

# HERMITAGE

ROANOKE

March 2024

## Greetings

With spring right around the corner, we should see temperatures beginning to rise, allowing us to enjoy our beautiful campus. Whether you want to exercise on our walking paths, relax on the patio, or help ready the rose garden for summer, there are plenty of options for everyone to enjoy the outdoors. There are even opportunities to assist with beekeeping as we begin to expand our hives in partnership with Heritage Apiary. If you're looking for ideas on how to enjoy the outdoors, please see any of our activities team members. Here's to warmer weather and enjoying the sunshine!

*James*

## HERMITAGE HERO

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 March Hero, Rayquan "Ray" Wilson! Ray has worked as a Dishwasher in our Dining Department for 1.5 years now. Ray was nominated by his coworkers and by residents of Hermitage for his consistent dedication and hard work behind the scenes. We can always trust that he is going to do a good job, no matter what the task is, with a kind attitude. Thanks for making this organization a fun place to be, Ray! Your hard work and easygoing nature make all the difference to our residents, team members, and friends of Hermitage Roanoke!



# SAMARITAN PROGRAM



## SAMARITAN PROGRAM

It's time for a reminder of the biblical passage at the heart of the Samaritan Program, our benevolent care mission.

An anonymous traveler was going from Jerusalem to Jericho. This 20 mile stretch has been known throughout history as a place of ambush. This traveler was attacked by bandits, left for dead in a ditch. Not the church or community leaders, but an outsider - a Samaritan - stops to care for him. The Samaritan does more than offer immediate help and leave. He comes near, bandages the man's wounds, puts him on his animal and takes him to the nearest inn. He showed a God-motivated spirit of compassion.

The next day, the Samaritan took out two denarii and gave them to the Innkeeper to cover the cost of the care for the traveler. An agricultural worker typically was paid one denarius for a day's labor so this was two days' wages. The Samaritan went even further in telling the Innkeeper that he would come back and cover the cost of any additional care the man required. The Innkeeper, even though often overlooked in the story, is asked to be doctor, custodian, care giver, protector, and advocate. (Luke 10:25-37)

Each of us is now called to be the Good Samaritan, caring for one another as Christ taught us to love our neighbors.

To make an online gift to the Samaritan Program by credit or debit card, visit the Pinnacle Living website at [www.pinnacleliving.org](http://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 to 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, Frank Ewald, Peggy Crismond, Kathy Lewis, and Bill Blaylock.**

**Your next IL Meeting is Thursday, April 18th at 3:30 PM**

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

## Social Worker Month

March is Social Worker Month!

Thank you to our wonderful Social Worker, Mary Craddock!



Happy Birthday

**Barbara Gray  
Margaret Nottingham  
Reginald Wood  
Fred Jones  
Katherine Morgan**

March Birthday  
Party

JOIN KEITH CAMPBELL IN  
THE VIRGINIA ROOM AS HE  
HELPS US CELEBRATE OUR  
MARCH BIRTHDAYS!  
THURSDAY, MARCH 21ST  
AT 1:30 PM



## EYEGLASS ADJUSTING & REPAIR

Greg Hastings is a local optician who has offered to adjust and make minor repairs to your glasses for free! No need to leave the community as he will come to you.

Please contact Sam if you are in need of eyeglass adjustments or minor repairs and she will schedule Greg to come out and look at them! Greg will be coming on an as-needed basis. Once we get a few residents that need help, he will be scheduled to come in.

**\*\*NEXT VISIT IS MONDAY, MARCH 11th AT  
11:30 AM IN THE ROTUNDA**

**Sam's number is: 540-767-6813**



# GROWING TOGETHER THROUGH GRIEF

## 6-Week Grief Support Group

Growing Together Through Grief is a structured group for adults who have experienced the death of a loved one and are seeking support and education about grief and loss. Six weekly sessions led by hospice bereavement staff combine information, discussion, and activities that encourage whatever level of participation persons may need or choose.



This program is free and open to the public. Pre-registration is required.

