

HERMITAGE

ROANOKE

April 2024

Greetings

Did you know that every April is National Volunteer Month? Well, now you do! Please join us this month in recognizing and thanking our many volunteers that help on the Hermitage

Roanoke campus. Without their dedication and love for our residents and community, this place would be much different. The Hermitage Guild, made up of local Methodist church members, works behind the scenes to assist us with projects, events, and even raising money for items of need. We are also proud to work with many volunteers through our Leisure & Wellness department who assist with activities, programming, and social events. There are even community partners through Home Health and Hospice agencies who volunteer their time to provide education and health-related support.

Let's all give thanks to those who volunteer at Hermitage Roanoke!

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 Hermitage Hero for April 2024, Alexis Hedrick! Alexis started working with us at Hermitage Roanoke in November 2021. She was hired as a Certified Nursing Assistant, and then went on to receive her Registered Medication Aide Certification in November 2023. Alexis was a recipient of our Hermitage Scholarship program that provided her tuition for this certification, which led to her promotion! She was nominated by her peers for continuously keeping a positive attitude through stressful or tough situations. She picks up extra shifts and works many different hours to make sure residents are well taken care of and to help out her teammates. Many of our residents here make comments on how sweet and attentive she is! We're so happy you're part of our family, Alexis!



SAMARITAN PROGRAM

When **Older Americans Month** was established in 1963, only 17 million living Americans had reached their 65th birthday. A meeting in April of that year between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country.

In 2015, the number of Americans age 65 and older had reached 47.8 million and is projected to more than double to 98 million in 2060. The fastest growing segment of people in the United States is the group over the age of 80. With ever increasing longevity, more and more of us wonder if we will be able to financially support ourselves into our 80s, 90s, even possibly our 100s.

Financial reversals and unforeseen circumstances can be contributing factors to needing help from the Samaritan Program. Tax deductible gifts from generous people ensure the personal security and peace of mind for our most vulnerable residents. Please consider making a generous gift for residents who need confidential financial assistance now or in the future. There are a number of ways to make your gift:

- Outright contribution
- Memorial or tribute gifts
- Gifts by trust or will
- Life insurance policy
- IRA or stock

Online giving options are available at www.pinnacleliving.org as well as on our Facebook page and community website. Checks or cash 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.

MENDING LADIES

The Mending Ladies do light mending for residents every third Tuesday of each month. They are currently not coming in the building, but if you have something that needs mended, please leave a note with what needs to be done and your name at the front desk!



Happy Birthday

Phyllis Hosfield

Barbara Nash

Mary John

Suzanne Mortlock

April Birthday Party

Join the United Women in Faith (Rocky Mount UMC)

as they host our April Birthday Party!

Monday, April 15th from 2:00-3:00 PM in the

Virginia Room

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**



Library Book Request



If you have any book suggestions such as certain authors or genres you would like to see in the Library, please contact our Lifestyles & Wellness Department.

SPIRITUALITY

Chaplain's Corner

Phyllis Brokaw, who surpassed 100 years of living, died here at Hermitage on March 22, 2024. Phyllis loved God. She loved teaching children about the love of God. She loved playing the ukelele and singing happy birthday to residents. Most of all she loved loving others. Phyllis was also a poet, and I recently came across this poem she wrote in 2009, "Out in the Woods with God."

Have you ever stood in the midst of the woods
and heard the forest talk;
Have you been all alone as the tree tops swayed
to a music all their own?
Have you seen a bird fly from limb to limb
as she sweetly sang to you;
Have you heard a brook as it flowed o'er the rocks
lend its rhythm in cadence, too?
Did you notice how leaves as they gently fall
form a beautiful carpet for you?

It's a wonderful thing when God's nature provides
an oasis away from life's storms;
Take a day away in the woods someday
when tired and weary and worn.
It's a special gift and an awesome reprieve
out in the woods with Him;
If you stand very still, I am sure that you will
hear the still small voice within;
You'll draw from the silence the peace that you seek
and know you've been touched by the King.

If you'll stand very still in the turmoil of life
and heed to that voice within;
You'll be led by the Spirit in wisdom and grace
in the midst of the chaos and din;
Then you'll find all you need of courage and hope
if you'll travel life's highway with Him.

