **276-634-7300**, on-site by appointment

**Housekeeping Services:** Contact Mike Moyer to schedule services-276-634-1496

# Francks' Place BOOK CLUB



Next meeting

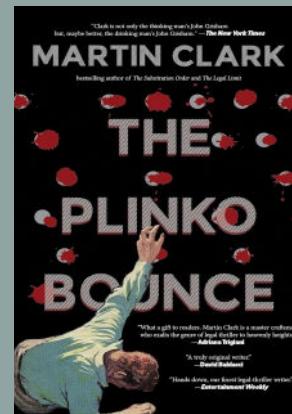
Wednesday, February 4th, 2025

12:00pm/Francks' Place Theatre

interested in becoming a member, contact  
Joan Montgomery (1349) or Dawn Howe (1313)



# King's Grant Book Club February Edition



For seventeen years, small-town public defender Andy Hughes has been underpaid to look after the poor, the addicted, and the unfortunate souls who constantly cycle through the courts, charged with petty crimes. Then, in the summer of 2020, He's assigned to a grotesque murder case that brings national media focus to rural Patrick County, Virginia—

Next meeting will be on  
Monday, February 23rd  
11:45AM Private Dining Room

To contribute to the Town Crier please submit information by the 17th of each month to:

[bbuzzeo@kingsgrant.cc](mailto:bbuzzeo@kingsgrant.cc)



*King's Grant*

DISCOVER THE DIFFERENCE