



Weekly Courier

Sept. 20-26, 2021

MANAGER-ON-DUTY – 9/18-19: Corinne Pearce

To contact the Manager-on-Duty, call Security on x2020 and they will contact the MOD via cell phone to respond.

Collington Communication Avenues:

- **Courier** – Submissions to be made by e-mail (kcheney@collington.kendal.org) or in writing to Karen Cheney
- **Collingtonian** – Contact George Newman by e-mail (newfair6@gmail.com) or ext. 7349
- **Live Collington** – To set up on your PC or I-phone, type “Live Collington” into your browser
- **Collington Chanel 972 on your TV**
- **Collington Website** - <https://collington.kendal.org/>
- **Resident’s Association Website** - <https://collingtonresidents.org/>
- **MedStar On-Call After Hours # - 301-570-7363**
- **If you call 911 from your home**, please follow-up with a call to Security (x2020) to let us know to expect an ambulance. If we are not informed, we cannot direct them appropriately and it may take longer for them to reach you. Again, please follow-up with a call to Security after you dial 911. Thanks.

FOR UPDATES ON ALL EVENTS:

Continue to check email, voice mail for broadcast messages, the TV (Channel 972) for updated information. Broadcast events are subject to volunteer availability.

DINING HOURS:

The Landing:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 AM-3:30 PM	11:30 AM-3:30 PM	11:30 AM-3:30 PM	11:30 AM-3:30 PM	11:30 AM-3:30 PM	Closed	Closed

Main Dining Room:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <i>Carryout Only</i>	Sunday <i>Carryout Only</i>
4:00 PM-7:00 PM	4:00 PM-7:00 PM	4:00 PM-7:00 PM	4:00 PM-7:00 PM	4:00 PM-7:00 PM	10:00 AM – 12 Noon and 1:00 PM – 3:00 PM	10:00 AM – 12 Noon and 1:00 PM – 3:00 PM

Transportation Schedule to/from Metro:

<i>Call Security x2020 to sign-up</i>	Leave Collington	Leave New Carrollton Metro
Monday thru Friday	5:54 AM	6:05 AM
	6:25 AM	6:40 AM
	3:15 PM	3:35 PM
	3:55 PM	4:15 PM
Tuesday & Thursday	9:00 AM	3:35 PM
		4:15 PM

Transportation to Medical Appointments:

Monday <i>Greenbelt</i>	Tuesday <i>Bowie</i>	Wednesday <i>Greenbelt</i>	Thursday <i>Bowie</i>	Friday <i>Bowie</i> <i>*Greenbelt</i>
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
1:00 PM	1:00 PM	1:00 PM	1:00 PM	*1:00 PM

For Medical Appointments, complete the Transportation request form and drop it off at Security.

Grocery Runs:

10:00 AM	Monday	Wegmans
10:00 AM	Wednesday	Giant
10:00 AM	Friday	Safeway

Masks are required on Collington Transportation Vehicles

MEETING ROOM SPACES AND WHO TO CONTACT:

Indoor Gatherings, require all persons (*regardless of vaccination status*) to wear a mask per Prince George’s County Guidelines.

- Kim Rivers – Handling all requests for any activity/meeting to be aired on 972. Kim may be reached on x7393. If meeting/activity is not being aired on 972, contact Karen Cheney on x5023.

Meeting Room Reservations- You can reserve the Auditorium, Classroom A & B, via LiveCollington.org

RESERVING MEETING SPACES: When you book your meeting space using the LiveCollington app or in conversation with a team member, please add extra time for set-up and break-down if your meeting requires this. By doing this, we will avoid, the next group walking in before their scheduled time.

Set-Ups for meeting spaces. Contact Charlene Smith, x4774 with your specific set up needs.

SATURDAY, September 18

Time	Activity
All Day	Cornhole Free Play – Courtyard
8:30 AM	WEED WARRIORS – Outside
10:00 AM	Aqua Class with Marsha Voigt – Pool
10 AM -3 PM	Ping Pong in the Game Room - CANCELLED
3:30 PM	Film: “Smoke Signals” – Game Room

WEED WARRIORS SATURDAY 8:30 AM: We plan to continue our work along the unpaved trail below the employees’ parking lot (go down the paved trail to sign post #13). There is a lot of mile-a-minute plus the usual suspects. Please bring clippers, loppers, saws, etc. Come and help or just to see what we do. If the weather looks iffy, we may make changes: WW - check email.

