

THE THRIVE CHRONICLES



Serving the Thrive Community in Virtual Reality

Volume 1 • Issue 2

September 2026



The Thrive Chronicles

The Editors Corner

by The Three Thriveateers (co-editors)

Pat Parker • Ellen Steele •

Vanessa Homedew

Welcome to our second edition! We were absolutely delighted by the warm and enthusiastic response to our first Thrive Chronicles. Thank you to everyone who read it, shared kind words, and encouraged us to keep going. This newspaper is about you—our Thrive community—and we hope each issue helps us celebrate the friendships, creativity, laughter, and spirit that make Thrive such a special place. Enjoy!

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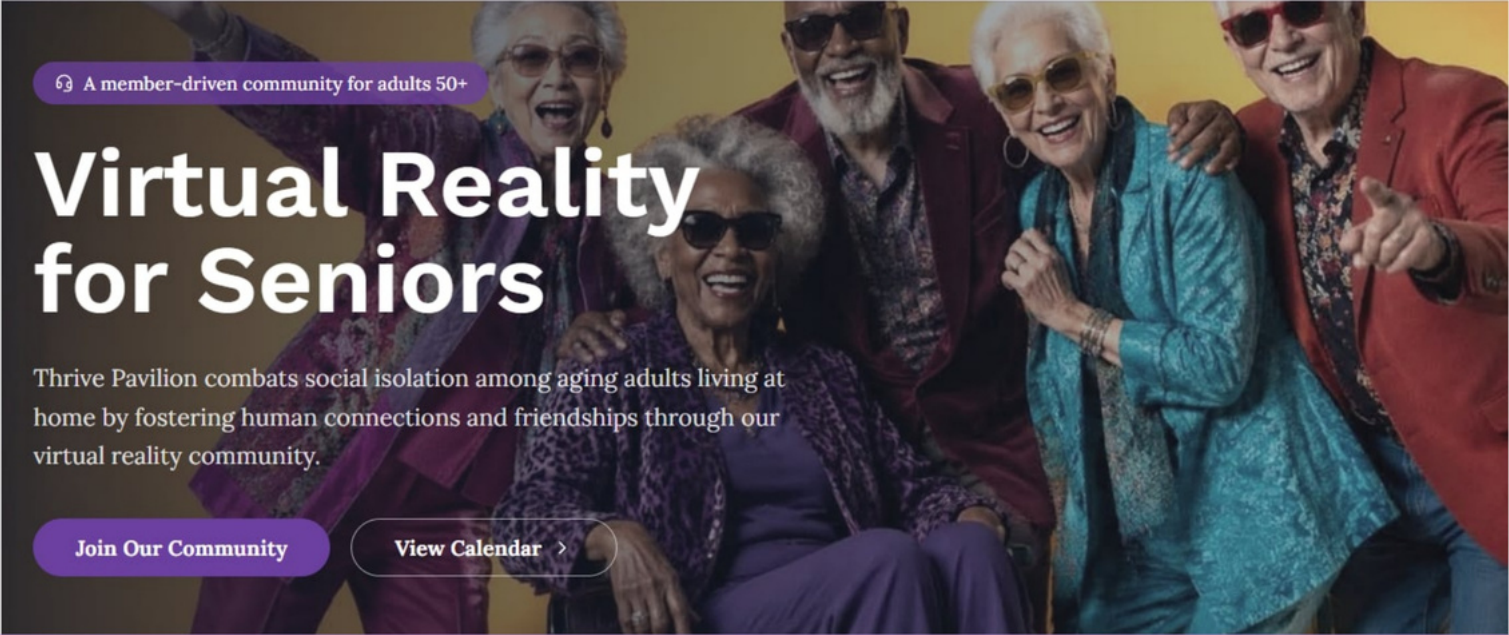
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A group of five smiling seniors, three women and two men, are posed together. They are wearing sunglasses and colorful clothing. One woman is wearing a purple jacket, another a blue jacket, and a man is wearing a red jacket. They are all looking towards the camera with joyful expressions.

 A member-driven community for adults 50+

Virtual Reality for Seniors

Thrive Pavilion combats social isolation among aging adults living at home by fostering human connections and friendships through our virtual reality community.

[Join Our Community](#)[View Calendar >](#)

WEBSITE SPOTLIGHT

Thrive's New Online Home Is Open!

