HAPPENINGS AT ARBOR RIDGE
WINTER 2008

Ridgelines

THE BÉGUINAGE AT NIGHT, BRUGGE, BELGIUM

AUTUMN SCENE, KINGSTON, NY

BUCOLIC COUNTRY ROAD, DUTCHESS COUNTY, NY

Mark Your Calendar

Simplification and Symphonics in the offering

Simplifying Seminar **THURSDAY, FEBRUARY 28TH**

Come learn how to declutter your home and streamline your life with Ellen Kutner of Simply Organized. Ellen, a lifelong Hudson Valley resident, built an innate flair for organization into a specialized business that since 2001 has helped countless clients improve their homes and workspaces. She is a Golden Circle member of the National Association of Professional Organizers, and has received the prestigious designation of Certified Professional Organizer® from the Board of Certification for Professional Organizers.

Symphony Orchestra Performance **8 PM, FRIDAY, APRIL 25TH**

Enjoy an inspiring evening of unforgettable music at Bard College, where the American Symphony Orchestra will perform under the direction of conductor Leon Botstein Performances to include:

Samuel Barber's *Knoxville: Summer of 1915*
Jean Sibelius's *Violin Concerto in D minor, Op. 47*
Richard Strauss's *Also sprach Zarathustra, Op. 30*

A Unique Vision Comes to Arbor Ridge

With a lifetime of capturing beautiful images under just the right circumstances, Dr. Robert Lipgar has a keen eye for a great opportunity. That's why we're so thrilled to have him join us here at Arbor Ridge.

The celebrated photographer and noted psychologist, son of accomplished Hudson Valley photographer A. H. Lipgar, will be among the first to join the Arbor Ridge community. "I want to simplify my life, so I can use my time and energy on things of importance to me," he explained.

Dr. Lipgar continues to build on a decades-long quest that has engaged each of his professional disciplines. "Both as a photographer and a psychologist, I aim for openness and transparency," he said. His rich career as a psychologist (he was Clinical Professor in the Department of Psychiatry at the University of Chicago for more than 30 years) and his equally extensive photography exploration (from silverplate to megapixels, and from Belgium to Brazil) have given him unique insight into the human condition.

We look forward to having Dr. Lipgar at Arbor Ridge, where he'll concentrate on writing and continue his photography, albeit in the digital realm. "My darkroom days are behind me," he reflected. "Now there's a new way to do it."

View more of Dr. Lipgar's work at www.lipgarstudio.com.

Construction Update, and a Special Surprise

As construction continues on Arbor Ridge, residents are making use of this opportunity to personalize their future homes by selecting the flooring, cabinetry, fireplaces, decks and other features that best suit their styles.

There's one addition that seems to suit everyone — a granite countertop. This fashionable, functional choice has a way of complementing the décor of any new kitchen, and that's why we're including it, at no extra charge, in each and every Arbor Ridge apartment!

Come by for a visit to see this luxurious addition in person!

Lunch and Learn

For many people, the best way to learn about a new opportunity is in a small group of interested individuals. This is why we offer bimonthly sessions for 10-12 people to come for lunch and some brief information about what's available here at Arbor Ridge. Visitors have the chance to take a virtual tour of the campus and sample items from several of Rhinebeck's fantastic restaurants and bakeries. Would you like to participate in the next Lunch and Learn? Drop by the Welcome Center, or give us a call at 845-876-3344.

Wellness Focus: Physical

The National Institute of Aging has designated six dimensions of wellness: spiritual, physical, social, intellectual, emotional and environmental. These form the basis of the enlightened and well-balanced environment offered at Arbor Ridge. This month's focus: Physical Wellness.

Physical Wellness is perhaps the first type we think of when considering health — the benefits of maintaining a healthy body are easy to see and feel. Of course it's important to protect your body from the damage caused by tobacco, drugs, and excessive alcohol consumption, but wellness is more than just the absence of illness. Make sure also to get enough exercise and eat a balanced diet to elevate your strength and energy levels.

Visit our website for a hearty beef vegetable soup recipe, courtesy of Mrs. Pat Mance, Resident Chef at Arbor Ridge. **www.arborridgeliving.com/wintersoup**

For more information on the Arbor Ridge professional team, visit:

Arbor Ridge
www.arborridgeliving.com
Haskell Community Developers
www.thehaskellco.com
Lecesse Construction
www.lecesseconstruction.com
Angerame Architects P.C.
www.angeramearchitects.com

Arbor Ridge AT BROOKMEADE

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