

HERMITAGE

ROANOKE

January 2024

Greetings

I hope you have settled on your New Year's resolutions and are on the right track because 2024 is here! Many people, myself included, start the year off with lofty goals and a fierce drive to achieve them, only to have our motivation taper off as the months turn. Regardless, the personal commitments to self-improvement that we make each year show our desire to become better versions of ourselves.

While we may not necessarily lose 50 pounds or write a best-selling novel, the act of working towards personal goals can be rewarding in itself. In 2024, let's focus on the journey and celebrate incremental progress.

That goal may be off in the distance, but successes can be measured daily.

Happy New Year!

James

HERMITAGE HERO

Our Hermitage Hero program was started to recognize our team members who go out of their way to improve the lives of our residents and make positive impacts on our community. This program allows residents, families, and team members to nominate whomever they feel is truly making a difference here at Hermitage Roanoke. Each month, we select a "Hero of the Month" who will ultimately be eligible to win the "Hero of the Year" award each August.

Congratulations to our January Hero, Jeremy Fulkerson! Jeremy has worked at Hermitage Roanoke for 3 years now in our Dining Department. Jeremy grew up and went to school in Giles County. After high school, he worked at Friend and Family Restaurant for 10 years before getting married and moving to Roanoke. Jeremy was nominated by his peers for being a real team player. He never shys away from responsibility, and that's something we love about him! Jeremy does a lot of work behind the scenes, but he is quick to say a friendly hello when residents and team members greet him in the halls.

Congratulations Jeremy! Job well done!



Congratulations!

SAMARITAN PROGRAM



A “Good Samaritan” has come to mean any person who helps another without thought or reward. Yet there are many other ways of being a Good Samaritan – a person who is generous and compassionate in helping others: offering a helping hand and being a supporter, an advocate, and a protector are just a few descriptions that come to mind. At the heart of the mission of Pinnacle Living is the Samaritan Program, a benevolent fund which provides financial assistance to residents who have outlived their monetary resources and, through no fault of their own, can no longer afford the full cost of services. Benevolent assistance through this program has been given in Pinnacle Living communities since 1948. Your gift to the Samaritan Program supports residents who have been blessed by longevity but have outlived their financial resources. Samaritan gifts are not used for operational, capital, or administrative cost but are instead made available only for benevolent care. Your gift ensures someone’s personal security and peace of mind. Samaritan Program gifts may be designated to any of our Pinnacle Living communities. Undesignated gifts will be used where the need is greatest. Both designated and undesignated gifts serve the same purpose: to provide financial assistance to residents whose ability to pay for care has been diminished. Please consider making a gift today to help those who are in need of your generosity. You truly can make a difference in someone’s life. To make an online gift to the Samaritan Program by credit or debit card, visit the Pinnacle Living website at www.pinnacleliving.org, our community website or the Facebook pages for Pinnacle Living or our community. Checks may be delivered to the Business Office. Make the check payable to Pinnacle Living or Hermitage Roanoke. Please note “Samaritan Program” in the memo line and designate the gift to the community or where the need is greatest.

COMMUNITY ANNOUNCEMENTS

COUNCIL MEETINGS

The AL Resident Council meets the third Tuesday every other month at 1:00 PM.

Your representatives are:

Diane Glenn, Martha McMullan, and Charles Lockerby

The Independent Living Council meets the third Tuesday every other month at 2:00 PM.

Your Independent Living representatives are:

Peter Mortlock, Peggy Crismond, Kathy Lewis, and Bill Blaylock.

Your next IL Meeting is Thursday, February 15th at 3:30 PM

If you have any concerns that need to be addressed, please see your representatives.

PROM KING & QUEEN VOTING

A voting table will be set up outside of the Main Dining Room on **Monday, January 8th.** Please cast one vote for your Prom King and one vote for your Prom Queen. (Residents, team, and family are welcome to cast a vote!



Happy Birthday!

Roy Miller

Lorraine Calvachio

Marion Angle

Sylvia Davis

Bob Mills

Louise Miller

Laeta Meador



January Birthday Party!

