

Happy  
holidays

# HERMITAGE

NORTHERN VIRGINIA

December 2020



## CELEBRATING DECEMBER

- World AIDS Day  
December 1
- National Pearl Harbor  
Remembrance Day  
December 7
- First Day of Hanukkah  
December 10
- Go Caroling Day  
December 20
- Christmas Eve  
December 24
- Christmas Day  
December 25
- Kwanzaa  
December 26
- National Fruitcake Day  
December 27
- New Years Eve  
December 31



## HAPPY BIRTHDAY

We would like to wish everyone who celebrates a birthday in December, Happy Birthday

Bonnie Crockrel	3
Margaret Nelson	5
Mildred Marino	8
Robert Glass	11
Della Sounders	11
Judith Loft	12
Sallie Holden	14
Mark Oppenheimer	15
Pauline Jernberg	17
Raymond Saunders	17
Joan Murphy	18
Joan Callahan	18
Joseph Johnson	19
John Leeper	22
Sarah Rasco	24
Ada Nelson	24
Carol Bullock	27
Joan Maurer	29

## BROADWAY MUSICAL

**Monday December 7th**, 2:00 pm  
Broadway Musical "Oklahoma" in the Auditorium

**Monday December 14th**, 2:00 pm  
Broadway Musical "Seven Brides" for Seven Brothers in the Auditorium

**Monday December 21st**, 2:00 pm  
Broadway Musical "Mama Mia" in the Auditorium

**Monday December 28th**, 2:00 pm  
Broadway Musical "The Music Man" in the Auditorium.

## ENTERTAINMENT

**Sunny Sundays**  
5:00 pm-Music Appreciation  
Channel 22

**Musical Mondays**  
2:00 pm-Broadway Musical  
Auditorium

**Terrific Tuesdays**  
7:00 pm-Holiday Concerts  
Channel 22

**Western Wednesdays**  
7:00 pm-Movie  
Channel 22

**Thankful Thursdays**  
5:00 pm - Modern Marvels  
Channel 22

**Fun Fridays**  
5:00 pm - Museum Tours  
Channel 22

**Super Saturdays**  
3:00 pm - Cooking  
Demonstrations  
Channel 22

## LIVE ENTERTAINMENT

**Sunday December 6th-**  
Saxophonist Keith Wilson

**Sunday December 13th-**  
Old Dominion Trio

**Sunday December 20th-**  
Bluegrass Davis & Bradley

**Sunday December 27th-**  
Keyboardist & Singer Gurda

**Live entertainment will be held in the Auditorium at 2 pm**

## **LUNCH BUNCH TO LONGHORN**

**Wednesday December 16th** at 12:00 pm, join us for Lunch Bunch. We will be picking up residents menu orders from Longhorn Steakhouse. Please let the Receptionist know you are interested in ordering, and someone from Activities will take your order. Longhorn Steakhouse's menu will be made available and meals may cost between \$10 to \$20 bucks.

## **EXERCISE WITH JULIA**

Residents can enjoy exercise with Julia every Tuesday and Thursday at 10:00 am, in the Auditorium. This program is set up for 16 but more are welcomed. We must adhere to 6 ft. social distancing, so you must wear a mask when going to this program.

## **YOGA WITH BONNIE**

Residents can enjoy Yoga with Bonnie, every Monday at 10:00 am, in the Auditorium. This program is set up for 16 but more are welcomed. We must adhere to 6 ft. social distancing, so you must wear a mask when going to this program.

## **BIBLE REFLECTIONS WITH CHRIS CROSBY**

Join Chris Crosby at 11:00 am every Wednesday via zoom for Bible Reflections. I know that some residents already participate in her program in their rooms, but if they would like to join us in the 6th Floor Lounge that will be great. Please remember to wear your face mask when outside of your apartment. See you there.

## **HERMITAGE WORSHIP SERVICE**

Every Sunday join Kathy Howell at 11:00 am for Hermitage Worship in the Auditorium. You can also watch her service on Channel 22 at 1:00 pm.



Bible Study with Kathy every Wednesday at 10:00 am, in the Auditorium; all are welcome.

## **BILLIARDS FRIDAYS**

Join Bernard Evans every Friday at 2:00 pm for billiards in the Penthouse.