A bright, welcoming place to connect, participate and support our community.

Thrive has a brand-new home on the web - and it's bright, welcoming and designed with our community in mind!

Julie has worked tirelessly, alongside her AI friend, to create the website Thrive deserves. From the colorful new banner to the easy-to-use events calendar, everything has been refreshed and reorganized to make finding what you need simple.

thrivepavilion.org

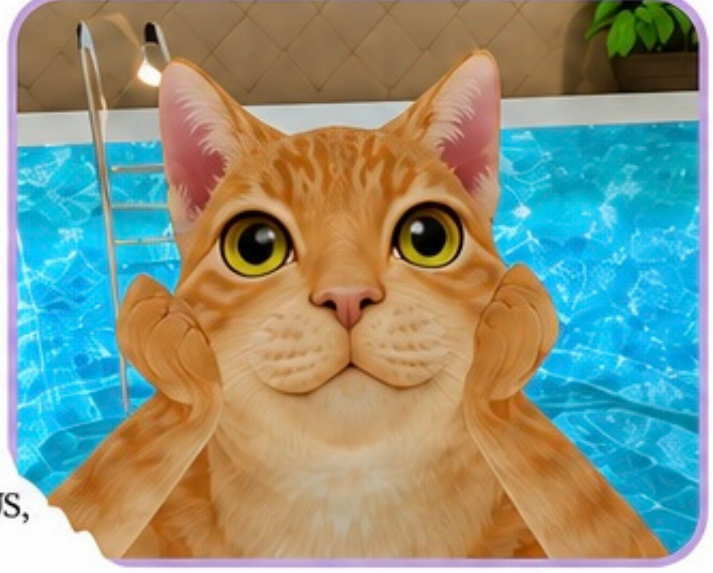
Visitors can learn how Thrive began, plan their monthly activities, join our group, become a volunteer and support the community by donating - all under one virtual roof.

Although Julie is still adding finishing touches, the website's important features are up and running smoothly. Take a few minutes to visit, click around and explore. Our new website isn't simply a prettier place online - it's a welcoming doorway into everything Thrive has to offer.

“ Our new website is a welcoming doorway into everything Thrive has to offer.

Thank you, Julie, for giving our community such a wonderful new home!

★ Volunteer Spotlight



Getting to Know Our Amazing Thrive Volunteer

Hi everybody! In VR, I am known as AngelaEasternUS, typically a little orange kitty. The kitty avatar is great for my self-esteem as the typical reaction of others is to say, “You’re so cute!” My VR journey began two years ago, when I was spending five months a year in Maine, mostly alone. I needed some social interaction, so I bought a Quest 3. It took me a few weeks to find Thrive, through a suggestion on Facebook. Wow, what a difference that made! I never like the initials I.R.L. (in real life) because, as we in Thrive have discovered, VR can be quite real. I prefer the term “in person.” I’ve actually met four of my Thrive friends in person!

In my non-VR life, I have a variety of interests. I am a retired elementary school teacher who continues to substitute teach, when I feel like it! I am active in my church, play American mahjong weekly, meet friends for meals or coffee, and keep an eye out for fun things to do in the community. I’ve been teaching English to adult immigrants for years, but am taking this year off to be available to my mother, whom I am blessed to still have. I also love dabbling in art and creative pursuits. I enjoy making things for others with my 3D printer, painting with watercolors, and am currently into making marionettes. I plan to teach a marionette-making class in the near future. I love learning new things. I’m plugging away at Spanish and am learning to play the ukulele.

AngelaEasternUS 🐾

“
*I put on my
headset because
of the community.*”



♥ Why I Volunteer

I decided to volunteer with Thrive because I saw the need for more scheduled events. Like the famous movie quote, “If you build it, they will come,” I’d noticed that if things were on the calendar, people would attend and have a good time. Other than committing to putting the events I host (Walkabout mini-golf and Karaoke) on my own calendar, hosting is really not difficult. The nice thing has been that I have had no problems getting coverage if there’s a date I can’t do. I’d recommend to anyone who has an interest in an app, game, or activity, to try hosting one yourself.

♥ Memorable Thrive Moments

I fondly remember my first two Thrive events. One was Family Feud. I was warmly welcomed and joined a team. On the opposite team was a woman whose name I noticed. Now she is a dear friend. The other event was for bowling. I was the newbie but another Thrive member quickly said, “Come play with us!” That welcoming attitude was wonderful and made that awkward first-time experience of forming groups into a happy memory.

