



HERMITAGE

NORTHERN VIRGINIA

November 2020



CELEBRATING NOVEMBER

Aviation
History Month

Native
American Heritage Month

Adopt a Turkey Month

Polar Bear Week
November 1-7

Cliché Day
November 3

Veterans Day: U.S.
November 11

Rock Your Mocs Day
November 15

International Men's Day
November 19

Thanksgiving Day
November 26

Square Dancing Day
November 29

VETERAN'S DAY

Wednesday November 11th please join us for our Veteran's Day program beginning at 1:30 pm in the Auditorium. Our guest speaker is Fleet Master Chief April Beldo.



HAPPY BIRTHDAY

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

Judith Knee	2
Eva Sorenson	7
John Lumsden	8
Lynn Baldauf	11
John Dervan	12
John Howard	14
Naomi Shafer	16
Nancy Hindman	18
Marilyn Moy	22
Anne Stephens	24
Alfred Lefebvre	24
Donald Garmer	29
Charles Axthelm	30

BROADWAY MUSICAL

Monday November 2nd, 2:00 pm Broadway Musical Cabaret.in the Auditorium

Monday November 9th, 2:00 pm Broadway Musical Rent in the Auditorium.

Monday November 16th, 2:00 pm Broadway Musical My Fair Lady.in the Auditorium.

Monday November 23rd, 2:00 pm Broadway Musical Fiddler on the Roof in the Auditorium

Monday November 30th, 2:00 pm Broadway Musical Frozen in the Auditorium.

ENTERTAINMENT

Sunny Sundays
5:00 pm-Music Appreciation

Musical Monday's
2:00 pm-Broadway Musical Auditorium

Terrific Tuesday's
7:00 pm-Army/Navy/Airforce Concert Band

Western Wednesday's
7:00 pm-Movie

Thankful Thursday's
5:00 pm - The Universe Ancient Mysteries Solved

Fun Friday's
5:00 pm - Museum Tours

Super Saturdays
3:00 pm - The Lost Worlds

LIVE ENTERTAINMENT

Sunday November 1st-
Saxophonist Keith Wilson

Sunday November 8th-
DJ Ed Shafer

Sunday November 22nd-
Bluegrass Davis & Bradley

Sunday November 29th-
Keyboardist & Singer Gurda

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

LUNCH BUNCH TO LA CASA

Wednesday November 18th at 12:00 pm, join us for Lunch Bunch. We will be picking up residents menu orders from La Casa. Please let the Receptionist know you are interested in ordering, and someone from Activities will take your order. La Casa's menu will be made available and meals may cost between \$10 -\$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

Bonnie's back!!!! 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 Chrissie Crosby at 11:00 am every Wednesday via zoom for Bible Reflections. I know that some residents already participates 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

LEARNING TECHNOLOGY

Join Mary King every Friday at 2:00 pm for Learning Technology in the Auditorium. If you would like to be more familiar using various devices, join me.

Residents will be shown how to use their smart phones, iphones, ipad or any device to facetime, zoom, download apps, access resident's Community apps, and lots more. The program will last 1 hour.

PRESENTATION VIA ZOOM

Tuesday November 3rd and 17th at 2 pm join Artist Merri Davis for painting classes in the Auditorium.

Tuesday November 9th join Ambassador Cindy Courville for a presentation at 2 pm in the Auditorium.

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

STRAWBERRY PATCH

The Strawberry Patch is now open, during the hours of 10 am to 2 pm, on Wednesday, Friday, and Saturday. The operation will be slightly modified, since precautions are necessary due to the pandemic. Shoppers will need to enter and exit through the Lemon Tree. You will then check out at the Lemon Tree, where the staff will assist you. There will not be access to the fitting room, and we will not be able to place items on hold.

We wait with anticipation for the day when we can bring our volunteers back, to give you the same experience you have had in the past. In the meantime, come shop or browse, and re-aquaint yourself to the Strawberry Patch!

EXERCISE WITH HEALTH PRO

Friday November 13th, there will be no Exercise with Moon in the Auditorium at 10:30 am. Instead you can join Moon on Monday November 9th in the Auditorium. 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

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 then placed on the fitness room door. We sanitize the room after every use so residents can be safe while working out.

Attitude of Gratitude

Thanksgiving is more than just a date on the calendar – It's a way to live each day. Billy Graham said, "A spirit of thankfulness is one of the most distinctive marks of a Christian whose heart is attuned to the Lord." Each day we can march through life complaining about the challenges we face, or we can live each day thanking God for the good things God has done for us. Charles Spurgeon said, "Too often we write our blessings in the sand, but we engrave our troubles in the marble." The choice is yours!

When you wake each morning, be alert and open to the good things God has given you. Develop a daily attitude of gratitude.

A great way to show gratitude is by doing for others: support fellow residents through the Samaritan Program, be sure your community is a part of your planned estate giving, participate in other donor restricted funds. To know more contact Charles Wickham, Director of Donor Development at cwickham@pinnacleliving.org or call 804-474-8724.

Art Donations

Jackie McCord from Alexandria Adult Day Service Center, her team of participants, families and staff have created custom cards and Artwork that they gave to Hermitage Northern Virginia and their direct care staff to celebrate the hard work and challenges they have faced in this unique time.

LET'S DANCE

Every Friday at 10:30 am in the 2nd Floor Lounge

GOOD NEWS

Then Jesus told this parable:

"A man had a fig tree, planted in his vineyard, and he went to look for fruit on it, but did not find any.

So he said to the man who took care of the vineyard, 'For three years now I've been coming to look for fruit on this fig tree and haven't found any. Cut it down! Why should it use up the soil?'"

"'Sir,' the man replied, 'leave it alone for one more year, and I'll dig around it and fertilize it.

If it bears fruit next year, fine! If not, then cut it down.'" Luke 13:6-9

Of the 18 trees that blew down in Hurricane Betsy, the one my mother was probably most upset about was her Japanese persimmon tree.

The tree had been there when my parents bought the house 10 years before, and most years it provided more persimmons than my mother could eat, or even give away. But after that storm in 1965, the little tree was stripped bare and lay flat on the ground. The hope of that persimmon tree ever bearing fruit again probably seemed as dim to my mother, as the hope of the fig tree ever bearing figs seemed to the owner of the vineyard in today's scripture.

But just as the gardener in the parable gave the fig tree one last chance, my father decided to give that persimmon tree another chance. Dad didn't cut it down. Instead he propped that tree up with a big stick and gave it some time. Pretty soon it began to sprout bright green leaves. I guess with all its leaves blown off, but the weather still warm, that tree thought it had been through the winter,

KATHY HOWELL



A Japanese persimmon Tree like the one that stood in our yard when I was a child

I guess with all its leaves blown off, but the weather still warm, that tree thought it had been through the winter, and it was already spring. It bore a second crop of persimmons that year. In fact, that tree lived and bore persimmons for another 40 years.

I am grateful that we have a God who is willing to give us 2nd, 3rd, 4th, (or more) chances in this life. I need additional chances more often than I like to admit. I wish that everyone whoever gets an extra chance would do as well as that persimmon tree did. But as Jesus also reminds us in this parable, extra chances don't go on forever. Eventually, each of us will stand before Jesus Christ in final judgment and we will be held accountable for what we did with the chances God gave us.

Questions to ponder:

Can I think of time that I was given a second chance by God? How did that turn out?

Is there something going on in my life right now where I would like a second chance?

Today, let us keep in our prayers: People who have failed and are afraid to try again