## **MEN'S GATHERING REWIND**

Monday, December 7th at Noon, Penthouse. We are starting the Men's Gathering again. We are inviting the 6th floor men only to attend, bagged lunch served. Subsequent floors will be gathering later in the month. Contact Bernard Evans for details.

## **VIRTUAL ZOOM PRESENTATION**

**Tuesday December 1st, 15th and 29th** at 2 pm join Artist Merri Davis for painting classes in the Auditorium.

**Tuesday December 8th** join Ambassador Cindy Courville for a presentation at 2 pm in the Auditorium.

**Tuesday November 22nd** at 2 pm join retired FBI agent Jack French for a presentation in the Auditorium.

## LEMON TREE

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The Lemon Tree will be celebrating the holidays by carrying specialty candies and treats starting the week of December 7th through the end of December. Stop by and shop all of the holiday goodness!



## EXERCISE WITH HEALTH PRO

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Join Exercise with Moon in the Auditorium at 10:30 am every Friday (except December 25th). If you are interested in attending, please keep in mind there can only be two (2) people riding on the elevator at the same time. Please remember to wear your face mask.

## FITNESS ROOM

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The Fitness Room is open and available to residents who would like to work out. Let someone from Activities know you would like to use the gym and you will be added to the schedule.

The schedule is displayed on the fitness room door. We sanitize the room after every use so residents can be safe while working out.

## LET'S GET UP & DANCE

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Every Friday meet us in the 2nd Floor Lounge at 10:30 am. Fun time with neighbors and music!

## ATTITUDE OF GRATITUDE

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The holiday season is around the corner, and it is during the December holidays that our Residents and Families traditionally donate generously to the Team Member Appreciation Holiday Fund. As it is our policy not to allow our Team Members to accept gifts or gratuities from Residents throughout the year, it is only during the holidays that there is the opportunity to send a gift of thanks to our Team Members for their service.

We thank you if you have already contributed. Our goal this year is to exceed \$30,000 in contributions, and to date, gifts received have been in the amount of \$14,800, from 42 families. We are hoping that we can increase this 30% participation rate to 100%. If you wish to contribute to the Team Member Holiday Fund, please write a separate check to Hermitage Northern Virginia with "TM Holiday Fund" in the note section and include it with your monthly payment, or drop checks off at the Front Desk in the Main Building, or directly with Emma in the Business Office.

## HERMITAGE HOLIDAY TOUR

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We are so excited about all the beautiful holiday decorations throughout the Hermitage this year. Please take a self-guided tour to see the holiday-spirited decorated trees in the Lobby, AL Dining Room, Auditorium and each Floor Lounge. Also, we added a special addition on the 1st Floor Even Side Solarium. Worth a visit!

# GOOD NEWS

## KATHY HOWELL



*My mother, age 86  
In front of the staircase  
at Christmas.*

“EEEEERRRRWAAAA...WONGG...THUD!”  
Echoed loudly throughout the house and I dropped what I was doing and ran to the hallway. It was Christmas time and that very distinctive sound meant only one thing, someone tall enough to reach the cord that dangled from the ceiling in the hall was pulling down the attic steps. It was time to bring down the Christmas decorations!

Soon box after box would appear at the opening at the top of the steps and be passed down from the attic. 6,8,10...

There were so many boxes I couldn't keep track. We had tons of Christmas decorations and each year my mother couldn't resist adding a few more.

My mother loved Christmas. When she “decked the halls” she'd deck the walls, the tree, the door, the bookshelves, the curtains, the lampshades... anything that didn't move. The whole family would help and when it was all done, the living room was a glowing and wonderful place.

It's probably no surprise that I still love Christmas decorations. Even now, five decades later, I know that part of the joy I feel when I putting up my own Christmas decorations or just admiring the handiwork of others, is a direct connection to the joy I experienced back then.

That's what good traditions do for me. As the world continuously changes around me, they provide me with something familiar to connect my past with my present. They can help reassure me as I continue on into an uncertain future. I know this year is different because of the pandemic. We can't physically be with our loved ones and can't celebrate all our Christmas traditions in the usual way. But I encourage each of you to continue the traditions you can and find new ways to express the spirit of traditions that you can't observe in the usual way.

During this Christmas season I pray that God will bless each of us with experiences that will fill us with a joy and a strength that will help sustain us continue on our daily journey through life.