JOIN OUR HERMITAGE
GUILD AS THEY HOST OUR
JANUARY BIRTHDAY PARTY!
THURSDAY, JANUARY 4TH AT
2:00 PM IN THE VIRGINIA
ROOM.



PROM 2024

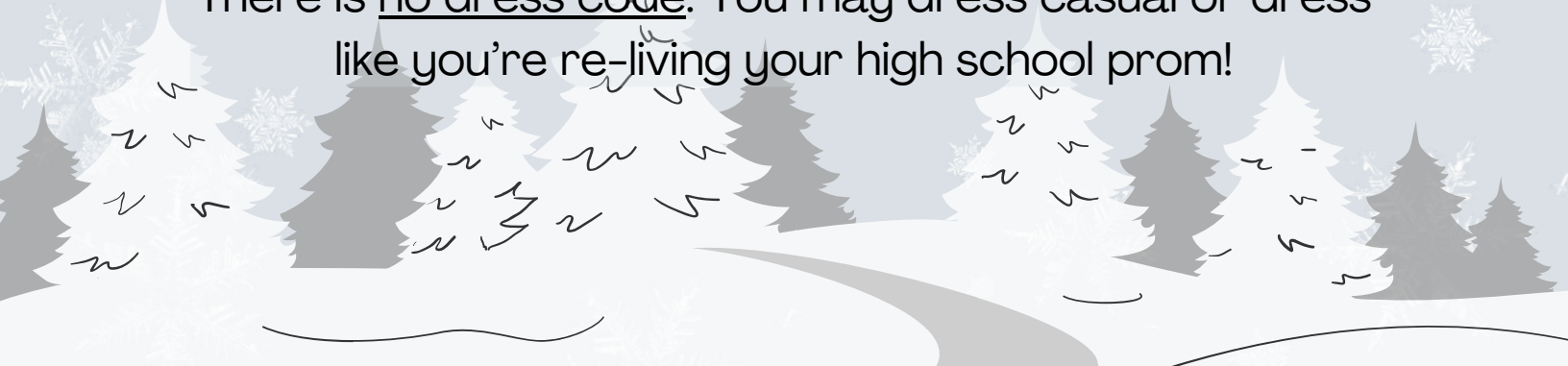
Join us for our Hermitage Prom (Winter Wonderland) on
Tuesday, January 16th from 2:00-3:30 PM
in the Main Dining Room

Meet the band! Caravan is made up of Marc Baskind and three gentlemen who are all seasoned professional musicians, all playing a lot!

- Glenn Buck comes from Lynchburg, plays keys, sax, flute, clarinet, composes and arranges music.
- Craig Howland comes in from Durham, NC to be with us. He came up playing in bands with his brother Keith, who played guitar with the great band Chicago for 20+ years. Craig is a truly accomplished drummer.
- John Yates on bass and vocals has been at Marc's side in bands for decades. He has a deep understanding of music and theory.

Join us for an evening of fun!

There is no dress code. You may dress casual or dress like you're re-living your high school prom!



COMMUNITY ANNOUNCEMENTS

Answers to Page 9:

- 1) Forget it
- 2) Jack in the box
- 3) Somewhere over the rainbow
- 4) Back door
- 5) Read between the lines
- 6) Blood is thicker than water
- 7) Bee line
- 8) Cancelled check
- 9) Once upon a time
- 10) Green eggs and ham
- 11) Try to understand
- 12) Downtown
- 13) Bump in the night
- 14) First aid
- 15) One in a million
- 16) Apple pie
- 17) Ice cube
- 18) Rocking around the Christmas tree
- 19) Think outside the box
- 20) Six feet underground
- 21) Won by a nose
- 22) Too big to ignore
- 23) Half baked
- 24) Neon lights

NEW STUDENT INTERN

Hello. My Name is Crystal Castillo Byrd, I'm 39 was born in California, Raised in Tennessee, but moved to Roanoke in 2000 when I was 15. I currently live in the Blue Ridge area with my peach of a husband we've been married for 12 yrs and we've almost been together for nearly a decade. I'm a Mother of 2 sweet boys Easton 8 and Nathaniel 15 months old. I'm planning on graduating from Virginia Western at the end of the spring semester with an AS in Human Services with an emphasis on Social Work. Im so excited to get to know each and every one of yall!