FILM SHOWING Saturday, September 18th at 3:30 in the Game Room. Join us in watching "Smoke Signals," an award-winning Native American film about friendship and relationships. It's poignant and often funny. The film is based on a short story by Sherman Alexie.

PING PONG PLAYERS!!! We are NOW playing in the Game Room ever Saturday and Sunday from 10-3. We will have the table set up for you. I continue to have the list of players, so you can contact players and agree on dates and time. Just send me an email, Norma Taylor at normaiam2@hotmail.com. You are encouraged to send your comments and suggestions to me as to how the process can be made as seamless as possible. **It is still a good idea to sanitize the paddles, balls, and your hands before and after playing. HAVE FUN!**

SUNDAY, September 19

Time	Activity
8:00 AM	Pickleball Free Play – at the courts
10 AM -3 PM	Ping Pong in the Game Room
3:00 PM	Hymn Tunes/Texts – Marilyn Haskel - Chapel
3:00 PM	Concert: Andrew Balio, first chair trumpet of the Baltimore Symphony

WHAT I DID DURING THE PANDEMIC TO STAY SANE.

**Marilyn Haskel
Sunday, September 19, 2021—3pm
Walker Chapel, Collington**

During 2020 and 2021 Marilyn Haskel wrote eighteen hymn tunes or texts. These are not hymns *about* the pandemic, but rather an exercise of filling hours of isolation time with the creative spirit. Come enjoy an hour of singing together and learning about the craft of composing and discerning how to express certain ideas musically.

Sunday Afternoon Concert: We are pleased and fortunate to have as our performer, **Andrew Balio, first chair trumpet of the Baltimore Symphony.** Andrew debuted at age 15 with the Milwaukee Symphony. He has appeared as guest soloist with various orchestras in Europe, Asia, South America, and the United States. Mr. Balio has also made several recordings which he may bring with him. If you are interested in purchasing one of them, bring cash or a check with you. Let's have a full house for this outstanding musician on **Sunday, September 19th, at 3:00 in the auditorium. Don't forget to wear a mask!**

MONDAY, September 20

Time	Activity
Transportation	Greenbelt – 8:30 am, 10:00 am, and 1:00 pm departures
9am-3pm	Salon open
9 AM – 2 PM	Truist (BB&T) open
9:00 AM	Movement Monday w/ Ebony Jordan – By the Greenhouse
10:00 AM	Aqua Class w/ Ebony Jordan - Pool
10:00 AM	Grocery Run to Wegmans
10:00 AM	Accessibility Committee meeting via Zoom
10:00 am – 12:00	Wood Shop drop-off hour
10:30 am-3 pm	Library open
1:30 PM	Balance and Beyond w/ Nelson Miraflor – Classroom A
2:30 pm- 4:30 pm	OO Shop open
4:00 PM	Collington Singers Rehearsal - AUD
7:00 PM	Monday Night Movie - AUD

TUESDAY, September 21

Time	Activity
Transportation	Bowie – 8:30 am, 10:00 am, and 1:00 pm departures
8:00 am	Pickleball Drills & Practice – at the courts
9am-3pm	Salon open
9:00 AM	Circuit Class w/ Ebony Jordan – By the Greenhouse
10:00 AM	Senior Fitness w/ Ebony Jordan – 972/AUD
10:00 am	Wood Shop drop-off Hour
10:00 am	Episcopal Service - Chapel
10:30 am	Chair Yoga- Marion Robbins (<i>Recording</i>)- Ch 972
10:30 am-	Library Open
11:00 AM	Easy Aerobic Aqua Class w/ Ebony - Pool
11:30 AM	Tai Chi (You tube video) 972
1:15 pm	Billiards room open for play
1:30 PM	RA Meeting – AUD/972
2:30 – 4:30 PM	Farmers Market – Groaning Board near the Clock Tower
4:00 PM	Quaker Worship Group, Chapel. All are welcome.
4:00 PM	One Day University - 972