Thursdays 10am to 11:30am

April 4, 11, 18, 25 & May 9, 16, 2024

**Hermitage Roanoke**

1009 Old Country Club Rd., Roanoke, VA 24017

AND

Thursday 6pm to 7:30pm

April 4, 11, 18, 25 & May 9, 16, 2024

**Good Samaritan Hospice Center for Caring**

4751 Cove Rd., Roanoke, VA 24017

To pre-register for either group,

please contact

**Michelle Topi,**

[mtopi@goodsam.care](mailto:mtopi@goodsam.care) or

**Tony Nix,**

[tnix@goodsam.care](mailto:tnix@goodsam.care)

540-776-0198



**Good Samaritan**  
Advanced Illness Care • Hospice

# COMMUNITY ANNOUNCEMENTS

## **KNOW YOUR RESIDENT RIGHTS**



- To be informed of your rights, rules and regulations governing your care, conduct and responsibilities.
- To be informed of available services and related charges.
- To be informed of your medical condition and to be involved in planning your treatment.
- To be informed of any reasons for transfer or discharge and to be given reasonable advance notice.
- To voice grievances and recommend changes in policy.
- To manage your personal financial affairs.
- To be free from mental and physical abuse and to be free from unauthorized chemical and physical restraints.
- To have confidential treatment of your personal and medical records and approval or refusal of their release.
- To be treated with recognition of your dignity, individuality, and privacy.
- To not be required to perform services for the facility.
- To have private communication with persons of your choice and to send and receive unopened mail.
- To participate in social, religious and community activities.
- To maintain and use personal clothing and possessions as space permits.
- To have privacy for visits with your spouse.
- To have the rights and responsibilities of residents available in an easily accessible place in the facility.

Roanoke League of Older Americans (LOA)  
(540) 345-0451

## **Sam Maternity Leave**

Sam will be on Maternity Leave May-August (due May 10th). Please contact the following team members for help in the listed areas while she is away:

- **Activity/Outing Questions:**  
**Charnice, Mark, or Michael**
- **Calendar/Newsletter:**  
**Charnice (767-6819)**
- **Transportation Requests:**  
**Michael (520-9716)**
- **Mending:** Bring items to Front Desk
- **All other inquires please contact the Front Desk at 767-6800 and your call will be forwarded appropriately**



Our Student Intern, Crystal, has been working on a survey to see what you are interested in reading! She will be reorganizing the Library and making it more accessible for everyone to use! Contact Sam if you have thoughts on this project, or let Crystal know in her survey!



# 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

On a recent Saturday morning, the cool wind weaving around and within a small crowd gathered to remember the second anniversary of the war breaking out in Ukraine, I stood listening to one of the speakers whose family is in Ukraine. Tears filled her eyes as she reflected on the pain of loss, the ravages of war, the brokenness of humanity, the profound loss of lives. Yet, in her voice, I heard the courageous heartbeat of hope.

I glanced above her and noticed that a tree, planted at the corner of the plaza next to the main downtown library, was teeming with green growth – buds of an emerging Spring. This symbol of life, breaking through the dormancy of winter, gave me hope, even as I listen to the voice of hope speaking through her tears.

Spring is just around the corner. It is already showing itself in the bursts of yellow daffodils, the rainbow colors of tulips, the first signs of magnolias.

At the nearby Fairland Lake, ducks swim quietly in her wetlands, while a great blue heron makes her ascent from her still perch on the water's edge into the tunnel of trees along the Lick Run Creek.

Mary Oliver, in her poem "When I Am Among the Trees" closes with this lovely refrain:

Around me the trees stir in their leaves  
and call out, "Stay awhile."

The light flows from their branches.  
And they call again, "It's simple," they say,  
"and you too have come

Into the world to do this, to go easy, to be filled  
with light, and to shine."

Happy Spring!

*Rev. Dr. Joe Cobb, Chaplain*

1009 Old Country Club Rd. Roanoke, VA 24017 540-767-6800 \*Fax 540-767-6830

# *As We Journey A Geezer Lent & Valentine*

It was Valentine's Day. And it was also Ash Wednesday. According to several sources,\* the last time this happened was in 2018. Before then, the two holidays fell on the same day in 1923, 1934 and 1945. For this century, it just happened and will again happen in 2029. And that will be it.