SPIRITUALITY

Finding inspiration and maintaining an inner peace with regards to happiness and spiritual practice is essential for personal wellbeing. Many opportunities for such exploration are available at Hermitage Roanoke. Below are some of our offerings:

CHAPLAIN'S CORNER

Happy 2024! May the blessing of Love fill you with us with joy and gratitude for this new year. As we journey together, may this blessing, written by Jan Richardson, offer us encouragement and hope along the way:

BLESSING THE THRESHOLD

This blessing has been waiting for you for a long time.

While you have been making your way here,
this blessing has been gathering itself, making ready,
biding its time, praying.

This blessing has been polishing the door,
oiling the hinges, sweeping the steps,
lighting candles in the windows.

This blessing has been setting the table as it hums a tune
from an old song it knows,
something about a spiraling road and bread and grace.
All this time it has kept an eye on the horizon, watching,
keeping vigil, hardly aware of how it was leaning itself
in your direction.

And now that you are here,
this blessing can hardly believe its good fortune
that you have finally arrived,
that it can drop everything at last
to fling its arms wide to you, crying

welcome,
welcome,
welcome.

*Peace,
Rev. Joe Cobb, Chaplain*



AS WE JOURNEY... 2024. WALK AS FAR AS THE LIGHT WILL TAKE YOU

I was about five or six years old and living with my family on a farm in Mississippi. On a particularly dark autumn night, with no moon, and no stars, I remember my father asking me to go to the corn crib and bring back a container filled with corn that we would shuck, grind, and take to the mill in Georgetown. He knew that I was afraid of the dark, and I looked at him through my eyes of fear.

So I said to him, "Daddy, it's too dark! I don't think that's a good idea!" He replied, "Well, just take this "coal oil" (kerosene) lamp with you and go only as far as you can see." And I did...of course, with the light moving with me as I walked...and I made safely it to the crib and back. And, this none-high-school graduate used that opportunity to teach me a life-lesson!

The coming New Year will be one day longer because one day has "leaped" into the year. For a change, I will not be making any New Year's Resolutions. Rather I will focus more intentionally on what's already working for me and stop the things that are distracting and time-wasting.

The New Year is a new morning and a new morning is a new opportunity and a new opportunity is a new path and finally a new path is a new enriching, blessing!

Remember not the former things, nor consider the things of old. But give to doing a new thing; now it lunges forth, and as it does, can you not perceive it? I will make a way in the wilderness and rivers in the desert. Isaiah 43:18-19

Tad Tadlock



STRENGTH & ENDURANCE

Being healthy and staying strong is something we all strive for. Taking care of our bodies comes easy at Hermitage Roanoke with opportunities for fitness in the programs listed below:

YMCA

Please enjoy all of the amenities that the YMCA has to offer! **Bus leaves every Wednesday and Friday morning at 8:30 AM. Pickup is at 11:15 AM** (pickup is negotiable depending on resident needs)

Sign up in the activity outing book if you are interested!

If you are interested in a different type of exercise program, please contact Sam or Charnice!

SOCIAL DRUMMING

Join us as we turn an exercise ball and drum sticks into a music-making tool that's good for the body, mind, and soul.

So, come join us **Friday, January 5th at 10:30 AM in the Assembly Room** as we make healthy music for our bodies!



EXERCISE GROUP

Join our Rehab team every Thursday at 10 as they lead you in a seated exercise program! If you can't make it to our in-person classes, we also have virtual classes on Channel 1960.

Thursdays at 10:00 AM in the Assembly Room
(Virtual Classes at 10:20 AM and 4:00 PM daily)

DISCO EXERCISE

Saturdays and Sundays at 4:00 PM on Channel 1960
Tune in to Channel 1960 for this 30 minute seated exercise program!










BRAIN FITNESS

Using parts of the brain that are out of practice or daily cognition exercise can help maintain your functioning level. Newspaper crossword puzzles, card games, sudoku, and learning something new are all ways to keep your mind working sharply!

