



THE BUGLE



Be Kind.

NEWS & INFORMATION FOR FREEDOM VILLAGE RESIDENTS

DICK WEXELBLAT, EDITOR

Volunteer Appreciation Day

Wednesday, April 22, 3:00 pm Atrium

Many activities around FVB seem effortless. The library is well organized, the greenhouse thrives, and flowers bloom on the Village Green and throughout campus. Movies start on time, games and sporting events are scheduled, resident-led exercise classes keep us active, and new residents are greeted by friendly “good neighbors” eager to help them settle in.

Volunteer Appreciation Day is our chance to say thank you to those who pitch in. They help keep things running, strengthen the sense of community that makes this place special, and show that retirement from work does not mean retiring from being useful.

So, to everyone who has served on a committee, watered a plant, run a movie projector, planned a game, led an exercise class, been a Marketing Ambassador, or helped a neighbor feel at home: thank you. Freedom Village succeeds because of you.



It's April?

In honor of the month, the Sunday Afternoon Nap Club will meet in the Atrium on **April First** to recruit new members. If you expect to be asleep at that time, please do nothing. You have already qualified.

Also on **April First**, the Library Committee will host an open house for those who played in the 2025 Scrabble Tournament. Participants are requested—indeed begged—to return the J's, Z's, X's, and Q's that somehow vanished from books on the New Acquisitions shelf.

Pump It for Parkinson's

Thursday, April 9

Pump It for Parkinson's is a nationwide fitness event held each April during Parkinson's Awareness Month.

Residents are invited to log steps on NuStep machines throughout the day, during group activities, or simply by walking. Every step counts. The national goal for 2026 is 50 million steps, and here at Freedom Village, we're aiming for 500,000.

Participation sheets will show up in your in-house mailbox with this Bugle. Complete the activities or record your own steps, and return the sheet to Activities by April 10 to be entered into a drawing. However you help out, remember the goal: Keep Moving.

Organized by the National Institute for Fitness and Sport, the event highlights the medical view that regular exercise can help delay the onset of this dreadful disease and lessen its severity. **[See more on the following page.]**

**★ PUMP IT FOR ★
PARKINSON'S**

Thursday, April 9th

**Join us for a full day of movement,
motivation, and community!**

8:00 AM – 4:00 PM
Nu-Step Machines – Atrium
Drop in anytime to get moving!

9:00 AM – Community Walk
Meet at the Front Door
Kick off the day with a refreshing group walk.
All abilities welcome!

1:00 PM – Dance Class
Auditorium
Enjoy a fun, movement-based dance session
designed for all abilities.

**2:00 PM – Bayada Balance
& Dexterity Stations**
Auditorium
Try hands on stations designed to promote
strength, balance, and coordination.

Step Goal: 500,000 Steps!
Prefer to walk on your own? Great!
Just record your steps and return your form by April 10

Let's Move Together for Parkinson's Awareness!

Being In the Know

April brings longer days, signs of real spring, and plenty of good reasons to gather at our community meetings. These get-togethers are a great way to stay connected, share ideas, and keep up with what's happening around Freedom Village at Brandywine.

You'll hear updates from the Executive Director's Office, the Resident Advisory Council, and department leaders.

Community Life Services will highlight upcoming activities – and trips –for those ready to trust the weather forecast again.

And then there's Dining. Want to talk about the food, the facilities, the staff, and everything culinary? The Dining Meeting is where your appetite for info can be satisfied.

RAC Meeting

Thursday, April 2, 10:30 am

Following the meeting, RAC will recognize staff members who stayed overnight during the snowstorms. Refreshments will be served!

Village Meeting

Thursday, April 16, 10:30 am

Activities Meeting

Friday, April 17, 10:00 am

All meetings are held in the Greg Welch Memorial Auditorium. Come learn something. And maybe bring a neighbor along.

