Greetings

I am happy to announce that our Hermitage Roanoke website will be receiving a much needed update this month. We have been working with the marketing firm Five19 to improve our online presence and ensure our website more accurately reflects current life here on our campus. The most obvious change will be the new pictures which include campus updates and residents who participated in our photoshoots over the last year. Having had the chance to preview these changes, I do believe everyone will be very pleased with the final product and I certainly encourage any feedback. Thank you for being a part of our community!

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 May, Jennifer Nimely! Jennifer has worked at Hermitage Roanoke as a CNA for 7 years this June! She is known by residents for her kind approach and “knowing how to always make us smile”. Jennifer was nominated by her peers for being a great team player and looking out for every shift, not just her own. She takes on the extra task of stocking rooms at night, which helps the day shift CNAs out tremendously. Jennifer is an excellent CNA that takes excellent care of our people! She is always pleasant to interact with and has a great spirit. We’re so thankful to have such a wonderful person on our team!
The Virginia Annual Conference of The United Methodist Church annually recognizes the time period from Mother’s Day to Father’s Day for a special offering for the Samaritan Program. It is during this time that Pinnacle Living is given an opportunity to highlight our mission, the need for benevolent care, and our vibrant communities for older adults to the congregations of the local United Methodist churches. The Samaritan Offering is one of the funding sources of the Samaritan Program which offers 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 their care.

Of course, gifts can be received at any time throughout the year from individuals and organization. Each gift is an investment in our historic faith-based mission connection and an investment in a person. One hundred percent of your contribution to the Samaritan Program will go directly to the financial support of the residents in need and will not be used for operational, capital, or administrative costs. You can make a gift by:

1) Clicking the “Donate” button the Pinnacle Living website (www.pinnacleliving.org) or Facebook page (www.facebook.com/PinnacleLiving),

2) Selecting the “Donate” link on our community website or Facebook page, or

3) Delivering a check or cash 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.
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!

MAY BIRTHDAY PARTY
Donna Burch
Ruth Bishop
Marlin Conner
Jerry John
Mary Boitnott
Karen Baye
Frances MacPherson
James Morgan

Enjoy music by The Jazz Trio and help us celebrate our May Birthdays!
Tuesday, May 21st at 2:00 PM
in the Virginia Room

COUNCIL MEETINGS
The AL Resident Council meets the third Tuesday every other month at 1:00 PM. Next Meeting: 5/21 at 1:00
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. Next Meeting: 5/21 at 2:00
Your Independent Living representatives are:
Peter Mortlock, Frank Ewald, Peggy Crismond, Kathy Lewis, and Bill Blaylock.
Your next IL Meeting is Thursday, June 20th at 3:30 PM in the AR
If you have any concerns that need to be addressed, please see your representatives.
**Sam Maternity Leave**

Sam will be on Maternity Leave beginning May 4th. 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
- Beauty shop and all other inquires please contact the Front Desk at 767-6800 and your call will be forwarded appropriately

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**Visit with Miss Virginia**

Friday, May 10th at 10:30 AM in the Virginia Room

Join us in the Virginia Room with Miss Virginia! She will be talking about her time competing, her platform, and opening up the room for questions! Let’s give her a warm Hermitage welcome!

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**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
Thank you for being residents of Hermitage Roanoke – for making this beautiful place your home, for bringing joy to each other, for loving one another, for caring for each other, for sharing your sacred journey in beloved community.

Thank you for being team members of Hermitage Roanoke – for taking care of daily needs, for preparing and serving lovely meals, for creating fun and meaningful activities, for helping residents renew their strength and feel better, for doing laundry and making everything smell fresh, for planting flowers, for listening to stories and jokes, for welcoming new residents, for singing and dancing, for being amazing.

May this poem, by Jeanne Lohmann, be a blessing for everyone who makes Hermitage Roanoke so very special:

All day I try to say nothing but thank you, 
breathe the syllables in and out with every step I take through the rooms of my house and outside into a profusion of shaggy-headed dandelions in the garden where the tulips' black stamens shake in their crimson cups. I am saying thank you, yes, to this burgeoning spring and to the cold wind of its changes. Gratitude comes easy after a hot shower, when my loosened muscles work, when eyes and mind begin to clear and even unruly hair combs into place.

Dialogue with the invisible can go on every minute, and with surprising gaiety I am saying thank you as I remember who I am, a woman learning to praise something as small as dandelion petals floating on the steaming surface of this bowl of vegetable soup, my happy, savoring tongue.

Happy May!