WACKY WORDS

THE SWANKY NAIL

1 Get it Get it Get it Get it	2  Jack	3 Somewhere 	4 DOOR
5  READ	6 Blood Water	7 Beeeeeee	8 CANCELED
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 NI bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice ³	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

• Please see
• page 5
• for the
• answers!



INTELLECTUAL GROWTH

The quest for knowledge is something that we never lose, and we at Hermitage Roanoke like to help residents with the opportunity to do so. See below for intellectual growth opportunities this month!

DOCUMENTARY: HAPPY DAZE

This documentary examines the "Happy Days" of the 1950s and the major events of those years such as the Baby Boom, suburbanization, the advent of television, Civil Rights, Brown v. Board of Education, youth rebellions and the fears of a society enmeshed in a cold war.

Tuesday, January 30th at 1:30 PM in the Assembly Room

Is there a topic you would like to learn more about? Please contact the Lifestyles & Wellness Department!

The Impressionists Lecture

Join Mark in the Assembly Room on Thursday, January 11th at 1:30PM as he gives a lecture on The Impressionists! Learn about artists such as Monet, Morisot, Degas, Pissarro, and more!



History of Roanoke

Join local history buff Nelson Harris as he dives into our Roanoke History. A presentation will be given along with a portion left at the end for questions.

Thursday, January 25th at 3:00 PM in the Assembly Room

Windsor Hills Senior Luncheon

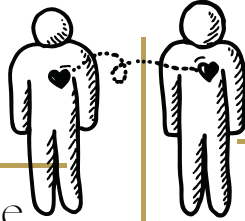
Wednesday, January 24th at 11:45 AM
Join us on the Bus as we travel to Windsor Hills UMC for a lunch and afternoon program. This month's program is Bingo with fun prizes. Cost of lunch is \$5. Please sign up in the book by Monday, January 22nd if you would like to go!



EMOTIONAL BALANCE

Having emotional balance is essential to being happy with who we are. Achieving emotional balance can be explored through involvement in some of the programs we provide below:

Creative Writing Workshop



Join writer Emily Fletcher as she leads us through another writing workshop! Materials will be provided for you!

**Saturday, January 13th at 1:30 PM
in the Florida Room**

MOVIE MATINEE

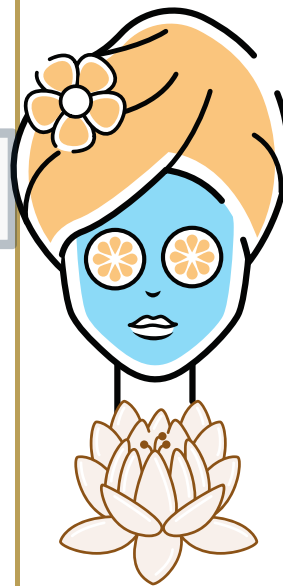
Come watch a movie on the big screen on Fridays at 3:00 PM in the Assembly Room. We will provide refreshments! Movie details will be announced on Channel 1960!



Resident Photos

**Monday, January 29th at 11:15 AM
in the Virginia Room**

We needed updated photos for our records. Come down to the Virginia Room and smile big for the camera!



SPA DAY

**Wednesday, January 31st
at 1:30 PM in the Maple
Tree Sunroom**

Come get pampered!
Lotion and face masks will
be provided for ultimate
relaxation!

MANICURES

Come get your nails filed
and painted!

**Monday, January 15th
at 10:00 AM in the
Assembly Room**



Winnie the Pooh Reading

It's National Winnie the Pooh Day! Let's celebrate by reading some of his stories! Wednesday, January 17th at 1:30 PM on Dogwood Lane