♥ All the Things I’ve Done in VR with Thrive

I often tell other non-VR users about my experiences. I always talk about Thrive and how I have formed real friendships. I also talk about all that I have done in VR, with Thrive. They are always amazed that I have been in three plays, gone bowling, played board games, played miniature golf, solved escape rooms, “sung” in karaoke, joined a book club, gone fishing, played poker, toured places throughout the world, and much more.



♥ Doing Life Together

I can’t imagine doing VR alone. I put on my headset because of the community. Doing life together in Thrive is more fun than doing it alone, but Thrive is also a place of support. I remember being at a Thrive birthday party one time and seeing two people talking. I headed over but then heard one of them asking, “Are you okay?” I went elsewhere, but it reminded me of how we can “be there” for each other, in the good times and bad ones.

Thank you, Angela, for all you do for Thrive! ★



A Word from the Board

• Getting to Know Our President



Julie Rizor Chaney
Thrive President

I joined Thrive Pavilion in early 2024 and retired in 2019 after a career that followed the evolution of technology. I began as a certified medical transcriptionist and transitioned into IT server and application support in the early 1990s. I helped develop one of the medical center's first paperless medical reporting systems and experienced the transition to voice recognition, becoming a professional editor of computer-generated reports.

After my IT department was outsourced, I returned to school at age 50 and earned a Bachelor's degree in Software Engineering. I then worked for a Cincinnati-based software company in application support, training, installations, QA testing, and sales/CRM management.

Theater and Renaissance faires have also been a lifelong passion. I began performing as a child and later became a Renaissance queen. In 2003, I helped establish the MayfaireRenaissance Faire and served as queen for ten years. I also performed at the Michigan Renaissance Festival and appeared as an extra in All's Faire in Love.

Since 2024, I have combined my love of technology and creativity by building virtual worlds for Thrive Pavilion. Most recently, I created and launched Thrive Pavilion Tracey Island in VRChat.

Outside of Thrive Pavilion, I enjoy fishing, quilting, crocheting, and bookshelf puzzles. Thrive Pavilion has given me a wonderful sense of belonging and the joy of creating together.



Creative Corner

Celebrating the Creativity of Our Community



The First

I was asked to pick one of my favorite paintings and tell you about it. The first thing I would say is it is the first painting. On January 7, 2020, I decided that I was going to try and paint something beside a wall. My mother was a very good traditional artist and some of you may have seen one of her paintings in the Thrive Community Gallery in June. Well, because of that I guess I thought I could never do anything that good, so I never tried, until that day. I bought some oils, brushes and canvas and went to work. It didn't take long at all and at 10:42am I took this picture. I painted every day for several months and have boxes and boxes of canvases. I still paint but have slowed down mainly because I don't have room for many more LOL.

Most of my work has no prior thought as to what I am going to paint. Seems to be that way in anything I do. It just happens and sometimes I even surprise myself. Thrive has given me an avenue to share and I appreciate the opportunity.

From the Editor

Ennae is one of Thrive's most prolific artists, sharing her poetry, paintings, photography, and crafts each month in the Thrive Community Gallery.



Ennae

It's Never Too Late to Get Stronger

By Paul Massey



After my previous article on ageing and muscle loss, a reader asked whether it is ever “too late” for seniors to improve strength and fitness. The answer is a very encouraging no - it is not too late. People in their 70s, 80s, and even 90s can still build strength, improve balance, and enjoy a better quality of life. Muscle after 60 still responds well to resistance training. The goal is not to bulk up or look impressive; the goal is functional fitness - being able to get out of a chair without using your hands, climb stairs, carry groceries, walk confidently, and stay independent.

🏋️ Beginners should start simply and safely.

Resistance bands, light dumbbells, seated exercises, wall push-ups, sit-to-stands, heel raises, and gentle step-ups are excellent choices. Major muscles should be trained two or three times per week, with recovery time between sessions. The Thrive Stretch & Strength class on Monday, Wednesday, and Friday at 4:00PM EST is a good start. Remember, muscle is not built during the workout itself. Exercise gives the body the signal; strength is built afterward as muscles repair, usually over the next 48 to 72 hours.

“

I can still improve.

