



Village Trumpet



Embrace the possibilities

33875 Kiely Drive • Chesterfield, Michigan 48047 • www.pvm.org

March 2025



Featured Articles

Events

Resident Association
Minutes

Chaplain

Fitness

Events



The Village of
East Harbor

A SENIOR LIVING COMMUNITY



Managed by Presbyterian Villages of Michigan

Look for PVM on:




IT'S TIME TO CELEBRATE
ST. PATRICK'S DAY
AT THE VILLAGE OF EAST HARBOR
THURSDAY, MARCH 13TH
MARGUERITE'S RESTAURANT
5:00 PM-8:00 PM
BUFFET DINNER
\$20.00
CASH BAR
Purchase tickets at the front desk.

**FRIENDS & FAMILY TALENT SHOW
KICK-OFF PLANNING MEEING**
THURSDAY, MARCH 6
2:30PM-ACTIVITY ROOM

If you would like to be part of the talent show or have an idea, please attend!



Pet-A-Pet



Candlelight Concert



Riverbank Theatre

St. Patrick's Crafts



Village of East Harbor
Residence association meeting minutes February 11th 2025

The meeting was called to order at 1:35 p.m. by president Nancy Strait.
Pledge to the American and Christian flag were recited.

Due to the resignation of Sandra Noche our vice president. Conchita Mendinueto will Step into that position until the election of new officers in May 2025. Thank you very much Conchita.

Nancy Strait gave a report on the suggestion box request. ATM on premises (probably not because of cost.) Trip to Lexington MI (will look into it for interest.) Trip to Renaissance Center in Detroit (will check on interest.) Trip to Walmark have done before (will check on interest)

The treasurer's report was given by Barbara Anderson. Balance as of January 14th 2025 is \$7,569.61. 42 residents in attendance , Sugar Bowl amount \$67. 91.

There were no new residents at this meeting.

Robert Healy gave an update on the Pavilion committee. New news coming soon.

Committee reports are as follows.

Laura Stone Chaplain: Updated residence on the upcoming events in February. Please check February Trumpet for all information. We are looking for a new piano and for persons who are talented to put it to good use.

Chris Nahorodny: All classes are available anytime. If you have any questions Chris is available to answer them just call or check your Trumpet for times and dates. New users of the treadmill see Chris for information on use and times. You can use the Fitness Center on weekends. You will need a key fob to get into the facility.

Betsy Miannecki activity supervisor: Betsy brought us up to date on all of the events that are taking place in the month of February. Any questions contact her or check the Trumpet for dates and times. Due to the low attendance at Men's luncheons we are thinking of combining the two women's and men's. Just a reminder please do not put your trash out the night before pick up date due to many critters living in the area. We are thinking of starting up free ukulele lessons if you are interested see Betsy. St Patrick's Day party will be on March 13th 2025 from 5:00 p.m. to 8:00 p.m. cost \$20.00. We have had some inquiries about a hot air balloon ride if you are at all interested see Betsy so she can get a count. This would take place sometime in August and the amount would be \$250.00.

Nancy Streit gave a reminder to all of this winter weather and how hazardous it can be. Made a plea to all to be careful when out walking in the winter weather.

Pat Mikle reminded everyone of the potluck on February 16th 2025 cocktails at 4:00 p.m. dinner at 5:00 p.m. This month's theme is soup. please bring your own bowl and spoon.

Meeting adjourned 3:00 p.m. by Dennis Berger seconded by Ken Fowler.

Respectfully Submitted
Sally De Schepper

The Village of East Harbor / Harbor Inn
**RESIDENT ASSOCIATION
MONTHLY MEETING**

Date: Tuesday, March 11

Location: Chapel

Time: 1:30pm

**ALL Residents are members of the
Resident Association**

***MEET & GREET* in the activity room
meeting.**

JUST A REMINDER...

**Committee Meetings are open to ALL
Residents!**

Building & Grounds

**Meets Tuesday, March 4 at 3:00pm in
Kirk Hall.**

Culinary Committee

**Meets Wednesday, March 5 at 3:00pm
in Kirk Hall.**

3:00pm Marguerites.

**WELCOME HOME
NEW RESIDENTS**

We welcome these new residents to our
Village of East Harbor Family

Joseph Albrecht—50830 Esther's Way

Pam DeVille—J-1

Martin Dewalls—603 Barnett

Kathleen Milltics—501 Capman

Bruce Nester— 50830 Esther's Way

Phylis Pike—121 Kirk

Paul Rogers—708

James & Carol Wiltshire—510 Capman

**RESIDENT
POTLUCK
SUNDAY, MARCH 16
ACTIVITY ROOM**



4:00PM—HAPPY HOUR

5:00PM—INVOCATION

FOLLOWED BY DINNER

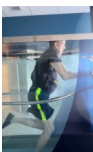
BRING A DISH TO PASS
SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mikle-248-933-1726

ALL RESIDENTS ARE INVITED!