So, on that most recent February 14, I am sitting in the waiting room of my urologist's office, watching an endless procession of old men come and go.

Of course, I am one of them: the brotherhood of enlarged prostates and the thousand other natural shocks to which geezer flesh is heir.

We wait to offer up the obligatory fluid samples, followed by the obligatory close encounters of the digital kind with our doctors.

I'm not complaining. In fact, I'm grateful for the relatively, but challenging, good health and decent medical care at an affordable price...which way too many others lack. But as the years roll by, the endless visits to medical specialists, the regular trips to the pharmacy, the inexorable decline of the body give us pause. Why?

The end is coming. My younger self never thought about that. My older self thinks about it regularly. Lent is a good time to fast, not only from food, but from the daily distractions that interfere with loving God, loving neighbor, and welcoming the stranger.

The ashes on our foreheads remind us where we come from and where we are returning...a watchtower of human mortality and the need for reconciliation with God...and each other.

Prayer- Morning Has Broken  
Mine is the sunlight, mine is the morning;  
born of the one light Eden saw play. Praise with elation, praise every  
morning;  
God's re-creation of the new day.

*Tad Tadlock*

*"I love the recklessness of faith. First you leap, then you grow wings."*

—Wm. Sloan Coffin



# 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!**

## BALLOON VOLLEYBALL

Join us for a fun game of Balloon Volleyball! This is a easy seated game!

**Friday, March 22nd at 10:30AM in the Assembly Room**

## 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)**

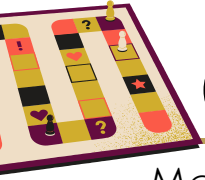
## Tic Tac Toe

Tic Tac Toe is a surprising and fun way to get exercise in! While playing you use your arm muscles, leg muscles and abs! It also helps work on your balance! Join us for some friendly competition!

**Tuesday, March 5th at 3:00 PM in the Rotunda**

# 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!



## Game Fest

Mondays at 2:00 PM in the Assembly Room!

**Come join us as we choose from a variety of games to play such as dominoes card games board games and so much more!**

## UNO



Fridays at 1:30 PM in the Assembly Room!

**Come play the all-time favorite card game UNO! If you don't know how to play, we will teach you.**

## MEMORY JOGGING

Saturday, March 2nd at 2:00 PM in the Assembly Room

A category is written on the white board and residents shout out as many answers as they can think of!



## ST. PATTY'S DAY JEOPARDY!

Sunday, March 17th at 1:45 PM in the Assembly Room

Join Sam in the Assembly Room for a fun game of Jeopardy! St. Patrick's Day themed!

## Chain Reaction Game!

Sunday, March 24th at 1:30 PM in the Assembly Room

**This fun game is a Game Show Network classic. Come try to fill in the missing middle words of the puzzle! We can work as a group or split up into teams!**

## HEARTS

Wednesdays at 1:30 PM in the Virginia Room!



Four players try to match the suit in hopes to collect the least amount of points! Beginners are welcome to come play!

**\*\*\*Location Change for the month!**

# 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!*

## Elderscholar Spring 2024



In Person cost for series is \$175

(you can choose Tuesday or Wednesday classes, you cannot choose a la carte).

Virtual Option: All ten classes are \$125

Tues. 3/12 Science of Flavor  
Tues. 3/19 Book to TV: Adapting  
Tues. 3/26 US Manned Space Program  
Tues. 4/2 War Comes to Roanoke  
Wed. 3/13 Church Music of the Futures  
Wed. 3/20 Learning to Disagree  
Wed. 3/27 George Washington  
Wed. 4/3 Behind the Seams at Theater Roanoke College  
Wed. 4/10 When Europe was Islamic

*Celtic History with  
Brent Williams*

**Tuesday, March 12th at 1:30 PM  
in the Assembly Room**  
Join Brent Williams as he talks  
about Celtic History!

## SHOWTIMERS THEATER

Friday, March 8th at 6:45 PM

(show starts at 7:30 PM)

**Tickets are \$18**

Join us on the Bus as we travel to Showtimers Theater for the Iliad, The Odyssey, and all of Greek Mythology. Please sign up in the book by 3/5 if you plan on attending!