Lifelong Learning

America, The Land of Immigrants Instructor – Bob Collins

**Mondays, 1:30 pm, Chesapeake Room
April 20 and 27, May 4, 11, and 18**

This course will examine five different groups that arrived in America at different times. We will explore who they were, where they came from, why they came, where they settled, and the contributions they made.

Sign up in Book#2. A \$25 fee will be charged to your account. [**Note:** Due to a schedule conflict, the first class will begin at 2:30.]

Rachel Carson: Environmentalist Speaker: Roberta McManus

Friday, April 17, 2:00 pm, Auditorium

Many know Rachel Carson's 1962 book, *Silent Spring*, the inspiration for the environmental movement. Not as many know about her unconventional upbringing in Springdale, PA, her work at Johns Hopkins University and at the U.S. Fish and Wildlife Service, or how she supported her family while writing best-sellers about ocean life.

Join us to learn more about this fascinating woman who truly made a difference in how we view science and nature. No cost and no sign-up needed.

Entertainment

Joey Vincent – Comedian, Singer **Wednesday, April 8, 7:30 pm, Auditorium**

From his website: “[A] one-man show, blending comedy, impressions, singing, dancing, and trumpet playing ... a first-rate musical entertainment experience.”

Special Spiritual Event: **Koinonia Academy Evangelistic Choir** **Saturday, April 18, 10:00 am, Auditorium**

“Our Evangelistic Choir goes on tour annually to sing and pray with parishes, schools, nursing homes, and youth groups. Tours have taken place in diverse locations, including Poland, Montreal, Michigan, Maryland, Virginia, and the New England Region.”

Stephen DiJoseph **At The Birthday Bash**

Friday, April 17, 3:00 pm, Atrium

From his website: “Anything can happen when musician, composer, and filmmaker Stephen DiJoseph enters a studio or takes the stage. Whether it’s the percussive grooves of his solo guitar and vocals, the quirk and funk of his trademark jazz/classical “Pianopoetry”, ...it’s undeniable that DiJoseph is an artist of many skills.”

Chester County Youth Orchestra **Wednesday, April 29, 7:30 pm, Auditorium**

The Chester County Youth Orchestra unites accomplished young instrumentalists from across southeastern Pennsylvania in a full symphony orchestra. These musicians perform challenging works from the orchestral repertoire.

Their concerts offer audiences the excitement of hearing major symphonic music played with impressive skill by the next generation of performers.

Things To Do

A Fresh Start: **Finding Your Way Forward** **Friday, April 3, 2:00 pm, Auditorium**

Betterview Counseling & Trauma Recovery will introduce their on-site, confidential mental health services, including support for anxiety, depression, trauma, and life transitions.

This brief presentation will outline their approach and available therapies, and offer a chance to learn about resources designed to help folks feel more like themselves again.

The Shredding Truck Cometh **Saturday, April 4, 10:00 am to 1:00 pm** **Just Outside the Front Entrance**

Once again, the mighty shredding truck rolls onto campus. Bring your papers and watch them disappear securely and satisfyingly, with a most impressive crunch!

Planning: 2027 Spring Getaway **Tuesday, April 7, 2 pm, Auditorium**

Leave on March 20, 2027, for 9 days and 8 nights exploring Charleston, Hilton Head, Amelia Island, Jekyll Island, and more. American Cruise Lines will present an overview of this beautiful itinerary in an informational meeting.

Freedom Village at Brandywine **2026 Putting Green Tournament** **Selection Sunday, April 12, 2:00 pm**

The organizers will draw names from a big glass bowl in the Atrium to reveal this year's pairings. Refreshments will be provided.

The Spring Long Double Elimination adventure will begin in late April. We'll let you know the date later.

In honor of our departed friend and neighbor, Hugh Miller, the Putting Selection Posting Board will bear his name in perpetuity.

FVB Bocce League Play Returns! **Play will start during the week of April 13**

Bocce is one of those rare sports that combines light exercise, fresh air, and just enough strategy to keep things interesting without making anyone run out of breath. It's also a great way to spend time with neighbors.

