

JULY 2018

Hermitage Northern Virginia

ENRICHING LIFE'S JOURNEY

5000 Fairbanks Ave. Alex. Va. 22311 * 703-797-3800 * Fax 703-820-1816



Celebrating July

Parks and Recreation Month

Women's Motorcycle Month

Ice Cream Month

Canada Day

July 1

Independence Day (U.S.)

July 4

World Kiss Day

July 6

Strawberry Sundae Day

July 7

Ventriloquism Week

July 18-21

Tell an Old Joke Day

July 24

**International Day
of Friendship**

July 30

JASON CLARKE KATE MABA ED HELMS AND BRUCE DERN



CHAPPAQUIDDICK

FRIDAY NIGHT MOVIE

Friday July 6th at 6:15 pm residents can enjoy the movie Chappaquiddick in the Lobby. This movie is about an incident on July 18, 1969, when Ted Kennedy took a wrong turn, both literally and figuratively. When his Oldsmobile went into the water on Chappaquiddick Island on that fateful night. There were two people inside, he and Mary Jo Kopechne. Ted alone emerged from the murky waters alive. It remains a mystery as to why he left her there and walked past several houses on his way back to the house party they had left earlier. Ted Kennedy lost any hope of ever becoming president of the United States because of that wrong turn but that pales in comparison to what the Kopechne family lost.

LUNCH CRUISE



Friday July 13th the bus leaves at 10:00 am for a 12:00 noon lunch cruise on the Spirit of Washington. We ask all residents who has purchased a ticket please come to the Lobby by 9:45 am. If you are interested in going and have not purchased a ticket, please inform the Receptionist **by July 5th**, so your ticket can be purchased. The cost of tickets are \$65.00.

MONTHLY PRESENTATIONS

July 2018

Monday July 2nd at 1:30 pm join Josh Urban for Classic Radio hour, 40's through 60's presentation in the Lobby.

Monday July 9th at 1:30 pm join Jerry Grossman as he presents how TV has affected the Presidency from the Eisenhower years to present. Today he will be presenting D-Day in the Lobby.

Monday July 16th at 2:00 pm join us for Artifacts with Terri Lee as she discuss Native American Indians in the Lobby.

Monday July 23rd at 1:30 pm join our very own resident Mr. Stan Turkel for a Historical New York presentation in the Lobby.

Monday July 30th at 1:30 pm join Ambassador Cindy Courville in the Lobby. Ambassador Courville will be presenting information about the Vietnam War.

WIND DOWN

Saturday July 7th at 6:00 pm, join Pianist Thomas Pandolfi in the Lobby. His orchestral appearances often feature not only the beloved masterpiece concerti by Tchaikovsky, Rachmaninov and Liszt, but also the equally brilliant ones by Paderewski, Rubinstein and Moszkowski. Additionally in the "Pops" genre, Thomas' critically acclaimed performances of Rhapsody in Blue (Gershwin), Concerto in F (Gershwin), Warsaw Concerto (Addinsell) and the James Bond Concerto (Proctor) are immensely popular.

DRY CLEANERS CLOSED

Residents please be informed that **Potomac Cleaners** on the corner of Seminary and Beauregard St. is closed. The closest dry cleaners is Dutch Girl Dry Cleaner located at **4474 King St. Alexandria, 22302**.

There hours of operations are Monday through Friday 7:00 am to 7:00 pm and Saturday 8:00 am to 5:00 pm. Their contact number is 703-578-0070. The services they provide are: Dry cleaning, laundry, alterations, shoe repair, etc.

LIBRARY

Thanks to donations by Residents, the Library now has many new books. And some by authors not heretofore represented in our holdings. Check them out!