**DID YOU KNOW THAT THE VILLAGE OF EAST HARBOR OFFERS
OUTPATIENT THERAPY RIGHT ON CAMPUS?**



Our expert therapy staff is trained in the latest advances in
physical, occupational and speech therapy.

We even have a HydroWorx water therapy tank.

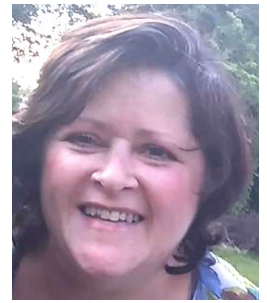
Call today to find out how the Village of East Harbor
Therapy Department can help restore your
independence, confidence and quality of life.

586-273-2457





From The Desk Of Chaplain Laura...



MARCH

At the age of 14 until his escape at age 20, Patrick was taken as a slave sheepherder. Turning to God, he wrote a book wherein he wrote: "The love of God grew in me more and more, as did the faith, and my soul was roused. I prayed day and night, in the woods and on the mountain, even before dawn. I felt no hurt from the snow, ice or rain."

A few years after returning home to Britain, He received a letter stating, 'We appeal to you, holy servant boy, to come and walk among us.'" take the Gospel to Ireland.

After an intervention from God, Patrick was able to convert thousands, preached the Gospel throughout Ireland, and began building churches across the country.

He often used **shamrocks** to explain the Holy Trinity (Father, Son, Holy Spirit). Entire kingdoms were eventually converted after hearing Patrick's message.

He preached throughout Ireland for 40 years, dying on **March 17**, which is the day we celebrate his love and commitment to God every year.

Patrick was a humble gentle man, whose trust, love, and devotion God should be a shining example to each of us. He completely trusted in God.

Ash Wednesday– Ashes will be given during Catholic service on Tuesday March 4 as well as on **Ash Wednesday (March 5) at 11:30am** for those who did not receive them Tuesday.

New Bible Study starting Thursday March 6 at 10am at the **Midrise**.

Bible Studies every Monday & Tuesday at 2:30 in the Chapel

Pot Luck/ Bingo at Immaculate Conception Thursday March 6 leave at 11. **SIGN UP**. We need at least 8 to take the bus.

Rosary- Thursdays at 11am in the chapel

Please see your calendar for spiritual events. Check the Chapel Bulletin board for updates.

In His Service,

Chaplain Laura Stone

Health and Wellness News

Christina Nahorodny, Fitness Specialist

For those interested in our fitness classes, please fill out the appropriate paperwork and contact Chris to see which classes are best for you!

Fitness Class Descriptions:

Cardio*: *classes consist of big movements using large muscle groups in combination with short, quick bursts in order to increase your heart rate for optimal performance.*

Balance: *Exercises consist of moving, strengthening and challenging each side of the body individually in order to help with overall stability in everyday life.*

Stretch & Relax*: *Get a full body stretch, while challenging strength and balance.*

Tai Chi: *This program was developed by the Arthritis Foundation and is based on a traditional Chinese practice which teaches choreographed movements done slowly and mindfully. Can be done seated or standing and is a great exercise for everyone!*

Dance Fitness: *We dance along to a video or our own choreography to raise our heartrate while improving coordination.*

Drumming Exercise: *Done seated or standing, drum on fitness balls along to fun, up-beat music. No musical experience required!*

Strength Exercise*: *This class is intended to increase muscle mass and bone density using available resistance equipment .*

Please check the monthly calendar for days and times.

Classes indicated with an asterisk have both a standing and a seated version.

Harbor Inn Health and Wellness Center hours:

8am-5pm Monday-Friday

Those with a key fob and who have had an orientation may use it during off hours

Barnett Hall Fitness Center hours:

8am-8pm every day (including weekends)

Anyone wishing to use *either* of our Fitness Centers **MUST** have an orientation and updated paperwork on file.

For questions regarding the fitness centers, exercise classes, or anything else fitness related, contact cgorde@pvm.org or call 586-716-7385

**QUARTER BINGO
BRING YOUR QUARTERS!**



**Monday, March 10
6:00 pm - Activity Room**

**Friday, March 13
Monday, March 31
2:30 pm-Harbor Inn**

Show & Tell

Bring & share a treasured object or story. This might be a favorite book, souvenir, family heirloom or something that sparks a memory.