WEDNESDAY, September 22

Time	Activity
Transportation	Greenbelt – 8:30 am, 10:00 am, and 1:00 pm departures
9am-3pm	Salon open
9:00 am	Stretch Band Wednesday w/ Ebony Jordan – by the Greenhouse
9:00 am	Aqua Class w/Marsha Voigt – Pool
10:00 am	Aqua Class w/Marsha Voigt – Pool
10:00 am	Body Pump w/ Ebony Jordan – Classroom A
10:00 am	Grocery Run to Giant
10:30 AM	Catholic Communion Services - Chapel
10:30 AM-3PM	Library Open
11:00 AM	Stretch and Flex w/ Ebony – Classroom A <i>*NEW CLASS</i>
11:00 AM	Wisdom Seekers - Chapel
1:00 PM	Healthy Aging Month: Fall Prevention Class w/ Assisted Rehab – 972/AUD
1:00 PM	Wood Shop drop-off hour
1-3:00 PM	Wood shop open – Do-it-yourself projects
1-3:00 PM	Collington Computer Clinic - Dennis Evans
2:00 PM	Chess in the Landing
2:30 PM	Mystery Book Club – Classroom B
2:30-4:30 PM	OO Shop Open
4:00 PM	Faith Forum - Chapel
7:00 PM	Bingo – Game Room
7:00 PM	Neighbor Talks - AUD

THURSDAY, September 23

Time	Activity
Transportation	Bowie – 8:30 am, 10:00 am, and 1:00 pm departures
8:00 am	Pickleball Free Play – at the courts
9am-3pm	Salon open
9:00 AM	Circuit Class w/ Ebony Jordan – By the Greenhouse
10:00 am	Wood Shop drop-off hour
10:00 AM	Chair Aerobics w/ Ebony Jordan – 972/AUD
10:30 AM	Floor Yoga – Nadine Hathaway – 972/AUD
10:30 am- 3 PM	Library Open
11:00 AM	Foreign Affairs Discussion Group – Game Room
11:00 AM	Healthy Aging Month: Grief & Loss Support w/ Hospice of the Chesapeake–972/AUD
11:00 AM	Dance and Flow w/ Ebony Jordan - Classroom A <i>*NEW CLASS</i>

2:00 pm	Billiards room open for play
2:00 PM	Community Meeting – 972/AUD
2:00 PM	Fitness Committee Meeting – Classroom C – CHECK 972 FOR UPDATE
3:00 PM	Chamber Choir Rehearsal - Chapel
4:00 PM	12 Steps & 12 Traditions – Board Room
4:45-5:45 PM	Ivy Lounge Jazz Combo
6:30 pm	Duplicate Bridge – Game Room

FRIDAY, September 24

Time	Activity
<i>Transportation</i>	<i>Bowie – 8:30 am, 10:00 am departures Greenbelt – 1:00 pm</i>
9 AM – 2 PM	Truist (BB&T) open
9am- 3pm	Salon Open
9:00 AM	Tabata Friday w/ Ebony Jordan – by the Greenhouse
10:00 am	Grocery Run to Safeway
10:00 am	Aqua Class with Marsha Voigt –Pool
10:00 am	NO Woodshop drop-off hour
10:00 am	Core and Strength Exercise w/Ebony Jordan – Classroom A
10 AM-2:00 PM	OO Outdoor Clothing Sale - Broadway
10:30 am	Marian Robbins Chair Yoga – (Recording) - 972
10:30 am- 3:00 pm	Library Open
11:30 AM	Categories of American Popular Music w/ Don Zelman – Ch 972
1:00 PM	Healthy Aging Month: Grateful Gathering (Register w/ Kim, x7393)- CR A
2:30pm-4:30pm	OO Shop Open
4:00 pm	Meditation w/ Nadine Hathaway – Chapel
4-6:00 PM	Eulane Rose and Friends. Music in the Ivy Bar.

Saturday, September 25

Time	Activity
All Day	Cornhole Free Play – Courtyard
8:30 AM	WEED WARRIORS – Outside
10:00 am	Aqua Class with Marsha Voigt – Pool
10am – 3pm	Ping Pong in the Game Room

Sunday, September 26

Time	Activity
8:00 am	Pickleball Free Play – at the courts
10am-3pm	Ping Pong in the Game Room

Happening this Week

Accessibility Committee: We will meet at 10 AM Monday via Zoom.

AARP DRIVER'S SAFETY CLASS CANCELED! Due to the number of registrants, we will not be able to provide the Driver's Safety Class. Please stay tuned for another class in Spring 2022. Thank you.