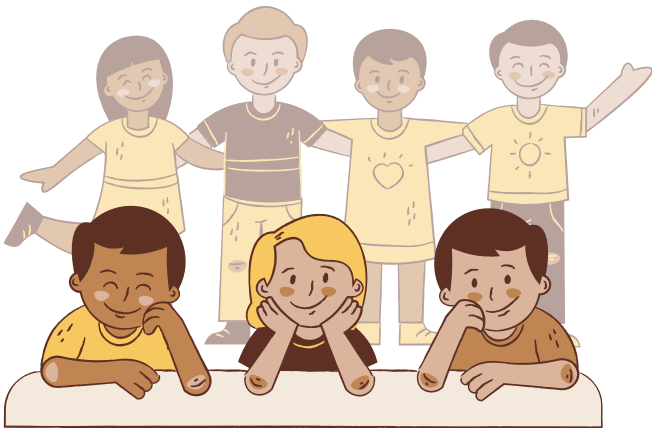
COMMUNITY OUTREACH

The practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community is prevalent all around us at Hermitage Roanoke. See some of our community outreach opportunities below:

Community Outreach: Pen Pals

Let's brighten some children's day! We will be starting a pen pal group today with some Community School kids!

**Wednesday, January 3rd at
1:30 PM in the Maple Tree
Sunroom**



If you have any community outreach ideas or programs you think would be good for the Hermitage Please reach out to Sam or Charnice!

HERMITAGE HELPING THE HUNGRY

Each month we collect items to donate to those in need in our surrounding community. One Saturday per month we will then create care packages with those donated items. If you have any items you would like to give, please place the items in the donation box at the Front Desk. Please DO NOT donate items that are expired, cooked, or need to be refrigerated.



**Come help us pack lunches this
month on Saturday, January 13th
at 10 AM in the Florida Room**

If you have any questions about Hermitage Helping the Hungry, Please contact the Lifestyles and Wellness Department at:

Charnice White: 540-767-6819

Samantha Swanberg:

540-767-6813

CULTIVATE

Cultivate has many meanings. Gardening, practicing stewardship of the land and its inhabitants; developing new skills and following passions, expanding knowledge, nourishing friendships and community, promoting health and feeding the body and soul.



A Guide to Winter Pruning

Be sure to exercise care in pruning winter-flowering plants or early spring blooming varieties, including fruit trees, to avoid cutting off flowering buds. And remember that some flowering shrubs such as hydrangeas can be left un-pruned until late February. Beauty is always in the eye of the beholder, but many people like the winter interest that the large flower heads of plants such as the mop head varieties of hydrangeas add to the winter landscape. Be sure, though, that when you do cut off old flower heads you only trim the plant back to the first set of emerging leaves. In all cases, pay attention to several pruning basics:

- Never prune just because you feel like you need to be doing something in the garden. Always have a reason to prune.
- If cutting a tree limb back to the main trunk, prune the branch just above the branch collar. This is the circular growth against the trunk of the tree from which the limb emerges. Take care to avoid damaging the branch collar.
- If cutting off only part of a branch, prune back to a set of visible buds. This will eliminate leaving part of a branch or twig, which would create a potential entry point for disease. Remember that new growth will sprout from the bud, not from the end of an empty twig. (Information retrieved from treehugger.com)

DINING, DIET & NUTRITION

Being educated about your diet and nutritional content are components to overall good healthy eating habits. Knowing what to eat, how to cook, and how to make healthy choices are key factors in maintaining your weight and staying healthy!



The Bus leaves from the Front Canopy at 4:15 PM sharp and returns by 7:00 PM. Please sign up in the activity book in the Rotunda if you plan on going!

- **Tuesday, Jan. 9th at 4:15 PM**
 - Great 611
- **Tuesday, Jan. 23rd at 4:15 PM**
 - K&W
- **Tuesday, Jan. 30th at 4:15 PM**
 - To Be Announced

LUNCHES OUT

Join us on the Bus for the following lunches out in January!

Lunch Out at Brambleton Deli
Friday, January 12th Bus leaves
at 11:00 AM

(Sandwiches, burgers, salads, bbq, sandwiches and more!)

Lunch Out at Chili's
Friday, January 19th Bus leaves
at 11:00 AM

(Ribs, burgers, fish, steak, quesadillas and more!)

Food Committee Meeting

Wednesday, January
24th at 9:30 AM in
the Assembly Room

What would you like to see added to the menu? Come to the Food Committee Meeting and share your ideas!

Edible Arrangements

Wednesday, January 3rd at 10:30 AM on Dogwood Lane

Join Charnice on Dogwood Lane as she shows you how to make a work of art...with fruit!