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

## Windsor Hills Senior Luncheon

**Wednesday, March 20th 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 Lenten Lift. Cost of lunch is \$5. Please sign up in the book by Monday, March 18th 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:*



This is a community music therapy program, hosted by MISS ROANOKE VALLEY, celebrating the music you love and the memories they bring with people of all ages. This class is open to residents, children, grandchildren, caretakers, facility staff, friends, and anyone you know who loves music! Participants will share and create music through listening, games, songwriting, drumming, movement, and socializing. We will also have special guests visit from the local community. The goal of the class is to bring understanding and build relationships with those from different generations. The class will end with a final community music presentation and celebration.

**Every Wednesday at 1:30 in the Assembly 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!



## Children's Book Reading/Signing

**Wednesday, March 27th  
at 10:30 AM**

**in the Assembly Room**

Hermitage Roanoke residents wrote a children's book! Come listen as they read their book to you and maybe even sign some copies!

## MANICURES

Come get your nails filed and painted! Monday, March 18th at 10:00 AM in the Assembly Room





# 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.

## **Physical Benefits of Gardening**

Gardening regularly provides moderate-to-intense exercise that builds strength in the arms, legs, and back as well as smaller stabilizing muscles. The best part? If you're focused on what you want to accomplish, you might not even notice that you're working out. Getting regular exercise is beneficial for seniors because it:

- Lowers blood pressure
- Reduces the risk of heart disease, stroke, obesity, and osteoporosis
- Improves the quality of sleep
- Increases dexterity and balance, both of which are helpful for preventing and recovering from falls
- Boosts strength and mobility in seniors, which helps them live independently for longer

## **Mental Benefits of Gardening**

It may surprise you to learn that there are many mental health benefits of gardening as well. Gardening is excellent for both your psychological well-being and overall brain function, and it can even help to prevent specific cognitive and mental health disorders. Getting one's hands a little dirty can help seniors to:

- Relieve stress
- Increase production of dopamine and serotonin, which help to regulate mood and support overall happiness
- Decrease the risk of dementia by engaging the mind; gardening can even help seniors who do have dementia by stimulating the senses and keeping them in the present moment
- Benefit from an excellent form of "memory care" for seniors with Alzheimer's disease and other conditions that affect memory
- Alleviate and reduce the risk of depression
- Prevent boredom and gain a sense of accomplishment
- Encourage continued learning about various plants and their needs, which can also build skills, engage the mind, and boost self-esteem

# 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, March 19th at 4:15 PM**
  - Red Palace
- **Tuesday, March 26th at 4:15 PM**
  - Harbor Inn

## Food Suggestion Meeting

Wednesday, March 27th  
at 10:30 AM in the  
Assembly Room

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

## Johnny Appleseed Day

**Monday, March 11th at 10:30 AM**  
**on Dogwood Lane**

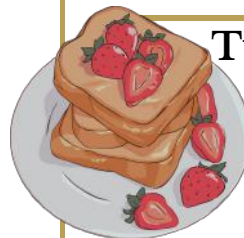
Come make crockpot applesauce with Crystal! She will also do Johnny Appleseed Trivia while the applesauce cooks!



## French Toast

**Tuesday, March 26th at 1:30 PM**  
**in Oak Tree Kitchen**

Sign up in the book in the Rotunda if you would like for Mark to make you French Toast--with homemade bread!



## MAKING LEPRECHAUN BAIT

**Saturday, March 16th at**  
**10:00 AM on Dogwood Lane**

Similar to muddy buddies chex mix, come make this fun snack with Sam!



# 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.*



## Shamrock Suncatchers

**Monday, March 4th at 10:30 AM in the Assembly Room**


Join Crystal in the Assembly Room as she shows us how to make Shamrock Suncatchers! Just in time for St. Patty's Day!