Rev. Dr. Joe Cobb, Chaplain
Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.
- Psalm 23:6 (NRSV)

As I was growing up on a farm in Mississippi, we were a part of a small Baptist church in Copiah county, adjacent to our native Simpson county. Singing hymns (as vigorously possible) was a critical part of Sunday’s worship, although I never fully understood what some of them were about. One of hymns that confused me was from Psalm 23:6 (above). Always sung with enthusiasm, I wondered who “Shirley Goodness” was and why was she going to follow me all the days of my life? So now, I am a part of a group of mostly Hermitage residents who are participating in a wonderful Grief Group led by Michelle Topi of Good Samaritan Hospice. Grief has affected all our lives and it is often a part of the dailiness of our lives. On August 4, 2022, Lacey, my wife of 61 years died after less that two months after moving from the Richmond area to the Hermitage. I lived in grief’s house. In that house, some rooms were stripped bare, lacking any comfort. When I fled those empty chambers, I found other rooms overstuffed with mementos, scraps of paper, and heavy furnishings. Still, I felt a bit safe there, in grief’s house. In time, I heard a knocking. Following the sound through the empty rooms and the full ones, I found a door. Honestly, until then, I didn’t even know that grief’s house had a door to the outside. The door was heavy, but I pushed with all my might and at last it creaked open. Goodness stood on the doorstop, a covered plate in her arms. Mercy was right behind her, carrying a huge bouquet of flowers. And my journey with grief toward gratitude began.

Tad Tadlock
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 (May 7 & May 14th)
Thursdays (May 23rd & May 30th)
at 10:00 AM in the Assembly Room

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.

LOA’S OUTDOOR SENIOR EXERCISE AREA

LOA (Local Office on Aging) is opening an Outdoor Senior Exercise Area and on May 14th, they will be doing a ribbon cutting. Please let the Lifestyles & Wellness Department know if this is something you may be interested in going to in the future.

Cornhole on the Patio

Wednesday, May 22nd at 1:30 PM
on the Patio
Join us for a little friendly competition on the Patio! Cornhole is a game of skill as you attempt to toss all of your bean bags into the hole on the board! Easy to pickup, tough to master! Join us!

Croquet Tournament

It’s time to bring out our croquet set! Join us out by the Flag Pole for a fun yard game with residents and team members!
Wednesday, May 15th at 10:30 AM

Garden Walk

Let’s get outside!
Fridays (May 10th, 17th, & 31st) at 1:15PM
Meet up with Mark as he walks around the garden looking at the beautiful plants bloom while observing feel free to socialize and maybe even take a group walk around the community!

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

Concentration Puzzles
Use the visual clues in the puzzles to figure out what they say.
**HERMITAGE APIARY TOUR**

Friday, May 24th at 10:00 AM  
**Residents can meet on the Patio**
Vasilia will be taking us on a tour of our Apiary! Come see the bees! Residents, team, family and friends will even have the opportunity to put a bee suit on!  
20 suits are available

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**Salem Museum Presentation: Civil War**

Thursday, May 2nd at 3:00 PM in the Assembly Room  
Join Alex from the Salem Museum as he talks about Union General David Hunter’s Shenandoah Valley Campaign in 1864 which ends with the local Battle of Hanging Rock.

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**Honey Bee Outreach**

Thursday, May 16th from 1:30 PM - 2:30 PM on the Patio  
Our Hermitage Beekeeper, Vasilia, will be coming to do an informational talk about the bees! Ask any questions you can think of about bees, how honey is harvested, you name it!

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**Windsor Hills Senior Luncheon**

Wednesday, May 22nd at 11:45 AM  
Join us on the Bus as we travel to The American Legion Building for a picnic lunch! Cost of lunch is $5. Please sign up in the book by Monday, May 20th if you would like to go!

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**Electronics Class**  

How to use a cellphone or tablet?  
How to send a text?  
How to block a number?  
If you are looking for answers to questions like these, come to our electronic class. Get your questions answered!
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:

**EMOTIONAL BALANCE**

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<thead>
<tr>
<th><strong>Sleep Well Lecture</strong></th>
<th><strong>MOBILE MATINEE</strong></th>
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<tbody>
<tr>
<td><strong>Tuesday, May 7th at 2:00 PM in the Assembly Room</strong></td>
<td><strong>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!</strong></td>
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<td>Learn how to get the best nights rest! Open to residents and the public!</td>
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<tr>
<th><strong>Suzanne &amp; Angel in Beauty Shop</strong></th>
<th><strong>Spa Day</strong></th>
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<tr>
<td><strong>Come down to the beauty shop to get your hair curled by Suzanne and Angel.</strong></td>
<td><strong>Saturday, May 25th at 10:00 AM in the Rotunda</strong></td>
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<tr>
<td><strong>Saturday, May 11th and 25th at 2:30PM</strong></td>
<td><strong>Come get pampered! Lotion and face masks will be provided for ultimate relaxation!</strong></td>
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<td><strong>Please note, they CANNOT CUT HAIR.</strong></td>
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**GRIEF SUPPORT MEETINGS**

