

# PINNACLE LIVING

October 2019



HERMITAGE

NORTHERN  
VIRGINIA

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## Celebrating October

Italian-American  
Heritage Month

Positive Attitude  
Month

World Teacher's  
Day  
*October 5*

Mystery Series  
Week  
*October 6-12*

World Day of  
Architecture  
*October 7*

National Chess  
Day  
*October 9*

Columbus Day  
*October 14*

United Nations  
Day  
*October 24*

International  
Artists Day  
*October 25*

## HAPPY BIRTHDAY

**Wednesday October 23<sup>rd</sup>** Residents who celebrate their birthday in September, can enjoy a luncheon in the Dining Room at 12:00 noon. Residents whose name is on the list can bring their spouse or guest along to enjoy this moment with them.

Hope Fogwell	3
Ralph Meyers	4
Joseph Ullman	9
Joanlee Burrier	10
Paul Julian	12
Cynthia Burhans	12
Louise Howard	17
Anne Mahoney	20
Mildred Kilburn	23
John Silverson	24
Doris Jones	24
Laurence Lindquist	26
John Alford	27

## LUNCH BUNCH

**Wednesday October 16<sup>th</sup>** the bus leaves at 11:00 am for a lunch trip to the Warehouse Bar and Grill. Located in the heart of Old Town Alexandria, it is one of the area's most popular restaurants specializing in prime aged steaks and fresh seafood. The superb food is served in a casual but elegant atmosphere. Please sign up in the trip folder located at the Reception desk.

## HALLOWEEN COSTUME PARADE

**Saturday October 26<sup>th</sup>** join Toddler Connection at 10:30 am in the Lobby for Halloween Parade of Costumes. We are inviting residents, family, friends and team members to join in this fun event.

If you are interested in parading your Halloween costume please inform the Receptionist.

## MUSICAL ENTERTAINMENT

All music entertainment unless otherwise stated will be held in the Lobby.

**Sunday 6<sup>th</sup>**  
*Singer Charlie Lopez*

**Friday 11<sup>th</sup>**  
*Pianist Jerry Roman*

**Sunday 13<sup>th</sup>**  
*Rocking Chairs Singers*

**Friday 18<sup>th</sup>**  
*Bluegrass Davis & Bradley*

**Sunday 20<sup>th</sup>**  
*Saxophonist Keith Wilson*

**Friday 25<sup>th</sup>**  
*Old Dominion Trio*

**Sunday 27<sup>th</sup>**  
*Pianist Rick Mumford*

**Sunday's at 4:00 pm**  
**Friday's at 6:15 pm**

## ICE-CREAM SOCIAL

Friday October 18<sup>th</sup> join us as 2:00 pm for an Ice-cream social in the Lobby.

## Monthly Presentations

Monday's 1:30 pm in the Auditorium

September 7<sup>th</sup> Film & Interviews

September 14<sup>th</sup> Cindy Courville

September 21<sup>st</sup> Nutrition & Healthy  
Andrea

September 28<sup>th</sup> Jack French

## The Gift of Liberty

On October 28, 1886, France gave the United States a gift to commemorate the nation's first 100 years as a democracy and the alliance between France and the United States that had won America its independence during the Revolutionary War. That gift was a massive statue entitled *Liberty Enlightening the World*, but it is better known worldwide as the *Statue of Liberty*.

Residents can check out books from our community Library, located on the 1<sup>st</sup> Floor. The Library is opened everyday. Check it out.

## STRAWBERRY PATCH

The Strawberry Patch is looking for volunteers to work in the store, mostly Saturdays, 10 - 2 p.m. We train you, and you do not need to use a cash register. If you want to know more, call EdDee at 571-216-5287.

## GARDEN CLUB

Join the Garden Club at **2:00 pm** on **Wednesday October 23<sup>rd</sup>** in the Breezeway. We need residents to be a part of this club. Your ideas will make a difference. Join us. We look forward to seeing you there.

## LEMON TREE

The Lemon Tree convenience store, is located on the Ground Level. Its hours of operations are Monday – Saturday 10:00 am - 2:00 pm.

## Chaplain

## Kathy Howell

**"In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, "Let there be light," and there was light." Genesis 1:1**

A while back I was watching a Nova episode on PBS called "The Elegant Universe." It talked about Cosmic String Theory. Apparently, it's a new scientific theory that tries to explain the universe.

The basic principle is that all things, matter and energy, are composed of tiny bits of energy that vibrate called strings. They compared it what happens when a cello is played. The cellist puts his fingers in different places and changes how the string vibrates producing a nearly infinite variety of sounds.

"Isn't that something!" I thought, "For all that science has discovered, the best theory they currently have is that the basic units of all creation are vibrating strings of energy."

According to the Bible, thousands of years ago God revealed that He spoke the Universe into existence. Speech is sound, and sound is vibration. If there is truth to Cosmic String Theory, this is indeed an "Elegant Universe" where the sound of the voice of God continues to reverberate causing the basic unit of all creation to vibrate. That means that it is the echo of God's voice literally sustains all existence even unto this day.

My faith does not depend on science. But, I love it when science has to go full circle and finds itself in agreement with the essential truth of Divine Revelation found in the Bible. I believe that God always revealed the truth. It might be in a form that could be understood in that day and time He chose to reveal it. It might not be every that the mind of God understands about that truth, but it was always the truth.

### HEALTH DEPARTMENT

**Tuesday October 22<sup>nd</sup> 2:00 pm** at Breeze Time, join the Alexandria Health Department for a presentation in the Auditorium. They will be sharing some tips on the Flu and Noro Virus.

### Scruffy's Celebration/Dog Show

**Wednesday October 2<sup>nd</sup> at 2:00 pm** join us for Scruffy's Celebration and Dog Show in the Auditorium. Join resident John Phillips as he reflects on his dog Scruffy and how therapeutic she was to him.

### ELECTION DAY

Election Day is November 5<sup>th</sup>. If you have not yet registered to vote, the voter's registration and absentee ballot forms are at the Reception desk.

### St. James Pre-School

**Wednesday October** please join St. James Pre-Schoolers ages 3-5 years old for a Sing-a-long in the Auditorium. The kids will enjoy lunch at noon in the Auditorium, then they begin their production at 1:30 pm.