Rest in peace, Phyllis. Thank you for blessing us with the gift of your wisdom,
faith and presence.

Rev. Dr. Joe Cobb, Chaplain

As We Journey... Easteride

When Elisha came into the house, he saw the child lying dead on his bed. So he went in and closed the door on the two of them and prayed to the Lord. Then he got up on the bed and lay upon the child, putting his mouth upon his mouth, his eyes upon his eyes, and his hands upon his hands, and while he lay bent over him, the flesh of the child became warm. He got down, walked once to and fro in the room, then got up again and bent over him; the child sneezed seven times, and the child opened his eyes. -

2 Kings 4:32-35 (NRSVUE)

Maybe this is what it's like when, according to the Letter to the Ephesians, we who are as good as dead because of our wrongdoings and shortcomings are made alive together with Christ.

It's not easy nor pretty. It's not magic, and it's not guaranteed. But Jesus the Christ, like the prophet Elisha, refuses to give up on us, made more clear with the Resurrection.

Our own deliverance from death is a labor of mercy, grace, faith, prayer, and perhaps just a little desperation. It is a full-contact, hold-nothing-back love that paces the floor and tries yet again...refusing to give up on us.

Which is not to say that the return to life is smooth or glamorous. We might fail multiple times before finding our life-legs. We might sneeze and snort our way back to the land of the living and loving. No matter.

We're here. We're alive. We learn that life is pure gift and new life heaven-sent. Something in which we can rejoice.

Prayer

Life-Giver who pulls out all the stops, Life-Restorer who never quits, thank you for seeing what is possible for us. Amen.

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:



Hermitage Roanoke has a Household Membership with the YMCA in Downtown Roanoke. This membership includes 4 residents (we pay one group membership rate for 4 residents). Hermitage Roanoke provides transportation to the YMCA every Wednesday and Friday at 8:30 AM until 11:15 AM. If these days and times do not work for you and you would like to utilize this membership on your own, please contact Sam and she will assist you in setting things up. The spots on our membership are on a first come first serve basis. If a resident takes one of our 4 spots available, they are expected to consistently use the membership. If you are interested in going on the YMCA outings, or utilizing this membership on your own, please contact Sam Swanberg at 540-520-6728.



EXERCISE GROUP

Join our Rehab team every week 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.

****Tuesdays (Throughout April) at 10:00 AM in the Assembly Room**

Walk Group

Let's get outside!

Thursday, April 4th at 10:00 AM
Thursday, April 25th at 10:00 AM

Meet a Lifestyles & Wellness team member at the Front Canopy as they take a walk with you around the community!



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!

April 2024 Solar Eclipse

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. When watching the partial phases of the solar eclipse directly with your eyes, which happens before and after totality, you must look through safe solar viewing glasses ("eclipse glasses") or a safe handheld solar viewer at all times. Eclipse glasses are NOT regular sunglasses; regular sunglasses, no matter how dark, are not safe for viewing the Sun.

SOLAR ECLIPSE VIEWING

Monday, April 8th at 1:00 PM

Join us on the Patio as we view a Solar Eclipse and offer a brief discussion! The Eclipse takes place at 1:25PM so don't be late! We will provide glasses for viewing!

Armchair Travels with Sam

Sunday, April 14th at 1:45 PM in the Rotunda

Join Sam in a different part of the world! This month's topic of travel is the Scottish Highlands! Come learn about food, culture, and more!

20th Century Art

Thursday, April 18th at 1:30PM in the Assembly Room.

Sit and enjoy a presentation by Mark as he discusses the history of 20th century art.

History of Radio with Big Ben Hillman

Music and Memories of Radio with Big Ben Hillman on **Thursday, April 11th at 6PM on Channel 1960.**



EMOTIONAL BALANCE

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 or
Tony Nix,
tnix@goodsam.care
540-776-0198



**Good
Samaritan**
Advanced Illness Care • Hospice

CULTIVATE

Cultivate has many meanings. Gardening, practicing stewardship or 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.

Green Garden

What's growing in the garden? Stop by to learn about gardening with Mark and see what seeds he will be planting.