## Down Syndrome Day Sock Decorating

**Thursday, March 21st at 3:00 PM in the Assembly Room**


Today is National Down Syndrome Day! We will be decorating socks that get peoples' attention. If someone notices the socks, they may ask about them and allow for a discussion about Down Syndrome, differences, acceptance, and hope.



## Yarn Easter Egg Craft

**Friday, March 22nd at 3:00 PM in the Assembly Room**

Join Charnice for this fun themed craft! Just in time for Easter!



## JEWELRY MAKING!

**Tuesday, March 12th at 3:00 PM in the Assembly Room**

Come down and create some nice jewelry. You can make a bracelet, necklace and much more!

## Calligraphy with Mark

**Friday, March 8th at 1:30PM in the Virginia Room**

Join Mark as he shows us ways to style our writing!

*Happy*



# 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

Mondays at 1:30 Lakeside  
March 1st at 1:30 -  
Towers/Hamrick's  
March 22nd at 1:30--Valley View



## Shoe Shopping with Melody

Join Melody on the Bus as we take a trip to Super Shoes! Melody and the Super Shoes staff will help you find a good fitting pair of shoes! Sign up in the outing book or let Melody know you would like to go!

**Friday, March 15th from 10:00-11:30 AM on the Bus**

## New Resident Meet & Greet



**Friday, March 8th from 2:30-3:30 PM in the Virginia Room**

Meet and get to know some of our new residents! Enjoy a musical performance as well as refreshments!

## Photos with the Easter Bunny



\*\*\*Family members and grandchildren/great grandchildren are welcome!

**Friday, March 29th at 10:30AM in the Rotunda**

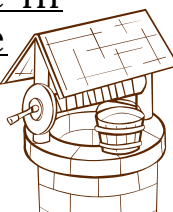
Join us in the Rotunda as the Easter Bunny hops around for a visit and hands out treats!

## The Africa-Caribbean Connection

**Thursday, March 7th at 3:00PM in the Virginia Room**

Lansana Camara is from West Africa and offers us African music mixed with some music from Latin America! Come learn about the music of Lansana's country!

The Money we paid to book this band will all go towards building a well for Lansana's village in West Africa to have safe drinking water!





# March 8 - International Women's Day

Q J S C L L I M N L P M S T N V Y Y X Q W S Y O  
W Y S O P Q L E C I O V Q M S S I G J R K F S Z  
A R E L S S P T L B B Y X T J I T I M E S U P Q  
P A N L R N A U U F Y H R E D X P U R P L E E N  
P N E A S S E R G O R P R O F S S E R P H X C O  
R O V B N O I T A R G E T N I L A I C O S M I V  
E I I O P N Y T I L A U Q E B I Q A P K J B T Z  
C S G R M O O T T I O D N A C I M E I X B T S T  
I I R A G F R H V H I Z F O Z E S T C T E H U L  
A V O T N X K E G P T A I Z M Y I N I X B M J D  
T R F I D S H K S K N W M P Z U N S B M O C M T  
I V G O O N R J Z P D Y A U R L I D P V L U M O  
O B J N R Z G C O I E T N D L S M T A X D S X R  
N J L G Q F X O X E H C J Z M H E F N Y F A E Z  
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M I C C W E H N P A E N K P D O Y A I T R X T W  
H N K I E I B Z K V Z U H H T J M V T Z C L I L  
Q H B M J P S L O V E C T M I K M N A E H O N I  
D O B V K E Y L G H R T G S A C F H C F A R G V  
S P U U B A D B V A O P O M A A P T U F N L I E  
F E X G J E W M K P A Y Z V O L B V D T G W D Q  
H G T Y T I C A N E T G O G Q Y X Q E Q E U X Q  
V I L W H A W Q F I G G V H N T Q Q R E C E R G  
E V A E L Y T I N R E T A M T Z Y O D A N H S A

#Beboldforchange  
#TimesUp  
Education  
Hope  
Live  
Respect  
Voice

#Meetoo  
Appreciation  
Empathy  
I can do It too  
Love  
Social integration  
Vote