Interested in playing? The league welcomes newcomers! Now's the time to contact Bocce Commissioner Ben LaGarde at blagarde2@gmail.com, or 484 354-0798.

Penn Health Talk **Stress Management** **Presenter: Christina Gamez** **Monday, April 13, 1:00 pm, Auditorium**

Feeling stressed out and overwhelmed? Christina will cover types of stress and their effects on the body; coping strategies and styles of coping; adaptation; relaxation techniques; and other solutions for managing stress. She plans to provide additional information in handouts for all attendees.

Holocaust Memorial Day Program **(Yom HaShoah)**

Tuesday, April 14, 1:00 pm, Auditorium>

We will observe Yom HaShoah and mark the 80th anniversary of the end of World War II and the Holocaust.

The program will include powerful stories of survival under the most extreme conditions—including the remarkable account of three babies born in a concentration camp in the final days of the war.



Wine Tasting **Wednesdays, April 15 & 29, 2:30 pm** **Chesapeake Dining Room**

We'll be continuing the tour of California's Sonoma County wineries. No need to sign up for this always-popular event. Just come! There's a \$5 at-the-door charge.

Community Connection!

A Note from the Resident Advisory Council
Tuesday, April 21, 1:00 pm, Auditorium

If you've been here a few years, you may recall the RAC Fair. Well, it's here again, this time with a few changes. It's now called **Community Connection!**

Here at FVB, there's an activity for everyone: clubs, games, sports, gardening, and much more. There are more than 50 options, and you can join any or all of them.

How do you decide which activities are the best fit? By coming to the Community Connection! event. Stop by to discover new ways to make friends, stay active, and stay engaged—all while having fun.

There's no cost, no obligation, and no need to sign up. Kim Ranck, Shana Kelly (from Community Life Services, aka Activities), RAC members, and representatives from most committees and activity groups will be there to answer questions.

Take a chance to win a basket! We'll draw names at 1:30, 2:00, and 2:30 pm. You must be present to win.

A Regency-Era Murder Mystery **Dinner and Show**

Saturday, April 25, 5:00 pm, Auditorium

Have you ever wanted to step into the pages of a Jane Austen novel? This may be your chance.

Get your detective skills ready! The evening will transport us to England during the Regency Era, the world of smart parties, sharp wit, and the rare suspicious circumstance.

Costumed characters will guide the evening's unfolding mystery. Guests will gather clues, compare notes, and attempt to determine *whodunit*.

The program will conclude with prizes for the top sleuths and for the resident judged best dressed for the Regency occasion.

[Continued on the next page.]

A tasty buffet dinner will be set up in the auditorium. And after the case is closed, the evening will conclude with dancing and photo opportunities.

The show fee is \$25.00 plus a meal ticket. Please sign up in Book #2.

Health Panel

Monday, April 27, 1:00 pm, Auditorium

Come learn about things to do that can help you feel better, and things to avoid that might make you feel worse.

Doctors and Nurses Luncheon

**Tuesday, April 28, 11:30 am
Vineyard Dining Room**

Retired nurses, doctors, dentists, and other healthcare professionals are warmly invited to join us for a special luncheon. Here's your chance to share stories and connect with peers. Sign up in Book #2.

Uniguest: Questions & Answers

Thursday, April 30, 10:30 am, Card Room

Come, learn more about this, our most important "What's Happening" information source. If you don't already have an account to access it online, here's your chance to get one.

(Uniguest used to be called **TouchTown**, and many still use that name. We don't know why the vendor changed it.)

TRIPS

We promise you'll have fun, and if you don't, we'll cry. You will have to sign up in Book #1 to go on any of these great outings.

Single Mingle: Texas Roadhouse

Tuesday, April 14, Depart at 3:45 pm

The Texas Roadhouse steakhouse is well known for its hand-cut steaks and ribs, and it offers a fun dining experience. (Note that this trip is for dinner, not lunch.)