**Wednesday, April 17th at 10:30AM
& Friday, April 26th at 1:30PM
in Maple Tree Sunroom**


Suzanne & Angel in Beauty Shop

Come down to the beauty shop to get your hair curled by Suzanne and Angel. **Please note, they CANNOT CUT HAIR.
Saturday, April 13th at 2:30PM

How to Series: Lava Lamps

**Friday, April 12th at 10:30AM
in the Assembly Room**

We will learn how lava lamps are made and how they work. We will also be creating our very own lava lamps!



SOUND IMMERSION

**Monday, April 22nd at 2:00
PM in the Assembly Room**

As you allow yourself to be bathed in the beautiful sound waves of the Angelic Therapy Harps and other soothing sounds, you'll feel a wonderful relaxation flow through you and notice an opening to that deeper part of yourself. Feel the release of your cares as you drift into this lovely relaxing space that lasts about an hour and has benefits that can last a lifetime.

Join us as we bring the intention of opening our hearts and minds to creating peace, comfort and improved health in our lives.

The feelings of wellbeing, a more positive experience of life, an inner calm, improved mental and spiritual clarity, greater creativity and a wonderful night's sleep are a few of the side effects.

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, April 23rd at 4:15 PM**
 - Mac & Bob's
- **Tuesday, April 30th at 4:15 PM**
 - Food Fanatics

LUNCHES OUT

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

Lunch Out at Famous Toastery
Wednesday, April 3rd Bus leaves
at 10:30 AM

(Breakfast, sandwiches, salads, and more)

Lunch Out at Village Grill
Friday, April 12th Bus leaves
at 11:15 AM

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

Food Suggestion Meeting

Wednesday, April
24th 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 your ideas!

Spring Flower Pretzel Bites

Monday, April 8th at 10:30AM
in Dogwood Lane Kitchen
Join Crystal on Dogwood as she teaches us how to make these easy trail mix-style treats!

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.

Coffee Filter Butterflies

**Monday, April 1st at 10:30 in
the Assembly Room**

Join Crystal in the Assembly Room for this fun spring time craft!



Homemade Birdfeeders

Monday, April 22nd at 10:30 in
the Assembly Room

Let's make a simple bird feeder for our feathered friends! These can easily be hung around our community!



DREAM CATCHERS

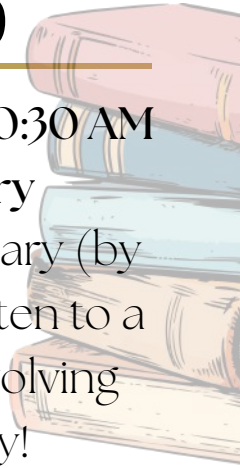
Saturday, April 6th at
10:00 AM in
the Assembly Room

Come learn how to make and decorate an elegant dream catcher!

Book Club

Monday, April 29th at 10:30 AM
in the Main Library

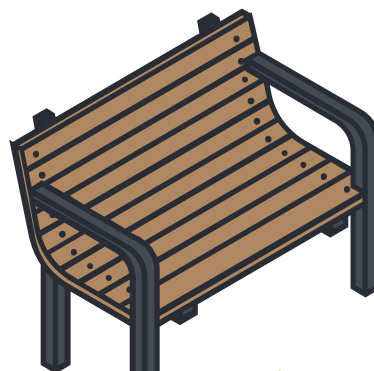
Come to our Main Library (by the Front Desk) and listen to a reading by Crystal involving National Wish Day!



Some Time Outside

JOIN US ON THE PATIO TO GET SOME FRESH AIR AND SPEND TIME TOGETHER SUCH AS SING, CHAT, WALK ETC.

Thursday, April 25th at 1:30PM



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!

Get Acquainted Couples

**Tuesday, April 9th at 3:00 PM in
Assembly Room**

Hermitage Roanoke Couples: Come meet some of your fellow couples and build connections!



WSLS10 Studio Tour

Tuesday, April 16th at 2:30 PM

Join us on the Bus for a studio tour of Channel 10 News! Sign up in the book if you are interested in going with us!

Windsor Hills Senior Luncheon

Wednesday, April 24th at 11:45 AM

Join us on the Bus as we travel to Windsor Hills UMC for a lunch and afternoon program. Cost of lunch is \$5. Please sign up in the book by Monday, April 22nd if you would like to go!