There have been some changes in the holdings of our more prolific authors—those that are currently writing two (or more) books per year and have been for some time. To allow shelf space for other author's new books, we have removed to the Hallway shelves some of their older works. The following directory locates these books in case you want to read them:

AUTHOR	LOCATION
AUEL	4 th Lounge
BALDUCCI	5 th even
BROWN	5 th even
CORNWELL	5 th even
EVANOVICH	1 st even
GRAFTON	6 th Lounge
GRISHAM	6 th odd
KELLERMAN	1 st even
LUDLUM	6 th Lounge
PATTERSON	6 th odd
PYM	1 st even
SHAKESPEARE	3 rd odd
CLASSIC MYSTERY	4 th odd

ICE CREAM FLOATS SOCIAL

Friday July 27th 2018 residents can enjoy Ice-cream Floats on the 2nd Floor Lounge at 1:30 pm. You will enjoy ice cream floats, in either a soft drink or in a mixture of flavored syrup. You can enjoy "purple cow, Boston Cooler just to name a few. You can socialize listen to music or dance. See you there.

MUSICAL ENTERTAINMENT

Sunday July 1st at 4:00 pm join singer Charlie Lopez in the Lobby.

Sunday July 8th join Saxophonist Keith Wilson in the Lobby.

Friday July 13th at 6:00 pm join Pianist Jerry Roman in the Lobby.

Sunday July 15th at 4:00 pm join Bluegrass singers Davis & Bradley in the Lobby.

Friday July 20th Pianist Natalie Grimmes in the in the Lobby at 6:15 pm.

Sunday July 22nd at 4:00 pm join Guitarist and Singer Tender Polman in the Lobby.

Friday July 27th at 6:15 pm join Old Dominion Trio band in the Lobby.

Sunday July 29th at 4:00 pm join Keyboardist and Singer Gurda Williams in the Lobby.

BOWL AMERICA

Wednesday July 11th the bus leaves at 9:30 am for a Bowling trip to Bowl America in Alexandria. Residents who enjoys bowling can sign up in the trip folder at the Reception desk. We will pay for one game bowling and shoes rental.

MESSIAH MENDERS

Messiah Menders will be here on Tuesday July 10th. Residents can get their clothing mended by volunteers from Messiah United Methodist Church on the 2nd Tuesday of the month at 9:30 am in the Creative Arts room.

GIFT CARD EXCHANGE

Residents can exchange their Bingo coins for Gift cards every Monday 9:30 am at Coffee Hour. You can also enjoy socializing over coffee and pastries with your friends and/or neighbours.

MUSEUM TRIPS

Friday July 6th at 9:30 am the trip goes to the Vietnam Memorial. This 2-acre U.S. national memorial is located in Washington DC. This memorial honors service members of the U.S. armed forces who fought in the Vietnam War, service members who died in service in Vietnam/South East Asia, and those service members who were unaccounted for (missing in action, MIA) during the war. This trip is free. Sign up in the trip folder at the Reception desk.

Saturday July 21st residents can sign up to go to Vint Hill Cold War Museum. This is a history museum in Warrenton, Virginia, which Focuses on Cold War history. Founded in 1996 by Francis Gary Powers Jr. and John C. Welch to preserve Cold War history and honor Cold War veterans. The Cold War Museum is a 501(c)(3) tax exempt charitable organization. As a result, it has pledges of support for loans of artifacts from the Air and Space Museum, the National Museum of American History, the National Portrait Gallery, and the National Postal Museum.

The museum is also working with the privately owned International Spy Museum in Washington, Diefenbunker, Canada's Cold War Museum in Ottawa, the Atom bunker Harnekop near Berlin to temporarily display some of its artifacts. The bus leaves at 9:00 am.

Sunday 1:15 pm/ Wednesday 1:30 pm in the Lobby.

Sunday, July 1st Annie (1999)—Eleven-year-old Annie has been living in an orphanage her whole life. cruel Miss Hannigan. After unsuccessful escape attempts, Grace Farrell comes to take the child home to live two weeks with billionaire Oliver Warbucks during Christmas.

Wednesday, July 4th USS Indianapolis: Men of Courage(2016) After their ship is torpedoed by a Japanese submarine, the crew members of the USS Indianapolis face a harrowing nightmare as their ship goes down in the shark infested Philippine Sea.

Sunday, July 8th Wild Oats (2016) Eva (Shirley MacLaine) is a retired 10th grade social studies teacher who, when her husband dies, accidentally receives a \$5 million check.