ROMEO: The Valley House
Thursday, April 23, Depart at 11:30 am

Red Hatters: The Valley House
Friday, April 24. Depart at 11:30 am

Valley House Bar & Restaurant serves classic American cuisine in a historic setting. It's known for hearty meals, friendly service, and a laid-back atmosphere.

Talbots (Again!)

Thursday, April 2. Depart at 8:45 am

Infomercial: A trip to Talbots offers a chance to browse classic women's styles known for their comfort, quality, and timeless look. From colorful seasonal pieces to dependable wardrobe basics, it's an enjoyable stop for anyone looking to refresh their closet or simply enjoy a little retail browsing.

As usual, Talbots offers us a special discount.

Coming Attractions

Mother's Day Tea

Friday, May 8, 11:30 am, Auditorium

Celebrate Mother's Day with a leisurely afternoon of tea, treats, and good company. Enjoy a variety of teas along with light snacks in a setting that's just a touch more elegant than our dining rooms (though no one will be scrutinizing white-glove etiquette).

Whether you come for the scones, the conversation, or simply an excuse to dress up a little, it's sure to be a delightful way to raise a cup to mothers everywhere.

Harpist Ashley Chen will be back to perform for you. This is always an enjoyable event. Sign up in Book #2.



Play Ball in Reading! Friday, May 29. Depart at 4:15 pm,



Join us for an evening of minor-league baseball as the **Reading Fightin Phils** (yes, they've added a little extra punch to their name) take the field.

We'll leave at 4:15 pm for the 6:45 pm game—plenty of time to grab a hot dog and settle in for some ball-park fun.

Tickets are \$15 per person; dinner is on your own at the stadium, where the options are part of the experience.

Sign up in Book #1 and enjoy a relaxed night of baseball, good eats, and fresh air.

News And Other Good Stuff

Channel 1971 Now Streams Live On The FVB Resident Website.

From the Channel 1971 Staff: Whether you enjoy movies, documentaries, concerts, TED Talks, or our RAC and Village meetings, you can now watch them all from your computer, tablet, or smartphone.

A heartfelt shout-out to Phil Leifer and Glenn Musser, the technical wizards who made this upgrade a reality.

We Demonstrated Our Commitment to Giving in February and March

The **Scholarship Committee** donut sale sold 300 donuts and raised \$800.

The pretzel sale raised \$473. AND an anonymous donor doubled the pretzel takings to \$946!



Outreach: The annual bake sale featured large tables filled with cupcakes, cookies, breakfast breads, cook-books, and more. Several contributions came from residents who had been professional chefs.



Transportation Notice

Please sign up at least one day in advance for all scheduled trips. We suggest arriving at the front desk 10 to 15 minutes before the posted departure time, as the bus will depart promptly.

Help Others Get Along

Do you have an extra walker, rollator, scooter, or perhaps one of those mysterious canes that stand up all by themselves? Many residents across campus could put that unused getting-around aid to good use.

If you have one you'd be willing to give, lend, or even sell, please post a notice on the bulletin board in the in-house mail room.

You can also contact our Wellness Nurse, Lisa Bernard, who can investigate proper distribution within the community, or to our partner Project CURE. Reach Lisa at the Wellness Center, 484-288-2589.

Last Minute Note: Easter Program

From Bron Yocum: The Spiritual Life Committee invites residents to a Holy Week program on Tuesday, March 31, at 1:30 pm in the Auditorium.

We'll share the Passion story through Scripture readings, music by the Rev. Ed Green, and prayers. Join with fellow residents as we recall the events of the first Holy Week, remembering Christ's sacrifice, and prepare our hearts for the joyful observance of Easter.

A Note from the Editor

Deadline for the May Bugle: April 14

In March, three significant announcements arrived two and three days after the deadline. I was able to include two of them... but not without some scrambling.



