

HERMITAGE

NORTHERN VIRGINIA

MARCH 2021



NATIONAL
WOMEN'S
HISTORY
MONTH

CELEBRATING MARCH

Irish American Heritage
Month

Women's History Month

Optimism Month

Peace Corps Day
March 2

Courageous Follower Day
March 4

International Women's Day
March 8

Mothering Sunday
March 14

St. Patrick's Day
March 17

World Poetry Day
March 21

National Physicians Week
March 25-31

Passover
March 27-April 4

International Laundry
Folding Day
March 30

HAPPY BIRTHDAY

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

Gladys Meyers	16
Kay Beranis	28
Fagan, Yoshie	29

2 PM MOVIES & BREEZETIME

Monday March 1st, join us for the movie "Wonder" in the Auditorium

Monday March 8th, join us for the movie "Herself" in the Auditorium

Monday March 15th, join us for Breezetime in the Auditorium

Monday March 22nd, 2:00 pm Breezetime with resident Fred Fry in the Auditorium

Monday March 29th, 2:00 pm Breezetime with resident Bob Leisermer in the Auditorium.

LIVE ENTERTAINMENT

Sunday 7th-Pianist Rick Mumford

Sunday 14th-Guitarist/Singer

Tender Polman

Sunday 21st- Keyboardist/Singer

Gurda Williams

Sunday 28th Bluegrass Davis & Bradley

ENTERTAINMENT

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

Marvelous Mondays
2:00 pm Broadway
Plays/Movies
Auditorium & Channel 22

Scenic Ride-3 pm

Terrific Tuesday 7:00 pm-
Historic Documentaries
Channel 22

Western Wednesdays
7:00 pm-Movie
Channel 22

Theatre Thursdays
Poetry Group-March 11th
Private Dining Room
7:00 pm - Opera
Channel 22

Fun Fridays 2:00 pm
March 5th Treat Delivery-
Cheesecake

Bistro Social -March 12th
Chocolate cover
Strawberries

Bistro Social -March 19th
Cheese & Crackers

Bistro Social - March 26th
Cookies & Ice Cream

***Bistro Social will be in the
Lobby Bistro**

ST. PATRICK'S DAY LUNCH BUNCH

Wednesday March 17th at 12:00 pm, join us for Lunch Bunch. South China Chinese 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

Small Group
Bible Study

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

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.

96 STEP CHALLENGE

Are you are interested in doing a 96 Steps Challenge? If you are, let the Receptionist know and the Activities department will provide you the materials needed.

VIRTUAL ZOOM PRESENTATION

Tuesday March 2nd at 2 pm join Artist Merri Davis in the Auditorium.

Tuesday March 9th at 2pm join Ambassador Cindy Courville for "THE 2021 Myanmar Coup" presentation at in the Auditorium

Tuesday March 16th at 2pm join Artist Merri Davis in the Auditorium..

Tuesday March 23rd at 2 pm join retired FBI agent Jack French for "Radio Lady Detectives" presentation in the Auditorium.

Tuesday March 30th join Artist Merri Davis in the Auditorium.

ST. PATRICK'S DAY PINS

Tuesday March 16th the Activities staff will deliver St. Patrick's day pins to residents.

These were hand made by the Activities team. We hope residents like this gift and would wear it on St. Patrick's Day. Happy St. Patrick's Day!!

GROUND FLOOR WINDOW DISPLAY

This month we invite you to visit the Ground Floor Window Displays for two special installations. There will be St. Patrick's Day decorations in one of the windows and the other will have decorations depicting Women's History Month, with a slide show in the window to display the contributions women have made. Later on this month residents will receive a booklet which details some of our very own women in our community, to include residents and staff and an added twist of celebrities. We hope you all enjoy.

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.

STRAWBERRY PATCH BAG SALE

The Strawberry Patch is open and will be looking forward to Spring, with our semi-annual Bag Sale on March 31st-April 3rd. We provide the grocery bags, and you will Bill your bag, paying \$1.00 for a full bag, on Marcy 31. On April 1st thru April 3rd, you will be able to Bill as many bags as you want for free!

This is a fun event, as there is something for everyone! Following our bag sale, we will be closed Wednesday April 7th to prepare for our Spring and Summer selections. All our items are reasonably priced, most are priced below \$5, with more common items at \$2.00. We have clothing for both men and women, greeting cards, decor items, jewelry, shoes and dishes. On April 9 we will reopen with all new merchandise! We hope you will stop by and visit us!


TURN ADVERSITY INTO SOMETHING GOOD

In 1996, Christian Bagg was paralyzed from the waist down due to a snowboarding accident in Canada. In 2008, he designed a modified bicycle that he could use. Later, Bagg let a girl with cerebral palsy try his bike, and she said it was "the best day" of her life. This caused Bagg to realize that he could creatively use this bike to help many persons who are disabled. He launched Bowhead Corp. two years ago. He makes custom bicycles for the physically disabled. He says, "Anyone who wants to ride a bike, we will try to figure out how they can."

The moral of this story is "whatever people need, figure out a way to meet their needs."

There are residents and team members around you who have needs. Make a gift today to the Hermitage Northern Virginia Samaritan Program or Angel Fund. For more information, contact Charles Wickham, Director of Donor Development, by email at cwickham@pinnacleliving.org or by phone at 804-474-8724.

WEDNESDAY MOVIE SHOWCASE

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

Wednesday March 3rd, "A Star is Born."

Wednesday March 10th, "High Society"

Wednesday March 17th, "To Catch a Thief."

Wednesday March 24th, "Words on Bathroom Walls."

Wednesday March 31st, "Suffragette"



*Me at Hurricane Ridge Overlook at Olympic National Park
Washington State - May 2001*

Between the cool crisp air and the spectacular snowcapped mountains that surrounded me on three sides it took my breath away. I don't know how long I sat there in silence soaking it all in.

In thinking about that day, at first I wondered if the beauty of the Olympic Mountains effected me this way because I had lived in south Louisiana all my life and seldom seen mountains, much less snow.

But then I thought about the fact that the Park Service wouldn't have built a scenic overlook if there weren't a whole lot of people who reacted the same way I did. No, I suspect God intentionally designed us this way. It's His way of getting our attention. That day, when I sat and admired the magnificent of the mountains,

I couldn't help but wonder how people could look upon such beauty and not realize there must be a God. It struck me that the same God who created such beauty on such a grand scale also carefully created each one of us down to our smallest detail.

I think that we are designed to be in awe of the beauty of creation because it gives us an opportunity to be in awe of our Creator; to be still, and know that He is God.

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

Psalm 91:4