CREATIVE EXPRESSION

Painting, pottery, fabric, textile and word work, landscaping, interior and graphic design, dancing, acting, singing, fashion, playing a musical instrument... the list could go on and on to describe one's way of creative expression.

World Peace Day: Ping Pong Tea Lights



**Tuesday, January
2nd at 3:00 PM
in the Assembly
Room**

Let's celebrate
World Peace Day
with this beautiful
tea light globes!

Key Chains with Diane

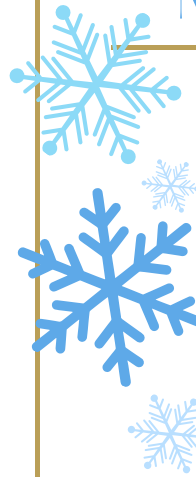
**Thursday, January 11th at 3:00 PM
in the Assembly Room**

Diane will show us how to make
homemade key chains! Perfect for
your mail keys or apartment keys

Bubble Painting

Join Mark in the Assembly Room on
Friday, January 19th at 10:30 AM as
he guides you on how to use to
make paintings!

Making Snowflakes



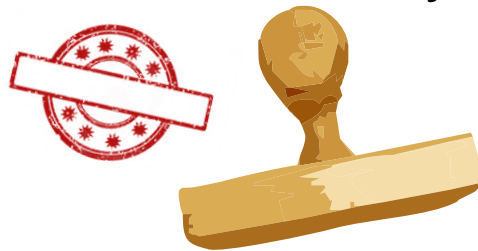
Help us decorate for Prom! We
will be cutting out homemade
snowflakes to put on the
windows for our upcoming
Prom event!

Join us on Saturday, **January
6th at 10:00 AM in the
Florida Room!**

Print Making

Use different objects to create a
stamp! Potatoes, cups, paper
towels, you name it!

**Saturday, January 27th at 10:00
AM in the Assembly Room**



Mini Hot Air Balloons

**Thursday, January 2nd at 10:00 AM
in the Assembly Room**

Come make a miniature hot air
balloon with Charnice!



SOCIAL CONNECTIONS

Social connections offer opportunities to meet new people, develop interpersonal skills, gain self-confidence, reduce stress, improve social or communication skills, and most importantly, to have fun!

SHOPPING TRIPS

Jan. 5th at 1:30 Valley View
Jan. 8th at 1:30 --Lakeside
Jan. 19th at 1:30--Salem
Jan. 22nd at 1:30--Lakeside
Jan. 26th at 1:30--Tanglewood
Jan. 29th at 1:30--Lakeside



Antique Shopping

Join Michael on the Bus as you travel to local antique shops! If you have a preference of where you would like to go, please let Michael know!

Friday, January 5th at 10:00 AM

Get Acquainted: Couples

Thursday, January 18th at 1:30 PM
in the Oak Tree Kitchenette
(Top Floor)

Join your fellow Hermitage couples in an opportunity to get to know one another!



Baby Swaddle Relay

Learn to swaddle a baby doll then race another person to see who can do it the quickest!

Tuesday, January 2nd at 1:30 PM
in the Rotunda

SOLO CELLO PERFORMANCE

Played on solo cello, listen to several classical pieces from composers such as Bach, Handel, Mozart, and Beethoven--as well as several others. The pieces come from the baroque, classical, and romantic periods of music. The deep tones of the cello and the classical melodies will provide a memorable afternoon.

Saturday, January 27th at 2:00 PM in the Virginia Room

Performed by
Linda MacAfee's
granddaughter,
Deirdre!





January National Mentoring Month

2024

As the dawn breaks on a new year, let us give thanks for all we hold dear: our health, our family, and our friends.

Let us release our grudges, our anger, and our pains, for these are nothing but binding chains. Let us live each day in the most loving ways. Let us serve all who are in need, regardless of race, color, or creed.

Let us remember that we are all one, embracing all, discriminating against none.