Getting The Bugle in your mailbox on the last Friday of each month requires a tight production schedule. Within just a few days after the

deadline, the issue must be assembled, proofread, corrected, reviewed by Activities and the editor, sent to the printer, and then distributed in the mail room.

We do our best to accommodate late submissions, but the system functions most effectively when you meet our cutoff date. Your editor, our proofreaders, and the Activities Department will appreciate it.

We Make It Happen

Editor/Writers

The Bugle – Dick Wexelblat
The Toot – Marilyn Greist

Contributors

Birthday List – Phyllis Patukas
Cartoons – ChatGPT
Monthly Calendar – Judy Nicolaysen
Photos – Bob Kuhn & others
Weekly Calendar – Activities Staff
Weekly Movies List – Activities Staff

Helpers without whom...

Production – Kim Ranck, Shana Kelly &
The Resident Folding Crew
Proofreading – Harriette Nadler, Janet
Ramsey, Carole Chiaretti & Phil Leifer

Loveliest of Trees

A. E. Housman (1859–1936)

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Eastertide.

Now, of my threescore years and ten,
Twenty will not come again,
And take from seventy springs a score,
It only leaves me fifty more.

And since to look at things in bloom
Fifty springs are little room,
About the woodlands I will go
To see the cherry hung with snow.



Village Basics (Part 2)

Staying Informed at FVB

Here are the most common “hard copy” information sources. You will find them in the in-house mail room.

Monthly items and occasional notices are placed in the mailboxes. The weekly items appear in the “take one” trays on the right as you enter the mailroom.

Weekly

- The Toot
- Weekly calendar
- Weekly TV schedule

Monthly

- The Bugle
- Monthly calendar
- Monthly TV Schedule
- Resident and staff birthday lists

Occasional

- Notices and updates from FVB staff

Here are the most common electronic information sources

TV Displays

- Uniguest, management's primary source of communication (In the Atrium between the bank and the mailroom)
- Weather & information (In the Atrium next to the B-C wing)
- Screens in the Terrace Home lobbies show a scaled-down version of the weather & information display.

On the Web

- Uniguest (TouchTown)
- fvbresidents.org
- Full Count Dining Portal
- Facebook & Instagram pages

And of course we have our in-house TV stations 1970 and 1971, about which we will say more next month.

More on Uniguest

As noted, Uniguest (a.k.a. TouchTown, a.k.a. Community Apps) is the FVB staff's primary electronic communication channel. You can see it on display screens, the Web, or on an app for computers, smartphones & tablets.

The site includes Bistro and Dining Room menus, links for dining reservations and work orders, the Bugle and the Toot, Channel 1971 schedules, calendars, info on upcoming events, and listings of daily activities.

Find out more from Kim Ranck or Shana Kelly in the Activities office (on the second floor, facing the D-E elevators).

More on the fvbresidents website

Our resident-run website fvbresidents.org has been serving FVB residents with information and entertainment since 2013. It works on computers, smartphones, and tablets. The site includes pretty much everything that appears on Uniguest and more, such as local shopping, dining, and transportation resources, along with entertainment, educational, and health videos. Check it out.

Residents who log in with a username and password can see phone numbers, email, condo addresses, birthdays, staff information, and more

Logging in also provides access to Channel 1971 videos-on-demand, including Village and RAC meetings, as well as interviews with residents and staff. **A recent addition allows the channel to be live-streamed 24/7.**

Request a login by sending an email to webmaster@fvbresidents.org.

A bit more on the Dining Portal

Here is where you can make dining reservations and submit takeout orders. For access to the portal, contact Paradise Furlong at 484 288-2584.

This article is part 2 of a continuing series of information pieces about FVB.

Freedom Village Players Bring the Stage to Life

“You know, once you start, it’s in your blood,” says Maggie Doyle of the **Freedom Village Players**.

That love of theater has carried Maggie and her husband, Fran, into retirement. For the past eight years, they have produced and directed musicals at **Freedom Village at Brandywine**, featuring resident performers—some in their 90s—who delight audiences of fellow residents.