**Monday, March 3
1:30 pm-Activity Room**

Memoir Writing

**Everyone has a story to tell
Mon., March 10 & 24, 1:30 pm-
Activity Room**



**BINGO
TIME CHANGE**

**Saturday's-10:30 am
Monday's & Wednesday's -11:00 am
Activity Room**

Easter Door Hanger



**Tuesday, March 25
2:30 pm
Activity Room
You MUST sign up!**

Easter Bunny Craft



**Tuesday April 2
1:30 pm
Activity Room
You MUST sign up!**

MARCH BIRTHDAY DINNER

THURSDAY, MARCH 20

12:00 PM

MARGUERITE'S RESTAURANT

**PURCHASE YOUR TICKETS AT THE
FRONT DESK**

\$16.00



**ENTERTAINMENT
DON ROSS BAGPIPER
1:30 PM CHAPEL**

**FREE Birthday Meal in your
Birth month!
one guest at 1/2 off!**

YOU MUST SIGN UP AT THE DESK

St. Patrick's Day BUNCO

Friday, March 28

2:00 pm

Activity Room

You MUST sign up!

Table Topics & Tea

Engage in insightful conversation with moments of connection and laughter in a warm friendly atmosphere while sharing a cup of tea.



**Tuesday, March 18 2:30 pm
Harbor Inn Community Room**

Grief Support Group



This group will help anyone in the community who is experiencing grief or loss, understand their feelings with support and coping strategies to help with their journey forward.

1st & 3rd Monday of the Month

4:00-5:00 PM

Kleeman Chapel

For more information contact:

Facilitator: Laura Stone , MSW 586-424-5674

Alzheimer's

Caregiver Support Group



This Support group provides an opportunity for caregivers affected by Alzheimer's disease or a related dementia to share their experiences and receive inspiration, guidance and support.

Fourth Wednesday of each Month

3:30 pm-4:30 pm

Kleeman Chapel

Ann Marie Hart- 586-716-7142



Learn • Connect • Support

Parkinson's Disease Support group

Join us once a month for a compassionate, informative and interactive meeting. Receive the encouragement needed to live well with Parkinson's Disease.

Caregivers are welcome.

Second Thursday of each month

4:00 pm – 5:30 pm Hsrbor Inn

Inquires: 586-725-6030

Needle Arts Group

Bring your project to work on in a fun and informal atmosphere.

All levels of experience are welcome.

This is not a class, however, sharing of tips and experience is encouraged.

This group meets

Thursday, March 13th & 27th.

2:00 pm, Harbor Inn Community Room



The Village Tech Club

Thursday, March 6

1:00 pm, Activity Room

We will be discussing

Cell phone basics. Please bring your phones.



Learn how the five senses can keep your brain in shape.

Wednesday, March 26

2:30 pm

Harbor Inn Community Room

Senior Technology Class

HOSTED BY
PVM
TECHNOLOGY
DEPARTMENT

FREE Technology Workshops and One-on-One help with Cell Phones, Email, Facebook, Skype & more!



Bring your phones, laptops and tablets.

Thursday, February 27

1:30 pm

Activity Room

HARBOR INN HAPPENINGS

Regular Events

CARDS and/ or GAMES

Sundays—3:00 pm
Mondays—2:30 pm
Tuesdays—6:00 pm
Fridays—6:00 pm
Saturdays—2:00 pm

DOMINOES / CARDS

Mondays—6:00pm Community Room

TABLE TOPICS & TEA

Tuesdays—2:30 pm will only be meeting
March 18 this month

Wii AND POPCORN

Wednesday, March 12—2:30 pm—Lobby

KARAOKE

Wednesday, March 5—2:30 pm
Wednesday, March 19—2:30 pm
Wednesday, February 26—2:30 pm

BRAIN FITNESS

Wednesday, March 26—2:30 pm



QUARTER BINGO

Friday, March 14—2:30 pm
Monday, March 31—2:30 pm

ROSARY

Wednesdays—4:00 pm—Community Room
Note: Wednesday, February 26—4:30 pm

NEEDLE ARTS GROUP

Thursdays—2:00 pm—Community Room
Meets the 2nd & 4th Thursday of the month

PUZZLE PEOPLE

Everyday—All Day—Library

Mardi Gras BINGO



QUARTER BINGO
BRING YOUR QUARTERS
TUESDAY, MARCH 4
1:30 PM Activity Room



MARCH 7, 14, 21, 28 AND

APRIL 4 & 11

4:30-5:30 pm

Marguerite's Restaurant

Residents-\$12.00

Non-Residents-\$15.00

Pre-purchase tickets at front desk!