Wednesday, July 11th Jacqueline Bouvier Kennedy (1981) Biography ... Jack Kennedy to life on the campaign trail and into the White House. ... Photos. Jaclyn Smith in Jacqueline Bouvier Kennedy (1981).

Sunday, July 15th Father of the Bride 2 In this sequel, George Banks deals not only with the pregnancy of his daughter, but also with the unexpected pregnancy of his wife. Stars Steve Martin, Diane...

Wednesday, July 18th Benji (1976)-A determined dog comes to the rescue and helps heal a broken family when a young boy and his sister stumble into some serious danger.

Sunday, July 22nd Larry Crowne (2011) Larry Crowne (Hanks) was a superstar team leader at the big-box company where he's worked since his time in the Navy.

Wednesday, July 25th Young at Heart (1954) is a musical **film** starring Doris Day and Frank Sinatra, directed by Gordon Douglas, and featuring a supporting cast including Gig Young, ...

Sunday, July 29th Joyful Noise-Hard times have fallen on Pacashau, Ga., but the townspeople have faith that the Divinity Church Choir will lift their spirits by winning a national competition. Starring Queen Latifah, Dolly Parton, Keke Palmer, Courtney B. Vance.

NAIL EXCEL

Residents can now go to the Nail Salon on the 2nd and 4th Friday of every month to get their nails done. The bus leaves at 1:00 pm.

July Birthdays

Residents who celebrate their birthday in July can enjoy a luncheon in their honor on **July 25th** in the Dining Room at 12:00 noon. Residents whose name is on the list can bring their spouse along to enjoy this moment with them.

Janice Horner	3
Margaret Bixler	11
Doris Buam	23
Isabel Steiner	23
Josef Hasenbeck	25
Joseph Broadhurst	26
Jacqueline Laclede	26
Canio Sileo	26
Constance MacDonald	27
Walter Edwards	28
Robert Long	29
Jeanne Monk	29
Eve Capps	31

STRAWBERRY PATCH

The Strawberry Patch is our community Thrift store located on the Ground level and their opening hours are 10:00 am-2:00 pm, Wednesday, Friday and Saturday.

TODDLER CONNECTION

On the 4th Saturday of the month residents can enjoy Toddler Connection at 10:30 am in the Lobby. The granddaughter of Carol Booth and some of her "Mom" friends will bring their toddlers to share this intergenerational moment with residents. Thank you Stephanie.

LEMON TREE

This is an in-house convenience store, where you can purchase in stock items or you can order the items you need and it will be delivered. It is located on the Ground level and their opening hours are Monday through Friday 10:00 am-2:00 pm.

NEW RESIDENT ALERT

Let's welcome Mr. Stanley Turkel to our Hermitage community. He'd prefer to be called Stan rather than Stanley! He's lived most of his life in New York City, and has been an extensive world traveler. Stan has authored several books on hotels and travel, he is a court appointed expert witness still called to be a part of any court cases related to hotels, providing asset management and hotel franchising consultation. In 2014 and 2015 he was designated as Historian of the Year by Historic Hotels of America, the official program of the National Trust for Historic Preservation. Let's extend the olive branch.



Questions/Answers

Q: Does the sunlight make your car steering wheel very hot?

A: When you leave your car, drape a white hand towel across the steering wheel, it helps.

PINNACLE GARDENING

Wednesday July 4th at 11:00 am in the Breezeway join us for Pinnacle Gardening. Residents have already planted flowers, herbs, vegetables, etc., and is waiting to see them flourish. The Pinnacle Green Room is another one of the wonderful projects that has manifested during the month of May. Residents can go to the Healthcare Center 1st Floor Green Room and see the beautiful flowers that adorn the room. If you would like to show your support by renewing your gardening interests, please notify the Receptionist and someone will visit you.

LUNCH BUNCH

Wednesday July 18th the bus leaves at 11:00 am for a Lunch Bunch trip to Chart House Restaurant in Alexandria. Chart House is the best river view restaurant in the city. Whether dining outside on the patio or indoors, this seafood restaurant gives gorgeous panoramic views of the waterfront and the sparkling city. Meals are below \$20.00 dollars. Please sign up in the trip folder at the Reception desk.