SHOPPING TRIPS

**Mondays at 1:30- Lakeside
April 5th at 1:30
Towers/Hamrick's
April 19th at 2:00-Roanoke
Antique Mall**



Crystal's Farewell Party

**Tuesday, April 30th at 1:30 PM
in the Assembly Room!**

It's our Student Intern Crystals final few days with us! Let's celebrate all of the wonderful work she did for us here at Hermitage Roanoke!

610 Jazz Perform!

It's Jazz Appreciation Month! Let's celebrate by listening to smooth Jazz from one of our favorite duos! (Also known as The Brothers Young!)
**Thursday, April 11th at 2:00 PM
in the Virginia Room**

Important Reminders:

Guest Meal Reminders

Guests are asked to reserve their seat by contacting the Front Desk at least 24 hours in advance as seating is limited. All guests must obtain a meal ticket from the Front Desk and turn it in to the Dining Department. Meals may be paid by check or charged to the resident's account. No cash please!

Meal prices are as follows:

Breakfast \$6.50

Lunch \$12.00

Dinner \$8.00

Holidays/Special Meals \$15.00

If you or your guest have any questions, please contact the Front Desk 540-767-6800. Thank you for your cooperation!

Security Gate Reminders

- The entrance gates to the main building and Independent Living apartments open automatically at 6:30AM and close automatically at 7:30PM each day. The exit gate leaving the main building remains closed at all times, as it opens automatically as vehicles exit.
- Residents utilize the last 4 digits of their resident ID followed by “#” to enter either gate. Residents are allowed to give their 4-digit code to frequent afterhours visitors at their discretion.
- The doors of our main building lock at 7:00 PM every day. If a resident or family member wants to enter the building after 7:00 PM, they must use the resident's fob key to enter through the Rose Garden door.

