



HERMITAGE

NORTHERN VIRGINIA

FEBRUARY 2021

**BLACK
HISTORY
MONTH**

CELEBRATING FEBRUARY

Ground Hog Day
February 2

Make a Friend Day
February 11

Valentine's Day
February 14

Mardi Gras
February 16

Ash Wednesday
February 17

Muffin Day
February 20

George Washington's
Birthday
February 22

LIVE ENTERTAINMENT

Sunday February 7th-
Tender Polman - Channel 22

Sunday February 14th-
Valentine's Day Symphony-
Channel 22

Sunday February 21st-
Bluegrass Davis & Bradley

Sunday February 28th
Keith Wilson

HAPPY BIRTHDAY

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

Yvette Fallin	4
William Wallace	8
Beverly Ruser	9
Georgianne O'Connor	22
Rufus Jernigan	28

HERITAGE MONDAYS

Monday February 1st, 2:00 pm
Marshall - Channel 22

Monday February 8th, 2:00 pm
Raisin in the Sun - Channel 22

Monday February 15th, 2:00 pm
To Kill a Mocking Bird in the
Auditorium

Monday February 22nd, 2:00 pm
Guess Who is Coming to Dinner
in the Auditorium.

Live entertainment and Broadway musicals
will be held in the Auditorium at 2 pm

ENTERTAINMENT

Sunny Sundays
7:00 pm-Concerts
Channel 22 & Auditorium

Movie Mondays
2:00 pm-Broadway
Plays/Awarding-winning
Movies
Auditorium & Channel 22

Terrific Tuesdays
7:00 pm-Historic
Documentaries
Channel 22

Western Wednesdays
7:00 pm-Movie
Channel 22

Theatre Thursdays
7:00 pm - Opera
Channel 22

Fun Fridays
2:00 pm - Special Treat
Deliveries
In Rooms

Sports Saturdays
10:30 am-Sport Moments
Channel 22 & Auditorium

MARDI GRAS LUNCH BUNCH TO RT'S RESTAURANT

Wednesday February 17th at 12:00 pm, join us for Lunch Bunch. RT's Creole and Cajun Restaurant menu will be made available and someone from Activities will take your order. Meals may cost between \$15-25 per entrée. If interested, join us in the Penthouse for lunch and conversation.

EXERCISE WITH JULIA

Residents can enjoy exercise with Julia every Tuesday and Thursday at 10:00 am, in the Auditorium/Channel 22. This program is set up for 16 but more are welcomed. We must adhere to 6 ft. social distancing, also you must wear a mask when attending 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, also you must wear a mask when attending 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.

TREAT FRIDAYS

Everyone loves a sweet surprise. Every Friday the Resident Services department will be spreading neighborly cheer with delivering a special treat to resident apartments.

VIRTUAL ZOOM PRESENTATION

Tuesday February 2nd at 2 pm join Artist Merri Davis for painting classes on Channel 22.

Tuesday February 9th join Ambassador Cindy Courville for a presentation at 2 pm on Channel 22.

Tuesday February 16h join Char Bar for a presentation at 2 pm in the Auditorium.

Tuesday February 23rd at 2 pm join retired FBI agent Jack French for a presentation in the Auditorium.

GROUND FLOOR WINDOW DISPLAY

This month we invite you to visit the Ground Floor Window Displays for two special installations. We are celebrating Black History Month with a beautiful window displaying the contributions of African Americans. Then on Valentine's Day the Resident Services department will be doing a special tribute to our Hermitage couples.

EXERCISE WITH HEALTH PRO

Join Exercise with Moon in the Auditorium at 10:30 am every Friday. 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.



WEDNESDAY MOVIE SHOWCASE

Every Wednesday at 2:00 PM in the auditorium, we will be showcasing a new movie.

Wednesday February 3rd, "Once Upon a Time...When We Were Colored" Channel 22

Wednesday February 10th, "I Know Why the Caged Bird Sings" Channel 22

Wednesday February 17th, "Dream Girls" in the Auditorium.

Wednesday February 24th, "Mandela" in the Auditorium.

WE ARE BETTER TOGETHER

Lane Unhjem, a North Dakota farmer, went into cardiac arrest when his combine caught on fire as he was harvesting wheat. When Unhjem was rushed to the hospital, sixty of his fellow farmers hurried to his fields. They were determined not to let his crops go to waste. The community knew they were better, they were stronger, when everyone looked out for one another.

The neighboring farmers could have sat around discussing how unlucky Unhjem was, but instead they harvested over 1,000 acres of his crops in seven hours. Realizing they were better together, they went to work with fifteen tractor-trailers, eleven combines, and six grain carts. A friend of Unhjem's family said, "You help your neighbors out when they need it, and don't expect anything in return."

We are all better when we support one another. We are a stronger community when we look out for our neighbors.

Even if there is not an immediate need right now, there will come a time in the future when some of your neighbors will ask for the support of the Samaritan Program. You can amaze them with the gift of your generosity, just like Lane Unhjem's neighbors amazed him and his family. Consider a gift to the Hermitage Northern Virginia Samaritan Program. Remember that you can give in honor or memory of your neighbors, family, and friends.

For information on other giving opportunities in Hermitage Northern Virginia, contact Charles Wickham, Director of Donor Development, by email at cwickham@pinnacleliving.org or by phone at 804-474-8724.

GOOD NEWS

KATHY HOWELL



I had watched the rain come down all afternoon from my kindergarten classroom.

Now the bell rang and I was standing in front of the school under the breezeway. It was still raining hard. I didn't even have a raincoat. My brother Dexter stood next to me and said we would have to wait until the rain let up before we walked home. Suddenly I saw him. If my father had come to get us from school before I don't remember it. What I do remember is how Daddy lifted me up and held me close to his chest then wrapped the sides of his big black raincoat around me and carried me to the car. I remember how protected and safe I felt in his arms.

I suspect that David, the writer of today's text, had experienced the kind of safety and security in God's protection that I experienced in the arms of my own father. I believe that God offers to each of us His loving care and provision.

He wants each of us to know that in His arms, we are more secure and safe than I was in my Dad's arms on that rainy day in 1960. I'm grateful that I have come to know this truth in my head, and at times I have experienced it in my heart. But the reality is, sometimes life is hard and there are times, when I have difficulty feeling the reality of God's love for me.

As I prepare to go to bed each night it has been my habit for many years to have a prayerful conversation with God.

"Discussing" the events of the day with God, giving thanks for blessings, and asking for forgiveness and direction where needed, and praying for the people in my life.

Occasionally as I drift off to sleep, I think back to that rainy day so long ago. And for a moment I feel again what it was like to be 5 years old and experience the safety and security of being sheltered in my father's arms. Sometimes in that moment just before sleep overtakes me, I sense that the arms encircling me, making me feel so safe belong to my Father in Heaven.

He will cover you with his wings; you will be safe in his care; his faithfulness will protect and defend you.

Psalm 91:4