Their most recent production was a specially adapted version of **Guys and Dolls**.

The Doyles are longtime theater enthusiasts. They have produced and directed shows for over 20 years and have also performed on stage themselves. Fran has been acting since high school, and Maggie found her stage voice in her late twenties. Before moving to Freedom Village, they worked in community theater in Montgomery County, including productions at the Jenkintown Music Theatre and with the Willow Manor Players in Glenside.

When they arrived at Freedom Village and were asked about their hobbies, they mentioned directing musical theater. The response was immediate: “When’s the first show?”

They were not sure whether residents would be interested, but people quickly stepped forward. Since then, the Freedom Village Players have become a well-loved part of community life. Performances in the auditorium are also broadcast on the community’s in-house TV channel, so residents who cannot attend in person can still enjoy the show.

Producing theater for senior performers requires adjustments. Shows adapted for seniors replace complex choreography with simpler movements, often using hand and arm gestures instead of dance routines. “We can’t do something like 42nd Street,” Maggie says with a smile.

Even familiar musicals need creative adaptation. In the well-known *Guys and Dolls* scene “Luck Be a Lady Tonight,” gamblers usually kneel to play craps. Here, the dice are rolled at table height instead.

Still, the performers bring something unique to the stage: authenticity. Many of the characters and jokes come from an earlier era that the cast remembers firsthand, giving the performances a genuine warmth and understanding.

The Doyles see the program as more than just entertainment. Memorizing lines exercises the mind, singing boosts the lungs, and performing on stage keeps people active.

Performances are free, but audience members are encouraged to donate. Half of the proceeds go to the scholarship fund for Freedom Village employees working toward college degrees, nursing programs, or trade training. The other half benefits community charities such as local food banks.

But perhaps the greatest reward is the spirit the shows create.

“The people here are so appreciative,” Maggie says. “The good feelings last for months.”

This item is excerpted from an article in *Vista Today*. Find the full article here: tinyurl.com/2bamahfu

Not Danielle's Corner this month

Editorial: On Kindness.

Dick Wexelblat, Bugle Editor

While Danielle is away, I am taking the opportunity to use her page to talk with you about kindness.

We're appreciating FVB volunteers this month. Volunteering is a very kind thing to do, and the list of volunteer opportunities at Freedom Village is almost endless... Like Pump it for Parkinson's or the Alzheimer's Walk, contributing to the Outreach food drive, or maybe purchasing something at the Outreach flower sale? How kind!



Donations to our Scholarship Fund or Employee Appreciation Fund? Yes, they count too.

Perhaps you saw someone hold an elevator door or pick up something someone dropped? Maybe you offered a friendly greeting to a resident who moves a little more slowly than the rest of us? That's kindness in action.

All right. I'm sure you see where this is going.

Kindness at Freedom Village doesn't usually come with a spotlight or an announcement. It happens quietly. Someone notices a neighbor needing a hand. Someone takes a few minutes to help a newcomer find their way around. Someone pauses to listen when another person has a story to tell.

Pat and I, in our almost nine years of living here, have seen acts of kindness every day and in every part of the community. We have seen kindness from residents, from staff, even from contractors and visitors.

Most of the time, these moments pass quickly and are forgotten just as quickly. But taken together, they create something important: the feeling that FVB is a place where people look out for one another.

So, in my view, kindness lives here.

I'd like to hear your thoughts on kindness at FVB or about kindness in general.

Now I'll leave you with this thought from my favorite TV show, *Doctor Who*.

*Never be cruel, never be cowardly!
Remember, hate is always foolish, but love is always wise.
Always try to be nice, but never fail to be kind.*

Some of Bob Kuhn's Photos from the Paddy's Day Party



One of these photos was not taken by Bob.
Can you guess which one?

Some of Bob Kuhn's Photos of Guys and Dolls