May your year be filled with peace, prosperity, and love. May blessings shower upon you and bestow upon each of you a bright, healthy, and peaceful new year

*January 1 - New Year's Day
January 4 - World Braille Day
January 7 - Coptic Orthodox Christmas
January 25 - Mahayana New Year (Buddhist)
January 13 - Maghi (Sikh)*



*January 21 - World Religion Day
January 15 - Martin Luther King, Jr. Day
January 24 - International Day of Education
January 26 - International Customs Day
January 27 - International Holocaust Remembrance Day*

HERMITAGE

ROANOKE

January 2024

AT YOUR SERVICE

Immediate Dining Assistance	767-6825
Dining Director	<i>Michael Steptoe, 767-6823</i>
Chef	<i>Brison Bonds, Chef, 767-6824</i>
Executive Director	<i>James Stovall, NHA, 767-6810</i>
Business Office Director	<i>Kristen Testerman, 767-6804</i>
Sales & Marketing Director	<i>Pattie Beckley, 767-6818</i>
Sales Counselor	767-6815
Social Services	<i>Mary Craddock, MSW, 767-6803</i>
Environmental Services Director	<i>Barry Perkins, 767-6820</i>
Director of Nursing	<i>Christy Thornton, 767-6833</i>
Lifestyles & Wellness Director	<i>Sam Swanberg, 767-6813</i>
Chaplain	<i>Rev. Joe Cobb, 767-6883</i>
Front Lobby	<i>Margie Lindsey , 767-6800</i>
Lead Concierge	<i>Stephanie Jackson, 767-6801</i>
Beauty Salon	<i>Karen Chaffin, 767-6806</i>
Transportation	<i>Michael DeHaven, 520-9716</i>
Lifestyles & Wellness Office	<i>Charnice White, Mark Davis, 767-6819</i>
Assistant Director of Nursing	<i>Amanda Long, 767-6829</i>
Assisted Living Clinical Leader	<i>Dainette Glover, 767-6881</i>
Assisted Living Nurses Station	767-6811
Rehab Department (PT, OT, ST)	767-6817
Dogwood Nurses Station	767-6816