STRONG • CAPABLE • INDEPENDENT

🏋️ Good nutrition matters too.

Because ageing muscles become less responsive to protein - called anabolic resistance - older adults need to be intentional about getting enough protein. Creatine may also help support muscle performance and possibly brain health.

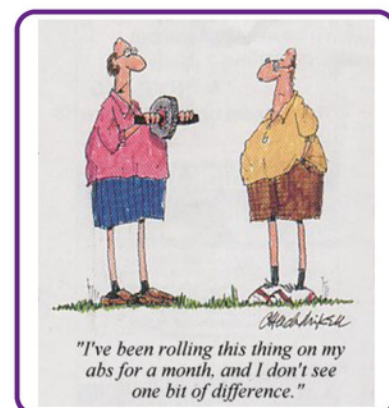
🏋️ Functional fitness can also be built into ordinary life.

Take the stairs when safe, park farther away, carry groceries or laundry, use your legs instead of your hands when rising from a chair, reach into upper cupboards, bend safely to lower shelves, and avoid sitting too long. Stand up and move every 30 to 60 minutes.

🏋️ Practise balance daily:

stand on one leg near a counter, walk heel-to-toe, or try Tai Chi. Most of all, keep the right attitude. If we keep saying, “I’m too old,” we start acting that way. If we say, “I can still improve,” we give ourselves a far better chance of staying strong, capable, and independent.

🏋️ A Little Laughter





Tech Tips

Oh those pesky menus

How is everyone doing with the new interface from Meta? Have you mastered it yet? Is it one click or two? Which menu is which? Now how do i close them all? Is this a frustration for you as well? I've asked Gemini what the secret combination is and it's not giving it up!
Or as my husband often says to me “you are not helping” so this may or may not be helpful 😊

Meta Horizon OS Navigator Guide

1 Click (Single Press): Opens the Navigator Universal Menu

- **What it does:** Brings up your primary dashboard (apps, notifications, profile, recent apps, and quick controls).
- **When to use it:** Use this when you want to open a new app, check notifications, adjust brightness/volume, or jump into settings. If you are already in an app, pressing it once opens the library overlay without closing your active app.

2 Clicks (Double Press): Toggles / Clears Your Open Windows

- **What it does:** Instantly hides or reveals all active floating windows and panels.
- **When to use it:** Use this when your virtual workspace gets cluttered with browser tabs or app windows and you want a quick, clean view of your environment (or to bring them back into view instantly).

Pro Tip

- **1 Long Press (Hold):** Re-centers your view and display panels directly in front of where you are looking.

Ellen Steele

“Aging is not
about how many
years have passed,
but how much life
you’ve embraced.”

—SOPHIA LOREN

RD

THRIVE BY THE NUMBERS



130 Scheduled Monthly
Events



21 pop-ups and multiple
meet ups.



Powered by Volunteers



USA • Canada • UK



Community Spotlight

Where Community Comes to Life



Thrive Pavilion's Tracey Island

Sometimes the most meaningful places in VR aren't built around games, activities, or elaborate adventures. They're simply places where people can meet, talk, and form friendships. Thrive Pavilion's newest world, Tracey Island, has its roots in exactly that idea.

The world began with a vision from Jody—and, as he explains, its story is also a very personal one:



Tracey and Jody

“Two and a half years ago, in Horizon Worlds, I created the Senior and Mature Adult Hang Out and Chat World. I wanted a world where you could simply go to hang out, chat, and connect with others, without having to be “doing something” or “playing a game.” I later donated it to Thrive. As Thrive was planning to migrate to VRchat, I asked Julie if she could attempt to duplicate my world in VRchat. Using the original as the model, Julie and Jack built an enhanced version that now included a beautiful, accessible Tracey Island that had only been visible, not accessible, in the original. But it still includes six color-coded Huts on the docks in which to hold meetings and get-togethers in quiet whisper mode. I couldn't be happier with the outcome. They did an incredible job.



Hanging out



Tracey and I met in Thrive almost three years ago. We just started talking at the Coffee hour and later realized that we were the only people left in the event. While I live in California and Tracey lives in England, we found time to continue our discussions, which sometimes lasted for hours. s inShe became my best friend and the inspiration for my original world, which has since evolved into Thrive Pavilion Tracey Island. I hope you'll visit...and bring along a friend.”