Monday Night Movies - On Monday, September 20 at 7:00, The Collington Theater will present the Danish movie **Babette's Feast** (1987) color, 102 min. This is a Danish film, based on a story by Isak Dinesen, about two daughters of a minister who grow up in a small fishing village in Jutland. They give up love to remain in their quiet village doing good works. Then, suddenly, a French refugee from the Franco-Prussian War, Babette (played by French actress Stéphane Audran), arrives with her special secret to work as their servant. When Babette wins 10,000 francs in a lottery the fun begins. Leonard Maltin describes this film as "subtle, funny, and deeply felt," and gives it 4 out of 4 stars. Rotten Tomatoes gave it 5 out of 5 stars and called it "a timeless Scandinavian treat that explores the complex relationships between people, beliefs, and what it means to be an artist." **Babette's Feast** won an Academy Award in 1987 for Best Foreign Film. Look for Swedish actress Bibi Andersson as the Swedish courtier. Have a big dinner before you see this delightful movie because the preparation for the feast will make you hungry. Just to whet your appetites here are some of the dishes served at the feast: "Potage à la Tortue" (turtle soup) served with Amontillado sherry

- "Blinis Demidoff" (buckwheat pancakes with caviar and sour cream) served with Veuve Cliquot Champagne
- "Cailles en Sarcophage" (quail in puff pastry shell with foie gras and truffle sauce) served with Clos de Vougeot Pinot Noir
- "Savarin au Rhum avec des Figues et Fruit Glacée" (rum sponge cake with figs and candied cherries) served with Champagne

Bon appétit!

Invitation to the September Council Meeting

After a gap of more than two months, all residents are invited to attend the September RA Council Meeting, to be held in the Auditorium at 1:30 pm on Tuesday September 21. This will be our first in-person Council since I took office; the event will also be broadcast on 972.

On behalf of all five of us on the RA Executive, I look forward to welcoming you to the meeting. Marian Fuchs

Tuesday, 09/21, 4:00 pm – One Day University - Are the Machines Taking Over? The Ethics of Artificial Intelligence: Computers answer questions and give directions. They decide who gets organs for transplantation and bail in criminal courts. They serve as companions for elderly and disabled, and they guide autonomous cars and weapons of war. Is it dangerous or immoral to leave all of these decisions to machines? Will computers make morally better decisions than humans do? Can artificial intelligence improve on human moral judgments? Will artificial intelligence systems or robots act in destructive ways? We need to face all of these questions in the near future. The solution is to build morality into computers, but how can we do that? We will see. This class will discuss how artificial intelligence is well on its way to running nearly every aspect of our lives as technology embedded in web enabled devices, algorithms, and the programs that power them make a staggering number of everyday decisions for us.

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Wednesday, 09/22, 1:00 pm – Fall Prevention w/Assisted Rehab: Afraid of falling? Assisted rehab has all the safety tips to prevent falls and keep you safe. Aud/972

“Fitness Committee Meeting information- please see notice on channel 972 for this week’s meeting time and location ”



**CHESS IS BACK!! Every Wednesday at 2pm.
In the Landing (In the back room).
ALL ARE WELCOME!!
Bring your chess set if you have one.**

**“Talk on 9-11” Opens Neighbor Talk Series
Wednesday September 22, 7:00PM
Auditorium and Channel 972**

Each of us remembers exactly where we were when the planes crashed into the World Trade Towers. Our speaker was on a flight from London to Dulles Airport when her plane and 4,000 thousand others in flight over or toward the US were ordered to empty the airspace as quickly as possible.

She her husband and about 7,000 other passengers and crews from 48 intercontinental aircraft were directed to land at Gander Airport, Newfoundland...a familiar fuel stop for trans-Atlantic flights and a town of only 9,000 people.

The talk will share the amazing story of how they lived together for several days.

The September Community meeting will be held on THURSDAY, September 23rd from 2:00 – 3:00 PM in the Auditorium.

Outdoor Clothing Sale!! Outdoor Clothing Sale!! We have many winter coats, jackets, hats, and gloves for sale. Come shop in the Broadway Bump Out on **Friday, September 24th, from 10:00 until 2:00.** We will also have racks of some our new winter clothing offerings for you to purchase. All purchases are **cash only.** Please come celebrate the change of seasons with the OO Shop.