July 2018

Chaplain Kathy Howell



Bear each other's burdens, and in this way you will fulfill the law of Christ. **Galatians 6:2**

"Mattie said she'd be glad to take you," Chuck said.

Mattie was a wonderfully sweet and one of the older members at Belle Chasse United Methodist Church back in 2001. When she had learned that I had doctor's appointment scheduled for a day my husband Chuck had to work, she had been quick to volunteer to drive me.

Personally, I had decided that since Chuck couldn't take me and I couldn't yet drive myself after having surgery, I would just try to get the time of the appointment changed to a time when Chuck would be off.

"I know Mattie said she'd be glad to drive me." I said with a bit of a whine in my voice. "But I don't like to bother her."

I guess the truth was I was a lot better at giving help than accepting it. Even today when I read today's verse from Galatians, it's still easier for me to picture myself as the person giving help than the one receiving it.

But that day, with Chuck's encouragement, I did let Mattie help me. She must have thanked me a dozen times.

"I need help so much," Mattie said, "it feels good to be able to help someone else for a change. You just don't know how much this means to me."

I realized that Christian charity isn't always just about giving help. Accepting help when you need it can be an act of Christian charity too. I guess that's why Paul wrote "bear each other's burdens" as instead of "bear burdens of others." In a truly Christian community, both roles need to be filled. We are blessed regardless of which role we play.

Questions to ponder:

- Which is easier for me to do, accept help or give help?

The World in Watercolor



July is World Watercolor Month in appreciation of this wonderful art form. In watercolor painting, colored pigments are suspended in water.

Watercolor painting may be the first type of painting ever done by humans on cave walls. Watercolor was also used in East Asia, the Middle East, ancient Egypt, Italy, and Ethiopia. Watercolor techniques were initially used for mere sketches or copies. Oil was considered a superior medium. However, as the technique was perfected by masters of the Renaissance and beyond, watercolor became a renowned and complicated medium. While it appears to be an easy method of painting, it takes years to become accomplished. Luckily, the low cost of watercolors allows most anyone the chance to paint with this enduring art form.

ART PRACTICE

Wednesday July 25th at 1:30 pm residents can enjoy Morgan Johnson for Caricature in the Auditorium. This is part of our Art Practice program. Caricature is a rendered image showing the features of its subject in a simplified or exaggerated way through sketching, pencil strokes, or through other artistic drawings. Hope to see you there.

RED HATTERS DINNER/MOVIE

Friday July 20th the Red Hatters are inviting residents to a trip to the Movies/Dinner, the bus leaves at 1:30 pm. This movie will be an afternoon matinee at Regal Theater at Springfield Mall. After the movie we will have dinner at a Restaurant of your choice. The cost of the movie is \$9.00 and the dinner cost is below \$20.00. Please sign up in the trip folder at the Reception desk if you would like to attend.

IN LOVING MEMORY

In the showcase window for July we will display a painting of Elizabeth and Jacob Laub who relocated to the Hermitage from West Palm Beach, Florida in 1976. This painting of them was done by Jane Wolfe an Artist who was born in Orange, New Jersey. She painted several paintings on the lives of the elderly and the tension between the strength of the human spirit and the inevitability of nature. This painting have been on display in many parts of the United States.

It was donated to us by their daughter June Hill who thought it would be a remarkable gift to give back to our community, because of the love her parents shared for the Hermitage. Stop by the showcase window and enjoy.

ART PROGRAM

Wednesday July 11th at 1:30 pm, join trained staff from the Center for Well-Being and Resiliency LLC, for a guided step by step Art and Painting activity in the Auditorium.

THE FOUR HEAVENLY FOUNTAINS

Laugh, I tell you, and you will turn back the hands of time.

Smile, I tell you, and you will reflect
The face of the divine.

Sing, I tell you, and all the angels will sing
with you!

Cry, I tell you, and the reflections found in
your pool of tears -
Will remind you of the lessons of today and
yesterday
To guide you through the fears of
tomorrow."

— **Suzy Kassem, Rise Up and Salute the Sun:
The Writings of Suzy Kassem**