And really, isn't that what Thrive is all about? Come for the world. Stay for the conversation. You never know when the person you start talking to might become a lifelong friend.



KARAOKE NIGHTS

SING IT. SPEAK IT. LAUGH IT. JUST COME JOIN THE FUN.

Thrive karaoke is held bi-weekly (Fridays, 8 p.m.) in VRChat.

By AngelaEasternUS

Thrive Karaoke is all about connection, creativity, and having a great time—whether you're a singer, a speaker, or just here to cheer someone on.

Your host, **AngelaEasternUS** (that's me!) is not a good singer, but tries anyway, from time to time.

For non-singers, we can still join in and have fun. Of course, there is always spectating, which is perfectly acceptable.



A night of music, laughter, and community. That's the Thrive Karaoke experience.



★ MEET YOUR HOST ★



“ I can't impress them with my singing, but I can make them laugh.

— ANGELAEASTERNUS

Another option is to do songs that tend toward “speaking,” like the Devil Went Down to Georgia (pictured above), that I did with SerenityMoon. She did the singing parts and I did the speaking parts.

You can even do a funny song where the emphasis is on the humor.

THEMED NIGHTS & MORE

We alternate between themed nights and non-themed nights. Themes are suggestions, not requirements.

Some past themes have been Show Tunes, School Days, Location Songs, and Not Me (songs that don't fit you).

Suggestions for future themes are always welcome.

Whether you're a first-time singer, a loyal regular, or just stopping by to listen, there's a place for you here.

“ Come as you are. Sing, speak, laugh, cheer, or simply enjoy. You belong on our stage. ”

EVENT DETAILS



WHEN:
Fridays (bi-weekly)
8:00 p.m.



WHERE:
VRChat
(Thrive World)



WHAT TO EXPECT:
Singing, speaking, laughs, community, and unforgettable moments.

COME TO SING.
COME TO LAUGH.
COME TO THRIVE.

We hope to see you there!



**ONE STAGE.
ENDLESS VOICES.
REAL CONNECTION.**



**SHARE YOUR VOICE.
BUILD COMMUNITY.
THRIVE TOGETHER.**

**FOLLOW FOR UPDATES
ON UPCOMING EVENTS!**

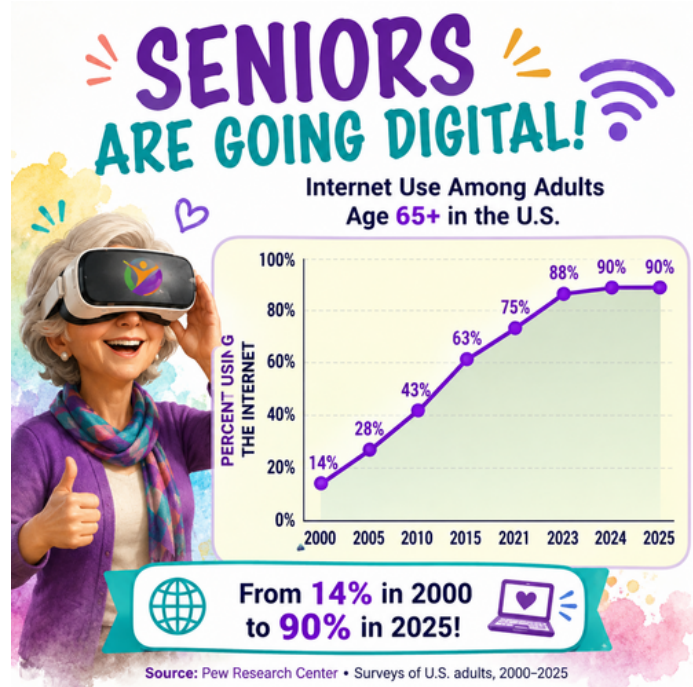


September is here! While local parks and pools may be winding down for the season, the virtual world is heating up with an action-packed lineup of Thrive events. We have a stacked month of scheduled activities and surprise pop-ups heading your way.

The Thrive Players are deep in preparation for their next big show, and rumors are already buzzing about an epic pop-up disco night in the works! Plus, be sure to tune in for Damein's upcoming talk—it promises to be an engaging, insightful, and vibrant afternoon.

Attention game lovers: with so many players eager to jump into Catan and Dungeons of Eternity, keep a close eye on the chats for impromptu gaming sessions. Want to see if anyone is up for a game? Check the community calendar and grab an open slot, set up a meet-up, and rally the squad for a game!