Thursday, 09/23, 11:00 am – Grief & Loss Support w/Hospice of the Chesapeake

Hospice of the Chesapeake will discuss how grief is a natural response to the death of a loved one, and how it uniquely affects each person physically, emotionally, mentally, and spiritually. – Auditorium/972

Friday, 09/24, 11:00 am – Grateful Gathering

Vitalize 360 is now a part of a non-profit organization known as A **Network For Grateful Living.** Participants will have the opportunity to connect and discuss how to live a grateful life. Once a month, Kim Rivers, will organize Grateful Gatherings, where residents can discuss how to live a positive life through gratitude – Classroom A

IN MEMORIAM:

Gay Kelly, September 14, 2021
Jenny Fielding, September 14, 2021

FUTURE HAPPENINGS:

Remember to Check your Healthy Aging Calendar!

Upcoming Events:

Hospital Review Folder Presentation

972 ONLY: 9/27 @ 1 pm

MUST REGISTER – Hospital Folder Review

Auditorium: 9/28 and 9/29 (registered times)

Medstar Open Forum w/Dr. Singh – TOPIC: Sleep

Auditorium: 9/30 @ 11 am

PLEASE REGISTER- Rock the Walk, Community Walk

Meet at Clocktower: 10/01 @ 10 am

Attention Residents

We are now providing Creighton Center Tours!!!

During the Month of October, Brenette Johnson (Admission Coordinator) will be given tours of the Creighton Center in groups of **4 ONLY**.

You will be able to view all 4 neighborhoods, including activity and dining areas. If you are interested in touring Collington’s Health Center, please sign up at the Resident Bulletin Board, across from the Billiards Room. If you have any questions, contact Brenette Johnson, x 4773 ~ brjohnson@collington.kendal.org.

NOTE: Schedule and/or the amount of people are subject to change due to any COVID-19 restrictions that may be implemented.

Slots	Tuesday, October 5th	Slots	Wednesday, October 6th
Slot A	10:00 am – 10:30 am	Slot A	1:00 pm – 1:30 pm
Slot B	10:45 am – 11:15 am	Slot B	1:45 pm – 2:15 pm
Slot C	11:30 am – 12:00 pm	Slot C	2:30 pm – 3:00 pm
Slots	Monday, October 11th	Slots	Wednesday, October 13th
Slot A	10:00 am – 10:30 am	Slot A	1:00 pm – 1:30 pm
Slot B	10:45 am – 11:15 am	Slot B	1:45 pm – 2:15 pm
Slot C	11:30 am – 12:00 pm	Slot C	2:30 pm – 3:00 pm
Slots	Monday, October 18th	Slots	Wednesday, October 20th
Slot A	10:00 am – 10:30 am	Slot A	1:00 pm – 1:30 pm
Slot B	10:45 am – 11:15 am	Slot B	1:45 pm – 2:15 pm
Slot C	11:30 am – 12:00 pm	Slot C	2:30 pm – 3:00 pm
Slots	Tuesday, October 26th	Slots	Wednesday, October 27th
Slot A	10:00 am – 10:30 am	Slot A	1:00 pm – 1:30 pm
Slot B	10:45 am – 11:15 am	Slot B	1:45 pm – 2:15 pm
Slot C	11:30 am – 12:00 pm	Slot C	2:30 pm – 3:00 pm

ITEMS OF INTEREST

NEW PRACTITIONER FROM ON-SITE DERMATOLOGY: Monica Francis, who has been a long serving team member for OnSite Dermatology in the greater Baltimore area for the past several years will no longer be the Practitioner providing care at Collington. We are saddened to see her leave but wish her all the best. With that said, please welcome Christina De Leon, PA-C who will now be servicing our community.

Our Medstar clinic will be offering flu shots beginning the week of September 27th.

Patients/residents should call the clinic office (x7791) to schedule their flu vaccination ahead of time. Flu vaccinations will be given on Monday, Tuesday, Thursday and Friday during morning and afternoon blocks.

Patients who have upcoming appointments with the next two months will receive their flu vaccinations at that time and no additional prescheduling is necessary for their flu shots.

The nominating committee of the Residents Association is offering the following slate of officers:

1. President Marian Fuchs
2. 1st Vice-President Howard Piggee
3. 2nd Vice- President Mary Ann Curley
4. Secretary Sheena MacPherson
5. Treasurer Ann Carlson

Any additional resident nominee who wishes to run for an office must submit their name to Mike McCulley (ext.7338, mikeeccim@comcast.net) by noon on the 22nd September along with 25 resident supporting signatures.