#MyFeminism  
Collaboration  
Equality  
Iwd  
Maternity leave  
Tenacity

#Pressforprogress  
Dignity  
Forgiveness  
Justice  
purple  
Visionary

Girl  
power

# HERMITAGE

ROANOKE

March 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	<i>Christine Thompson, 767-6815</i>
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	767-6806
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
<b>31</b> <i>Easter</i> 7:00 Instrumental Hymns (Channel 1960) 1:30 20 Questions! (Ro) <b>2:55 Easter Sunday Vespers Service</b> (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) <b>4:00 Name That Tune with Suzanne!</b> (DWL)	Types of Activities offered NA-Natural world SO-Social CO-Cognitive	OU-Outdoor PR-Productive SE-Sensory RE-Reflective Ph-Physical	<b>LOCATION KEY</b> AR - Assembly Room B - Bus DWL - Dogwood Lane FR - Florida Room MT - Maple Tree Lane	OTK - Oak Tree Kitchen P - PATIO Ro - Rotunda VR - Virginia Room	8:30 YMCA (B) <b>10:30 'Maters &amp; Such!' (DWL)</b> 1:30 UNO (AR) 1:30 Shop Towers / Hamrick's (B) 3:00 Movie Matinee (AR)	10:00 Hermitage Helping the Hungry (FR) 10:20 Exercise with Melody (Channel 1960) 2:00 Memory Jogging (AR) 2:30 Manicures with Suzanne & Angel! (DWL) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
<b>3</b> 7:00 Instrumental Hymns (Channel 1960) <b>1:30 Card Decorating!</b> (AR) 2:55 Vespers with Communion (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) <b>4:00 Name That Tune with Suzanne!</b> (DWL)	<b>10:30 Shamrock Suncatchers</b> (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Chair Yoga! (AR)	<b>4</b> 10:30 Chocolate Bingo! (AR) 1:55 Hymn Sing with Joe! (AR) 2:45 Pet Therapy Visits! (Room to Room) 3:00 TIC TAC TOE (Ro)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) 1:30 March Craft with Affinity! (DWL) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR)	10:00 Exercise Group with Melody (AR) 1:30 The First Crusade: Part 1 (AR) <b>3:00 The Africa-Caribbean Connection Performs!</b> (VR)	8:30 YMCA (B) <b>10:30 "The Catalog" (Ro)</b> 11:00 Lunch Out: Fork in the Alley (B) <b>1:30 Calligraphy with Mark</b> (VR) <b>2:30 New Resident Meet &amp; Greet!</b> (VR) 6:45 Showtimers Theater (B)	<b>9</b> <b>10:00 Cool Coloring!</b> (AR) 10:20 Exercise with Melody (Channel 1960) <b>1:30 Saturday Movie Matinee</b> (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
<b>10</b> <i>Beginning of Ramadan Daylight Savings Time Begins</i> 7:00 Instrumental Hymns (Channel 1960) <b>1:30 Blitz Card Game!</b> (AR) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	<b>11</b> <i>HB Reginald Wood</i> <b>10:30 Johnny Applesseed Day</b> (DWL) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Virtual Chair Yoga (Channel 1960)	<b>12</b> 10:30 Chocolate Bingo! (AR) <b>1:30 Celtic History with Brent Williams</b> (AR) 2:45 Pet Therapy Visits! (Room to Room) <b>3:00 Jewelry Making!</b> (AR)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) <b>1:30 Music Through Generations</b> (AR) 1:30 Playing Hearts! (Virginia Room) 3:00 BINGO (AR)	<b>14</b> <i>HB Margaret Nottingham</i> 10:00 Exercise Group with Melody (AR) 11:00 Bible Reading (AR) 1:30 The First Crusade: Part 2 (AR) 3:00 GREEN OUT Social! (Ro)	8:30 YMCA (B) <b>10:00 Shoe Shopping with Melody!</b> (B) 1:30 UNO (AR) <b>2:30 St. Patrick's Day Party with Root 2 Music!</b> (VR)	<b>16</b> <b>10:00 Making Leprechaun Bait</b> (DWL) 10:20 Exercise with Melody (Channel 1960) <b>2:00 Miss Roanoke Valley Showcase!</b> (AR) <b>2:30 Suzanne &amp; Angel in the Salon! (Beauty Shop)</b> 4:00 30 Minute Seated Disco Exercise (Channel 1960)