EXCURSIONS

Thursday, March 6

IC Potluck Bingo

11:00 am

\$\$\$ on your own

Wednesday, March 12

Fr. Solanus Casey Center

Lenten Series-A Word of Hope

And Soup lunch \$10.00 pay at door

Confessions will be available

9:30am

Tuesday, March 18

Lunch around the World

Ireland

Three Blind Mice

12:00 pm

\$\$\$ on your own

Friday, March 21

Little Shop of Horrors

Richmond Theater

6:00 pm

Wednesday, March 26

Men's /Women's Lunch

Jimmy Dee's

11:00am

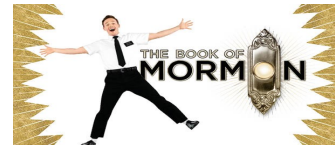
On your own

Monday, March 31

Target Shopping

9:30 am

On your own



Tuesday April 1

The Book of Mormon

Fisher Theater

\$78.00

FULL

3:30 pm

Friday April 11

Lorenzo Cultural Center

"What She Left Behind"

Free

Money Due February 10

11:30am

Armchair Travel



Around the World

Engage in cultural appreciation and awareness from around the world. This month we will be visiting Ireland.

Armchair travel

IRELAND

Monday, March 17

1:30 pm

Activity Room



This is the correct time

TIME CHANGE



MARCH BIRTHDAYS

3/02 Rick DeBolt

3/04 Patricia Helmrich

3/07 Frances Masters

3/07 Joann Sholtis

3/08 Carol White

3/10 Alice Chamberlain

3/11 Thomas Dunn

3/11 Joseph Klobuchar

3/13 Wanda Anderson

3/13 Joseph Russo

3/15 Marcie Roche

3/19 Marga Sehnke

3/20 Irene Presbey

3/23 Carol Carter

3/23 Mike Powell

3/23 Arlene Tines

3/29 Joanne Goetgeluck

3/29 Marlin Milne



HAPPY HOUR & ENTERTAINMENT

WITH SUZI MARSH

FRIDAY, MARCH 7

4:00PM—ACTIVITY ROOM



Italian Lunch at DeFrancesca's

Shoe Shopping at Footwear Footcare



Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Supervisor AL/IL	
<i>Betsy Miannecki</i>	716-7143
Beauty Salon	
<i>Appointments</i>	716-7180
Chaplain	
<i>Laura Stone</i>	586-424-5674
Dining Services Mgr.	
<i>Brandon Lewis</i>	716-7419
Director of Nursing	
<i>Karolina Jones</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Executive Director	
<i>Donald Tolliver</i>	716-7410
Fitness Specialist	
<i>Chris Nahorodny</i>	716-7385
Front Desk	
<i>Receptionist</i>	725-6030
Harbor Inn-Admin. Asst.	
<i>Beth Humble</i>	586-273-2440
Harbor Inn Manager	586-273-2559
Housekeeping / Laundry Mgr.	
<i>Michelle Willer</i>	716-7418
Maintenance Work Request	
<i>Front Desk</i>	725-6030
Maintenance	
<i>Emergencies After 11:00 pm</i>	248-996-2470
Marketing Manager	
	907-3709
Outpatient Therapy	273-2457
Physical Therapy Mgr.	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
Rehab Admissions/Sales	
<i>Jen Moreno</i>	716-7427
<i>Darcy Stalker</i>	716-7183
Resident Care Mgr.	
<i>Toni Greig</i>	716-7426

SAVE THIS PAGE!

This will not be reprinted monthly.

**TRANSPORTATION
SERVICES AVAILABLE
MON-FRI, 8:00AM-4:00PM**

**To schedule an appointment
call Ann Marie: 586-716-7142**

**Please call at least 24 hrs
Prior to your needed ride**

**Independent residents can schedule up
to 2 car/bus transports per month free
within the Chesterfield and
New Baltimore area.**

**Transportation services outside of
Chesterfield are subject to charge.**

**ALL appointments must be confirmed
by the driver.**

**You MUST Sign up for ALL outings
in the Binder
in the Activity Room or
call Ann Marie: 586-716-7142 or
Betsy 586-716-7143
Space is limited!**

**If you need transportation to
an activity please make an
appointment 24 hours
prior to the event.**