Voting will take place on Thursday, September 30 from 12 – 4PM in the Clock Tower. Absentee ballots will be available electronically or by paper after the 23rd September from Mike McCulley.

The results will be announced at the Annual Meeting on Friday October 1 at 1.30PM.

Ann Davie, Mary Kim, Mike McCulley

Wood Shop--Drop-off hours limited. Check the daily schedule, and **CALL BEFORE YOU COME** (X 2169).

DO YOU KNOW?

Using LED bulbs in lamps and fixtures saves you (and Collington) money. What is the cost of lighting the average living room annually? Compare by power consumption:

1. **LED** → **\$7.35** (49 kWh)
2. **Halogen** → **\$44.10** (294 kWh)
3. **Incandescent** → **\$53.85** (359 kWh)

What are the environmental benefits to LED bulbs?

1. **No Mercury**
2. **Totally recyclable.**
3. **Use 75% less energy than incandescent bulbs**, one reason being that they don't waste energy on heat, which consumes 90% of energy used by incandescents.
4. **Because they are brighter, fewer bulbs are needed**, which translates into lower cost for you and fewer environmental production costs.

Have you changed a bulb today? Love your Mother!

Contact Mike Burke for more information: x5143 or burkemf@live.com

Department Updates

FROM MEGAN BARBOUR:

Change in Health Services Administrator:

I'm writing today to announce the resignation of Hope Nevins, Health Services Administrator, effective yesterday, September 13th. We are very appreciative of the contributions Hope made during her time at Collington and we wish her the best. I, Megan Barbour, will remain in my role as Chief Operating Officer but will step into the interim Health Services Administrator role until we fill the open position.

I have met with the health services team and am encouraged by their resilience, knowledge, and willingness to pitch in and help where needed to ensure that there are no delays in any health service coverage, including flu vaccinations or COVID-19 booster shots. I will continue to work with Nancy Webb of the Health Services Committee for any health-related issues, questions or items that may arise.

Thank you, Megan Barbour

Transportation: Beginning this Saturday, September 18th, 2021, we will be trialing every other Saturday transportation availability. We ask for your patience while we work to coordinate the times and schedules for the transportation runs to best meet resident requests. Our goal is to provide additional metro runs, a grocery run, and library run on Saturday mornings. More information on specific scheduled runs to come.

MedStar Center for Successful Aging:

The clinic will kick off the flu vaccination process the week of September 27, 2021. Residents should contact the clinic at extension 7791 to schedule their flu vaccination in advance. Vaccines will be given on Mondays, Tuesdays, Thursdays, and Fridays in morning and afternoon blocks. Residents should expect to receive their flu vaccine at their upcoming visit if it is within the next two months, no additional prescheduling for the flu vaccine is needed if this is the case.

The on-call number for the Center for Successful Aging will be changing as of October 1st, 2021.

Residents with urgent medical concerns after hours may reach the Geriatric Medicine provider by calling the Medstar Good Samaritan Hospital operator at 443-444-8000. Ask the operator to connect you to the on-call provider for Geriatrics (Center for Successful Aging). Please provide them with your Name, Date of Birth, that you are a resident of Collington and your call back number. For all routine matters after hours please leave a message for the Collington Clinic at 301-925-7791.

FROM COURTNEY CORCORAN:

If you need to close out your account or safety deposit box at BB&T (Truist), contact Ingrid Wilkerson at (301) 925-8048 or through email at: Ingrid.Wilkerson@truist.com

FROM ROB REIGLE:

Auditorium Audio upgrade

The auditorium audio upgrade is complete. The new sound system and speakers are in place as well as new chorus microphones. Training sessions were held this week and the next training session will be on Monday September 20th at 1pm in the Auditorium. A reminder that training is required to utilize the equipment. Special thank you to the Collington Foundation and the anonymous donation which made this great improvement possible.

Security Camera and Access Control systems

This new project is underway with a chosen vendor, a signed deal with equipment on order. The project will include the following:

1. All NEW Cameras, replacing all existing, in the same locations.
2. Apartment building will have access control on exterior doors – doors will auto lock at a designated time (7pm?) – Will include badge access and a video intercom where security can open doors from the security desk.

FROM KAREN CHENEY:

The September Community meeting will be held on THURSDAY, September 23rd from 2:00 – 3:00 PM in the Auditorium.