<b>17</b> <i>St. Patrick's Day</i> 7:00 Instrumental Hymns (Channel 1960) <b>1:45 St. Patty's Day Jeopardy!</b> (AR) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) <b>4:00 Name That Tune with Suzanne!</b> (DWL)	<b>18</b> 10:00 Manicures! (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Chair Yoga! (AR)	<b>19</b> <b>10:00 Mending Ladies (From Home)</b> 10:30 Chocolate Bingo! (AR) 1:55 Hymn Sing with Joel (AR) 2:45 Pet Therapy Visits! (Room to Room) <b>3:00 March Trivia!</b> (AR) 4:15 Dinner Out: Red Palace (B)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) <b>10:30 Putt Putt!</b> (AR) <b>11:45 Windsor UMC Senior Luncheon</b> (B) <b>1:30 Music Through Generations</b> (AR) 1:30 Playing Hearts! (Virginia Room) 3:00 BINGO (AR)	<b>21</b> 10:00 Exercise Group with Melody (AR) <b>1:30 March Birthday Party with Keith Campbell!</b> (VR) <b>3:00 Down Syndrome Day: Sock Decorating</b> (AR)	<b>22</b> <i>HB Katharine Morgan</i> 8:30 YMCA (B) <b>10:30 Balloon Volleyball!</b> (AR) 11:00 Shop Valley View (B) 1:30 UNO (AR) <b>3:00 Yarn Easter Egg Craft</b> (AR)	<b>23</b> 10:00 Playing Skip-Bo! (AR) 10:20 Exercise with Melody (Channel 1960) <b>1:30 Movie Matinee</b> (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
<b>24</b> <i>Palm Sunday</i> 7:00 Instrumental Hymns (Channel 1960) <b>1:30 Chain Reaction!</b> (AR) <b>2:55 Palm Sunday Vespers Service</b> (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	<b>25</b> <i>HB Fred Jones</i> 10:30 Medal of Honor Day Craft (AR) <b>10:30 Shop Lakeside (B)</b> <b>1:30 Festival of Colors Holi Party!</b> (P) <b>2:00 (IL) Ladies Tea!</b> (VR) 2:00 (IL) Men's Coffee Club (Virginia Room)	<b>26</b> 10:30 Chocolate Bingo! (AR) <b>1:30 Make a Reservation: French Toast!</b> (OTK) 2:45 Pet Therapy Visits! (Room to Room) <b>3:00 Learn How to Figure Paint!</b> (Channel 1960) 4:15 Dinner Out: Harbor Inn (B)	9:45 Updates & Tidbits (Channel 1960) <b>10:30 Book Reading/Signing</b> (VR) 10:30 Food Suggestion Meeting (AR) <b>1:30 Music Through Generations</b> (AR) 3:00 BINGO (AR)	<b>28</b> 10:00 Exercise Group with Melody (AR) 11:00 Bible Reading (AR) 1:30 A Little Time Outside (P) <b>3:00 Daddy Bear Goes to War: WWII Chronicle with his Cartoons</b> (AR)	<b>29</b> <i>Good Friday</i> 8:30 YMCA (B) <b>10:30 Photos with the Easter Bunny!</b> (Ro) <b>1:30 Name that Tune!</b> (AR) 3:00 Movie Matinee (AR)	<b>30</b> <i>HB Barbara Gray</i> <b>10:00 Let's Grow the Solarium!</b> (MT) 10:20 Exercise with Melody (Channel 1960) <b>2:00 Creative Writing Workshop</b> (FR) 2:30 Manicures with Suzanne & Angel! (DWL) 4:00 30 Minute Seated Disco Exercise (Channel 1960)

# March 2024

## Independent Living

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PINNACLE LIVING

1009 Old Country Club Rd.

Roanoke, Va. 24017

Phone: 540-767-6800

Fax: 540-767-6830

[www.hermitageroanoke.org](http://www.hermitageroanoke.org)