🦷 Funny Bone



Top Meta Quest Multiplayer Games for Adults

- **Walkabout Mini Golf:** A favorite for relaxed socializing, realistic play, and easy conversation.
- **Dungeons of Eternity:** A cooperative fantasy adventure for up to three players with an active, welcoming community.
- **Ghosts of Tabor:** A challenging military survival shooter popular with serious tactical gamers.
- **Contractors / Contractors Showdown:** Competitive shooters featuring tactical gameplay, community-created maps, and battle royale action.
- **Real VR Fishing:** A peaceful, realistic fishing experience where up to four players can relax and chat.
- **Vegas Infinite:** A free social casino featuring poker, blackjack, and slots in an adult-oriented setting.
- **Demeo:** A four-player tabletop fantasy adventure ideal for strategy, board-game, and Dungeons & Dragons fans.

BUILDING OUR FUTURE - ONE GIFT AT A TIME

LEAVE YOUR MARK ON THRIVE!

Help create a Central Courtyard filled with friendship, memories and lasting tributes.



A NEW GATHERING PLACE AT THE HEART OF THRIVE



The Thrive Donor Circle



Dedication bench



Choose a paver icon

ENGRAVED PAVERS

\$50 MINIMUM DONATION

One icon, two lines of text and a date.

LINE 1

28

LINE 2

28

DATE

16

maximum characters

DEDICATION BENCHES

\$250 MINIMUM DONATION

Add a personalized dedication to a courtyard bench - a lasting tribute, thank-you or celebration.

A BEAUTIFUL PLACE TO PAUSE AND REMEMBER

EVERY GIFT COUNTS

All donations, of any size, will be gratefully recognized in The Thrive Chronicles.

Donate through the Thrive website and help our community continue to grow.

Thrive Works Because of You

BY ELLEN STEELE, TREASURER



"Without our volunteers, there would be no Thrive."

725+ EVENTS | 750+ VOLUNTEER HOURS | ONE REMARKABLE COMMUNITY

During the first half of 2026, Thrive Pavilion hosted more than 725 events - representing at least 750 volunteer hours. That doesn't include the time spent planning events, making announcements, sending reminders, screening videos, taking and editing photos, maintaining the calendar, website and Facebook page, tutoring members, building worlds, managing chats or preparing Thrive Players productions.

Dews attends as many events as possible to capture photos. Jack and Julie build our worlds; our education team provides private tutoring; Donna organizes the weekly movie poll; our exercise hosts carefully select senior-friendly videos; Julie manages the website; Julie and Linda maintain the calendar and event cards; and Pat, Julie and Linda help manage our chats and posts. These are only some of the many people who keep Thrive running.

Simply put, Thrive works because of our generous volunteers. Without them, there would be no Thrive.

The past 18 months have brought tremendous change. We have grown from essentially a one-person operation into a community supported by a board, event hosts, educators and many other volunteers. We now have a new clubhouse, education center and exercise studio. Have there been growing pains? Absolutely! Are we finished growing? Not even close.

Thrive's operating costs are modest. Our largest recurring expenses are the website and the software needed to keep it working properly. The board has worked hard to reduce unnecessary expenses while organizing our records and confirming our membership roster. We are now ready to look ahead and consider new ways to grow.

Member donations could help the Thrive Players present more modern productions by covering performance rights, scripts, recording and YouTube expenses. We would also love to bring back Walkabout golf leagues and tournaments, start a bowling league and purchase software to help manage these activities. Another possibility is a flower and get-well committee to reach out when illness or hardship affects one of our friends.

Our Lunchtime Learning series is already underway, and the Learning Center is available for lectures and other informative events. If you have something you would enjoy sharing, please contact Linfisher or EllenMarieSteele - yes, that is a shameless plug!

How can you help? You can donate through the Thrive website, purchase an engraved paver for the new Thrive Donor Circle, host an event, serve as a substitute host or help another member learn to navigate VR. You can also support Thrive simply by sharing your friendship, knowledge and enthusiasm with others.

What would you like to see in your community? This is your Thrive - and together, we can make it even better.

WAYS TO HELP THRIVE

- Donate through the Thrive website
- Host an event or serve as a substitute
- Help another member learn to navigate VR
- Share your friendship, knowledge and enthusiasm