COMMUNITY MEETING DATES:

October 22

November – No meeting

December 10

SAGE FALL CLASS REGISTRATION: Registration is underway for the fall semester. The online catalog is on the Live Collington app under Resident Services. Not included in the online schedule is a “just added” Water Arthritis Class. See the details in this Courier.

RESIDENT SATISFACTION SURVEYS CONTINUE! Within the last week, some of you received another satisfaction survey from We Care Connect/Ann Gillespie. The surveys are now tied to your move-in date and every six months thereafter. The survey being sent out now does take into consideration your comments regarding the initial survey tool as We Care Connect incorporated changes to allow for additional comments.

SUBSCRIPTION SERIES: At the Trip Committee this week, it was brought to my attention that you were interested in learning how many individuals signed up for each series. Below is that information.

Arena Stage: 22

NSO Coffee Series: 17

PG Philharmonic: 13

ASO: 10

BSO: 11

Round House: 12

Now that the Arena Stage Subscription is confirmed, and we still are without the additional driver, the following changes will need to be made on performance dates:

Only the 8:30 AM transportation to medical appointments (Bowie) will occur on the below dates. Do not schedule an appointment for any other time that day.

- September 28
- December 21
- February 15, 2022
- March 29, 2022
- May 10, 2022

The Giant grocery run will not go on these dates:

- November 3
- June 15, 2022
- August 3, 2022

As soon as Transportation confirms a driver for NSO and Round House (these are the next two we are working on), I'll notify you.

Life Enrichment/Fitness & Wellness Updates:

Pool

- Please sign in and out in the Pool Area for contact tracing purposes, the pool is for Independent living residents only at this time.

-If the pool is unexpectedly closed alerts will be posted on channel 972, livecollington app and website.

-**Pool Hours** have changed as we exited "peak season" on Sept 1 and now head into the fall and winter months! Please see full schedule outside of the pool and on channel 972. Please note that once SAGE aqua classes begin a new weekly pool schedule will be posted.

-Please see the SAGE course schedule in the Courier for an upcoming weekly Aqua Arthritis Class. Please note that participants of this class must sign up in advance through SAGE.

Aquatic Arthritis Exercise Classes!

With SAGE Instructor, LeCount Homes



Class Title: Aquatic Arthritis Exercises
Monday – 11 AM – 12 Noon
Dates: 10/4/21 – 1/10/22
Syn # 83490

Class Title: Aquatic Arthritis Exercises
Wednesday – 11 AM – 12 Noon
Dates: 10/6/21 – 1/19/22
Syn # 83491

Questions? Please contact the SAGE office at PGCC at (301) 546-0923

Fitness Gym

The fitness gym is operating for Independent Living Residents only at this time and the fitness gym returned to 24/7 operations, please sign in and out outside the gym door. Remember to wear your mask!

Creighton Center:

Natalee is in need of bags of Halloween candy! If you are able to donate any Halloween candy please drop off in the basket outside of 216. Thank you!

Vitalize 360 - Vitality Corner

“Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.”

-Brene Brown

Hospitality Memorandum

From: Christian Ramsey, Director of Hospitality Services

Subject: Exterior Power washing and Window Cleaning

We have signed a contract with Servpro of Wheaton/Kensington to complete building power washing, gutter cleaning, window cleaning and some minor carpet cleaning. This work will take 3-4 weeks to complete, weather permitting and starting on Thursday September 30th. The following work is contracted:

1. Power washing of exterior
 - a. All cottages, villas and walkways
 - b. Apartment Building
 - c. Creighton Center
 - d. Car Ports
 - e. Retaining Walls
2. Window Cleaning
 - a. Clean the exterior of all windows on campus
 - b. Servpro will remove, clean, and reinstall all screens
 - i. If screens are not removable from the exterior, then Collington team members will be available to enter units for removal, if approved.
3. Gutter Cleaning
 - a. This will include the cleaning of the downspouts as well
 - b. Any damage will be reported to Collington Leadership for repair
4. Carpet Cleaning
 - a. Landing Hallway, Grand Staircase and 2nd floor elevator lobby carpet will be cleaned

The following is a rough schedule of where the contractors will be working and when: (note: rain or other inclement weather will alter this schedule and extend the timeframe)

- 9/30/2021: Carpet Cleaning to take place in areas listed above.
- 10/04/2021: Gutter cleaning is to start in the 1000's section of the cottages. They will proceed through the remaining cottages, villas, apartment building, community center, and Creighton center in that order. Work is estimated to be completed by 10/12/2021, weather permitting.
- 10/04/2021: Starting in the afternoon, a separate team from Servpro will start the power washing of the cottages from the 1000's cluster as well. They will be power washing the entire structure, including the rear of your homes as well. The windows will be done last to ensure a proper clean at the conclusion of each cluster. We will send out an email and voicemail notification (1) day in advance for all residents who wish to move their cars before power washing begins on all car ports.

