

PINNACLE LIVING

April 2020



HERMITAGE | NORTHERN VIRGINIA

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

Celebrating April

Arab American
Heritage Month

Poetry Month

Jazz Appreciation
Month

Passover Begins
April 8

Easter
April 12

Gardening Day
April 14

Bulldogs Are
Beautiful Day
April 21

Earth Day
April 22

Arbor Day
April 24

International
Dance Day
April 29

HAPPY BIRTHDAY

Wednesday April 22nd residents who celebrate their birthday in April, can enjoy a special lunch in their room at lunchtime.

Residents tune in to channel 22 to enjoy a short Happy Birthday segment put together by team members.

APRIL BIRTHDAY

Winifred Silverson 4

Hildegard Lawrence 9

Christophe Smeallie 13

Brigitte Guttstadt 27

Claire Adams 30

HaPpY
BiRtHdAY

ENTERTAINMENT

Friday 3rd 4:00 pm

Comedian Victor Borge

Sunday 5th 4:30 pm

Bing Crosby

Friday 10th 4:00 pm

President Reagan's Humor

Sunday 12th 4:30 pm

Dean Martin

Thursday 16th 1:30 pm

Josh Urban Radio Classic

Friday 17th 4:00 pm

Ventriloquist Jeff Durnam

Sunday 19th 4:30 pm

Elvis Presley

Friday 24th 4:00 pm

Ventriloquist Darci Lynne

Sunday 26th 4:30 pm

Doris Day

**Stay tuned to Channel 22 for
lots more entertainment**

RESIDENT TOWN HALL MEETING

Wednesday April 15th join us at 3:00 pm on Channel 22 for Resident's Town Hall Meeting. At this meeting residents will be updated on the precautionary measures in the community and the Executive Director Chris Gardner will provide a 15-minute questions and answer segment after the meeting.

Utilizing the Gym

Residents can utilize the Hermitage Fitness room daily, effective Wednesday **April 1st** by appointments only. This is not an April Fool's joke. Appointments will be up to 30 minutes per session. Residents who are interested in this service can contact Activity Coordinator Bernard Evans at 703-797-3871.

Lunch Bunch

Wednesday April 15th residents who are interested in Lunch Bunch, can participate in this activity. This month our trip will be to **Olive Garden**. Resident can let us know what they would like to order, and we will place the order and pick up. If you are interested, please call the Reception desk and we will sign you up and provide you with a menu.

HALLWAY B I N G O

Beginning **Thursday April 9th** residents can enjoy Live Bingo at 2:00 pm. This activity will be held on the even side on your floor every Thursday in the hallway. We will give bingo cards to residents that they can keep for the next week game. This is a fun game and we are looking forward to it.

MIGHTY OAK

Stand tall, oh mighty oak, for all the world to see.

Your strength and undying beauty forever amazes me.

Though storm clouds hover above you,

Your branches span the sky

In search of the radiant sunlight you

Count on to survive.

When the winds are high and restless and

You lose a limb or two,

It only makes you stronger.

We could learn so much from you.

Though generations have come and gone

And brought about such change,

Quietly you've watched them all,

Yet still remained the same.

I only pray God gives to me

The strength he's given you

To face each day with hope,

Whether skies are black or blue.

Life on earth is truly a gift.

Every moment we must treasure.

It's the simple things we take for granted

That become our ultimate pleasures.

NEIGHBORHOOD BUGGY

The Neighborhood Buggy will be coming to your floor to deliver treats and a variety of goodies for your enjoyment, Tuesday's at 2:00 pm. The actual date the Buggy will be on your floor is on the monthly calendar, channel 22 and in your daily packet. please check your calendar or dailies to see when the Buggy will be on your floor. If you would like to get a snack, magazine, etc., come to your door, when the Buggy is on your floor.

Breeze Time with Kathy/Hermitage Worship

Join Chaplain Kathy Howell for a five-minute Breeze Time segment every **Tuesday and Thursday from 8:00-9:00 am**. This program shows 3-4 times during this time period.

Every Sunday you can join Kathy Howell at 11:00 am on channel 22 for Hermitage Worship service.

Maundy Thursday/Good Friday Service

Thursday April 9th residents can join Chaplain Kathy Howell at 3:00 pm for **Maundy Thursday service**. **Friday April 10th** at 3:00 pm Kathy will also do a **Good Friday service**. Both services will be on Channel 22.

Residents can also watch this service on the television in the 6th Floor Lounge.

Coffee with Mary & Sylvia

Beginning **Thursday April 2nd** residents can enjoy Coffee and Table Talk with Mary King and Sylvia Parson on channel 22. This program will be aired every Thursday at 9:30 am. This program consists of humor, sharing pertinent community information, encouragement letters and cards and lots more.

Catholic Mass/Hymn Sing

Every **Wednesday** at 1:00 pm, residents can watch Catholic Mass on Channel 22. These videos will be of mass' held at various Catholic Church's.

Residents tune your television to channel 22 every Monday at 7:00 pm, for Hymn Sing-along. Join in and sing along with the video, it's fun.

Palm Distribution

Sunday April 5th residents can tune in to Channel 22 to listen to our Chaplain Kathy Howell for Hermitage Worship at 11:00 am. Immediately after Hermitage Worship at 11:30 am residents can pick up their palm in the Lounge on their Floor.

Cards of Encouragement

Thursday April 2nd residents will receive cards and letters from far and wide, from people throughout the United States, who would like to keep residents encouraged during this time. We are also posting on channel 22, videos and pictures of Team members who would also like to keep residents motivated. We do hope that you all enjoy them all.

GOOD NEWS FROM THE CHAPLAIN

Kathy Howell

“Therefore, encourage one another and build up each other, as indeed you are doing.” Thessalonians 5:11

It was just a few hours before an important church meeting. I noticed that several vines were sticking up high above the azalea bushes that stood at the entrance to the fellowship hall. I grabbed the scissors off my desk and went to work. As I trimmed, I noticed that all the vines I cut were entwined with other vines.



Entwined vines supporting each other in my the yard of my church, 2006

By itself, a single vine is flimsy, it can't reach above the leaves of the azalea bush. But twisted around each other in groups of three, four or even five; together, they could all could all reach the full sunlight.

Life on this earth can be difficult. It can make us feel weak and limp and unable to find the light we need just to get us through the day, much less to help us draw closer to the Lord. But if we come together as Christians, pray for one another, support one another, encourage one another on our Christian walk every day, like these vines, we can accomplish far more together than any one of us can alone.

This is a difficult time. For the safety of everyone's health we have to keep our distance physically. But it is a blessing that we live in a time when we can reach our friends and family by phone and encourage one another. The staff will be glad help you arrange a video chat, just contact the front desk and they can assist you set it up.

We can also lift each other up in prayer. Do not underestimate prayer, though we may not always see the results we hope for immediately, prayer is never wasted. Prayer is an act of love. I believe that God hears every prayer and He acts on them according to His wisdom. Know that I pray for each of you daily. I hope that you will pray for each other, for those you love, for our world and for me. May the peace of God be with you all.