SUN	MON	TUE	WED	THUR	FRI	SAT
7:00 Instrumental Hymns (Channel 1960) 1:45 Krispy Kreme Social (Ro) 2:55 Vespers with Communion (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	1 <i>New Year's Day</i> HB Roy Miller 10:30 New Years Mocktails! (Ro) 2:00 Game Fest! (AR) 3:00 Chair Yoga! (AR)	2 10:30 Chocolate Bingo! (AR) 1:30 Baby Saddle Relay! (Ro) 1:30 Let's Write a Children's Book! (DWL) 2:45 Pet Therapy Visits! (Room to Room) 3:00 World Peace Day: Ping Pong Tea Lights! (AR)	3 8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Edible Arrangements! (DWL) 1:30 Community Outreach: Pen Pals! (Maple Tree Sunroom) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR)	4 10:30 Mini Hot Air Balloons! (AR) 2:00 January Birthday Party! (VR)	5 8:30 YMCA (B) 10:00 Antique Shopping! (B) 10:30 Social Drumming! (AR) 1:30 UNO (AR) 1:30 Shop Valley View (B) 3:00 Movie Matinee (AR)	6 <i>HB Lorraine Calbachio</i> 10:00 Prom Prep: Making Snowflakes (FR) 10:20 Exercise with Melody (Channel 1960) 2:00 Memory Jogging (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7 7:00 Instrumental Hymns (Channel 1960) 1:45 Krispy Kreme Social (Ro) 2:55 Vespers with Communion (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	8 <i>HB Sylvia Davis</i> <i>HB Marion Angle</i> 10:30 Music for the Soul Performs! (VR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Virtual Chair Yoga (Channel 1960) 3:15 Bridge Club! (AR)	9 10:30 Chocolate Bingo! (AR) 1:55 Hymn Sing with Joe! (AR) 2:45 Pet Therapy Visits! (Room to Room) 3:00 Trivia Tuesday (AR) 4:15 Dinner Out: Great 611 (B)	10 8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Boot the Balloon! (AR) 1:30 Creative Coloring & Cookies with Dottie (DWL) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR)	11 10:00 Exercise Group with Melody (AR) 11:00 Bible Reading (AR) 1:30 The Impressionists Lecture (AR) 3:00 Key Chains with Diane! (AR)	12 8:30 YMCA (B) 10:30 Word Search Creations (AR) 11:00 Lunch Out: Brambleton Deli (B) 1:30 Memorial Service for Ruth Atherton (Virginia Room) 3:00 Movie Matinee (AR)	13 <i>HB Bob Mills</i> 10:00 Hermitage Helping the Hungry (FR) 10:20 Exercise with Melody (Channel 1960) 1:30 Creative Writing Workshop (FR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
14 7:00 Instrumental Hymns (Channel 1960) 1:30 Family Feud! (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	15 <i>Martin Luther King Jr. Day</i> 10:00 Manicures! (AR) 2:00 Game Fest! (AR) 3:00 Chair Yoga! (AR) 6:00 Martin Luther King Jr. Day Documentary (Channel 1960)	16 10:00 Prom Dress Shopping (AR) 10:00 Prom Makeup (AR) 10:00 Mending Ladies (FR) 2:00 Hermitage Senior Prom! (DR)	17 8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Chocolate Bingo! (AR) 1:30 Playing Hearts! (AR) 1:30 Winnie the Pooh Reading (DWL) 3:00 BINGO (AR)	18 10:00 Exercise Group with Melody (AR) 1:30 Get Acquainted: Couples (OTK) 3:00 Resident Choice Documentary: TED Talk (AR)	19 <i>HB Louise Miller</i> 8:30 YMCA (B) 10:30 Bubble Painting! (AR) 11:00 Lunch Out: Chili's (B) 1:30 Shop Salem (B) 1:30 UNO (AR) 3:00 Movie Matinee (AR)	20 <i>HB Laeta Meador</i> 10:00 Skip-Bo (AR) 10:20 Exercise with Melody (Channel 1960) 2:00 Memory Jogging (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
21 7:00 Instrumental Hymns (Channel 1960) 1:45 Arm Chair Travels: New Mexico (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	22 10:30 Color Block Catch All (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Virtual Chair Yoga (Channel 1960) 3:15 Bridge Club! (AR)	23 10:30 Chocolate Bingo! (AR) 1:55 Hymn Sing with Joe! (AR) 2:45 Pet Therapy Visits! (Room to Room) 3:00 AL Community Circle (AR) 4:15 Dinner Out: K&W (B)	24 8:30 YMCA (B) 9:30 Food Committee Meeting (AR) 9:45 Updates & Tidbits (Channel 1960) 10:30 Reading of "The Prophet" pt. 1 (DWL) 11:45 Windsor Hills UMC Senior Luncheon (B) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR)	25 10:00 Exercise Group with Melody (AR) 11:00 Bible Reading (AR) 1:30 Reading of "The Prophet" pt. 2 (AR) 3:00 Roanoke History with Nelson Harris! (AR)	26 8:30 YMCA (B) 10:30 Coffee & Who, What, Where? (Ro) 1:30 UNO (AR) 1:30 Shop Tanglewood (B) 3:00 Movie Matinee (AR)	27 10:00 Print Making (AR) 10:20 Exercise with Melody (Channel 1960) 2:00 Solo Cello Performance! (VR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
28 7:00 Instrumental Hymns (Channel 1960) 1:30 Flower Pens (AR) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	29 10:30 DWL Community Circle (DWL) 11:15 Updated Resident Photos! (VR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:15 Bridge Club! (AR)	30 10:30 Chocolate Bingo! (AR) 1:30 Documentary: Happy Daze (AR) 2:45 Pet Therapy Visits! (Room to Room) 3:00 Skip-Bo (AR) 4:15 Dinner Out (B)	31 8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) 1:30 Playing Hearts! (AR) 1:30 Spa Day! (Maple Tree Sunroom) 3:00 BINGO (AR)	Types of Activities offered NA-Natural world SO-Social CO-Cognitive	LOCATION KEY AR - Assembly Room B - Bus DR - Dining Room DWL - Dogwood Lane FR - Florida Room OTK - Oak Tree Kitchen Ro - Rotunda VR - Virginia Room	

January 2024

Oak Tree

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