Andre Samuels, our community horticulturalist, will be helping lead this major cleaning job alongside the hospitality management team. We will be checking the contractors work daily for completion and taking before/after photos. If residents have special or sentimental items hang outside their homes on the vinyl siding, please move them or call Lula Jones x5135 to schedule assistance. If you have any questions or concerns regarding this cleaning, please reach out to me, or Andre for more information.

Collington Main Dining Room

Meal Service			
	Carryout: 4:00 PM to 5:30 PM	Carryout: 4:00 PM to 5:30 PM	Carryout: 4:00 PM to 5:30 PM
	Dine in: 4:00 PM to 7:00 PM	Dine in: 4:00 PM to 7:00 PM	Dine in: 4:00 PM to 7:00 PM
SOUP	Monday 20-Sep	Tuesday 21-Sep	Wednesday 22-Sep
	Thursday 23-Sep		
	Honey Dew & Blueberry Soup (cold)	Chicken Noodle Soup (LS)	Cherry Bisque (cold) (LS)
	Sausage, Bean & Swiss Chard Soup		
SALAD	Caprese Salad	Cole Slaw (LS)	Tossed Salad (LS)
	Fresh Fruit Salad (LS)		
ENTREES	Chicken Mushroom Marsala (LS)	Baby Back Ribs (LS)	Apple Bourbon Pork Chops (LS)
	Baked Miso Salmon (LS)	Pan Seared Grouper (LS)	Garlic Parmesan Rockfish
	Honey Walnut Shrimp (LS)	Taco Bar	Curry Chicken (LS)
	Taco Bar	Salad Bar	Tex Mex Tofu and Quinoa Bowl
STARCH & VEGETABLES	Lentil Loaf	Black Bean Enchiladas (LS)	Vegetarian Jambalaya
	Penne with Olive Oil and Parsley (LS)	Baked Beans	Brown Rice with Mango, Black Beans and Lime (LS)
	Buttered Peas (LS)	Country Green Beans with Onions & Bacon	Sautéed Spinach (LS)
	Balsamic Grilled Vegetables (LS)	Grilled Yellow Squash (LS)	Fennel Tomato Crumble
Sautéed Napa Cabbage and Carrots (LS)		Turnip Greens (LS)	

*Cook rare, med-rare, medium, med-well, well done ** Default toppings are tomatoes, spinach,

		Carryout ONLY		Carryout ONLY		
Carryout: 4:00 PM to 5:30 PM		10:00 AM- 12:00PM		10:00 AM- 12:00PM		
Dine in: 4:00 PM to 7:00 PM		1:00 PM-3:00 PM		1:00 PM- 3:00 PM		<u>Delivery</u>
Friday 24-Sep		Saturday 25-Sep		Sunday 26-Sep		
Gazpacho (cold)	Beef & Barley Soup	Potato and Bacon Soup	<u>Call x2135 for delivery by noon.</u> <u>Please leave your order, name and unit number</u>			
Chickpea Zucchini Salad	Spinach Salad (LS)	Ambrosia (LS)				
Meatloaf (LS)	Japanese Grilled Chicken	Turkey a la King (LS)				
Herb and Lemon Game Hen (LS)	Mahi Mahi with Pineapple Salsa (LS)	Pan Seared Scallops				
Salad Bar	Carved Beef Roast (LS)	Breakfast Bar				
White Bean Skillet	Tuscan Pasta	Tofu Stir Fry (LS)				
Mashed Potatoes	Israeli Cous Cous with Fresh Herbs (LS)	Mixed Vegetables	Delivery will be between 3:00pm and 4:00pm. If you have not received your order by 4:00pm, please call x2135.			
Red Lentil Curry with Green Beans & Butternut Squash	Summer Succotash (LS)	Steamed Broccoli (LS)				
Steamed Carrots (LS)	Wild Mushroom Mix (LS)	Buttered Egg Noodles (LS)				

and feta cheese.

*** = Can be grilled, seared, or fried

LS = Low Sodium