HERMITAGE

ROANOKE

April 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>Patti Beckley, 767-6815</i>
Sales Counselor	<i>Christine Thompson, 767-6818</i>
Social Services	<i>Mary Craddock, MSW, 767-6803</i>
Environmental Services Director	<i>Barry Perkins, 767-6820</i>
Director of Nursing	<i>Amanda Long, 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	767-6829
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) 1:30 Ice Tea & Scones (P) 2:55 Vespers with Communion (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	<i>April Fool's Day</i> 10:30 Coffee Filter Butterflies (AR) 1:30 Shop Lakeside (B) 2:00 Game Fest! (AR) 3:00 Chair Yoga! (AR)	10:00 Exercise Group with Melody (AR) 11:00 Bible Reading (AR) 1:30 Chocolate Bingo! (AR) 3:00 Puzzle Painting (AR)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Coffee & Who, What, Where? with Sam! (Ro) 10:30 Lunch Out: Famous Toastery (B) 1:30 Music Through Generations (AR) 3:00 BINGO (AR)	10:00 Walk Group (FC) 10:00 Grief Support Group (AR) 1:30 The First Crusade: Part 3 (AR) 3:00 Ground Floor Sunroom Meeting (AR)	8:30 YMCA (B) 10:30 Latkes (OTK) 1:30 Shop Towers / Hamrick's (B) 2:00 April Craft with Affinity! (AR) 3:00 Movie Matinee (AR)	10:00 Dream Catchers (DWL) 10:20 Exercise with Melody (Channel 1960) 2:00 Memory Jogging (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:45 Armchair Travels: Scottish Highlands (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) 4:00 Name That Tune with Suzanne! (DWL)	10:30 Spring Flower Pretzel Bites (DWL) 1:00 Shop Lakeside (B) 1:00 Solar Eclipse Viewing (P) 2:00 Game Fest! (AR) 3:00 Pet Therapy Visits! (Room to Room)	<i>Eid al-Fitr</i> 10:00 Exercise Group with Melody (P) 1:30 Chocolate Bingo! (AR) 3:00 Get Acquainted!: Couples (AR)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) 1:30 Playing Hearts! (AR) 3:00 BINGO (AR)	10:00 Grief Support Group (AR) 10:30 20 Questions! (Ro) 2:00 611 Jazz Perform! (VR) 6:00 The History of Radio with Big Ben Hillman (Channel 1960)	8:30 YMCA (B) 10:30 How to Series: Lava Lamp (AR) 11:15 Lunch Out: Village Grill (B) 1:30 Air Hockey (AR) 3:00 Movie Matinee (AR)	10:00 When Whales Could Walk Documentary (Channel 1960) 10:20 Exercise with Melody (Channel 1960) 2:00 April Jeopardy! (AR) 2:30 Suzanne & Angel in the Salon! (Beauty Shop) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:45 Armchair Travels: Scottish Highlands (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) 4:00 Name That Tune with Suzanne! (DWL)	<i>Tax Day</i> 10:00 Manicures! (AR) 10:30 Shop Lakeside (B) 2:00 April Birthday Party! (VR) 3:00 Pet Therapy Visits! (Room to Room)	<i>HB Phyllis Hosfeld</i> 10:00 Exercise Group with Melody (AR) 10:00 Mending Ladies (From Home) 11:00 Bible Reading (AR) 1:30 Chocolate Bingo! (AR) 2:30 WSLs Channel 10 Studio Tour (B)	8:30 YMCA (B) 9:45 Updates & Tidbits (Channel 1960) 10:30 Green Garden (Maple Tree Sunroom) 1:30 Playing Hearts! (AR) 1:30 Resident Choice Game (AR) 3:00 BINGO (AR)	10:00 Grief Support Group (AR) 10:30 Charades! (Ro) 1:30 20th Century Art (AR) 3:00 Happy Hour (Ro) 3:30 Independent Living Meeting (AR)	8:30 YMCA (B) 10:30 Social Drumming! (AR) 2:00 Roanoke Antique Mall (B) 3:00 Water Balloon Toss (P)	10:00 Playing Skip-Bo! (AR) 10:20 Exercise with Melody (Channel 1960) 1:30 Movie Matinee (AR) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:30 Thumper! (Ro) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960)	<i>Passover Earth Day</i> 10:30 Homemade Bird Feeders (AR) 1:30 Shop Lakeside (B) 2:00 Sound Immersion Program (AR) 3:00 Pet Therapy Visits! (Room to Room)	<i>HB Barbara Nash</i> 10:00 Exercise Group with Melody (AR) 1:30 Chocolate Bingo! (AR) 1:30 Earth Day Cookies (DWL) 4:15 Dinner Out: MAC & BOB'S (B)	9:45 Updates & Tidbits (Channel 1960) 10:30 Hymns with Louise! (VR) 10:30 Food Suggestion Meeting (AR) 11:45 Windsor Hills UMC Senior Luncheon (B) 1:30 Sing with Tom Adams (VR) 3:00 BINGO (AR)	10:00 Walk Group (FC) 10:00 Grief Support Group (AR) 1:30 A Little Time Outside (P) 3:00 Carollea Chorus	<i>HB Mary John</i> 8:30 YMCA (B) 10:30 Print Potatoes (DWL) 1:30 Green Garden (Maple Tree Sunroom) 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 Suzanne & Angel in the Salon! (Beauty Shop) 4:00 30 Minute Seated Disco Exercise (Channel 1960)
7:00 Instrumental Hymns (Channel 1960) 1:30 Blitz Card Game! (AR) 2:55 Vespers (Channel 1960 & Assembly Room) 4:00 30 Minute Seated Disco Exercise (Channel 1960) 4:00 Name That Tune with Suzanne! (DWL)	<i>HB Suzanne Mortlock</i> 10:30 Book Club with Crystal! (Library) 1:30 Shop Lakeside (B) 2:00 (IL) Ladies Tea! (VR) 2:00 (IL) Men's Coffee Club (Virginia Room) 2:00 Game Fest! (AR) 3:00 Pet Therapy Visits! (Room to Room)	10:30 Chocolate Bingo! (AR) 1:30 Farewell Party for Crystal! (AR) 3:00 Trip to Melrose Library (B) 4:15 Dinner Out: Food Fanatics (B)	Types of Activities offered NA-Natural world SO-Social CO-Cognitive	OU-Outdoor PR-Productive SE-Sensory RE-Reflective Ph-Physical	LOCATION KEY AR - Assembly Room B - Bus DWL - Dogwood Lane FR - Florida Room FC - Front Canopy FC - GMUMC BUS	OTK - Oak Tree Kitchen P - PATIO Ro - Rotunda VR - Virginia Room

HERMITAGE
ROANOKE

April 2024
Independent Living