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<th><strong>Thursday, May 9th, 16th, and 23rd from 10-11:30 in the Assembly Room (the 23rd will be in the Parlor)</strong></th>
<th><strong>MANICURES</strong></th>
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<tr>
<td><strong>Come join Grief Support Meetings lead by Good Samaritan Hospice. These meetings are also open to the public.</strong></td>
<td><strong>Come get your nails filed and painted! Monday, May 13th at 10:00 AM in the Assembly Room</strong></td>
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</tbody>
</table>
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:

**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, May 11th 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

**ANSWERS TO PUZZLES ON PAGE 9:**

DOLLY PARTON

AS POOR AS A CHURCH MOUSE
JOIN US FOR OUR ANNUAL 
GARDEN Party
MAY 21ST AT 10:00 AM
BY THE FLAG POLE
Join our rehab team out by the flag
pole as they help us plant flowers
in our raised beds!
Join us on the Bus for the following lunches out in April!

**Lunch Out at Green Goat**
**Friday, May 3rd**
**Bus leaves at 11:00 AM**
(Pizza, sandwiches, tacos, and more)

**Lunch Out at Macado’s**
**Friday, May 24th**
**Bus leaves at 11:00 AM**
(Subs, wings, nachos, and more)

**Lunch Out at Red Robin**
**Friday, May 31st**
**Bus leaves at 11:00 AM**
(Burgers, and chicken)

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, May 7th** at 4:15 PM
  - Ichiban Steakhouse
- **Tuesday, May 14th** at 4:15 PM
  - Coach and Four

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**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!

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**FOOD SUGGESTION MEETING**

**Wednesday, May 22nd**
**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!

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**Strawberry Festival**

**Friday, May 17th** at 1:30 PM
**on the Patio**

Join musician Leslie Brooks on the Patio for fun and strawberry themed refreshments and snacks!
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.

Cool Coloring!
Saturday, May 4th 10:00 AM in the Assembly Room
Let Mark know what you would like to color! He will fix it up nicely on cardstock so you can color it!

If I Could...
Thursday, May 30th at 1:30 PM in the Assembly Room
For National Creativity Day join Mark in the Assembly Room for a workshop as he discusses how to turn ideas into reality. Come discuss ideas you have wanted to do or ideas that you may not have thought of yet, but you think this program may help with that. Mark will do his best in helping you pursue your creative mind and maybe even begin a project....

How to Series: Invisible Ink
Monday, May 20th at 10:30 AM in the Assembly Room
Come learn how invisible ink was created to get out secret messages. Then after we will make our very own invisible ink!

1009 Old Country Club Rd, Roanoke, VA 24017 540-767-6880 Fax*540-767-6330
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
- May 2th at 2:30 - Valley View
- May 30th at 3:00 - Melrose Library

**Fishing Rodeo**

- Wednesday, May 1st at 9:00 AM
  - Join us on the Bus as we head to Lake Spring Park in Salem for the Annual Fishing Rodeo!
  - Please sign up in the outing book or let a Lifestyles and Wellness team member know if you would like to attend! We will enjoy a packed lunch at the park that day.

**Kentucky Derby Pre-Race**

- Saturday, May 4th at 1:30 PM
  - Join us in the Assembly Room for some fun! Pick out the winning horse, enjoy some mocktails, and enjoy each other’s company!

**AN EVENING ON BROADWAY**

- Friday, May 10th at 5:15 PM
  - Join us on the Bus as we travel to St. John’s Church for a free concert!
  - Please sign up in the book by 5/6 if you are interested in attending.

**Mother’s Day Tea Party**

- Friday, May 10th at 2:00 PM in the Virginia Room
  - Join Sarah as she helps us celebrate our wonderful Hermitage Mothers! She's known for singing 50's, 60's, Patsy Cline, Elvis, The Temptations, and more!
  - Please note, you DO NOT have to be a mom to attend. Everyone is welcome!

**MEMORIAL DAY COOKOUT**

- Free for all Hermitage Residents!
  - Join us on the Patio for a cookout!

- Monday, May 27th at 12:00 PM on the Patio
  - Independent Living Residents: Please RSVP to the Front Desk if you plan on attending this event.
Immediate Dining Assistance 767-6825
Dining Director
Chef
Executive Director
Business Office Director
Sales & Marketing Director
Sales Counselor
Social Services
Environmental Services Director
Director of Nursing
Lifestyles & Wellness Director
Chaplain
Front Lobby
Lead Concierge
Beauty Salon
Transportation
Lifestyles & Wellness Office
Assistant Director of Nursing
Assisted Living Clinical Leader
Assisted Living Nurses Station
Rehab Department (PT, OT, ST)
Dogwood Nurses Station

Michael Steptoe, 767-6823 (Out on Leave)
Brison Bonds, Chef, 767-6824
James Stovall, NHA, 767-6810
Kristen Testerman, 767-6804
Patti Beckley, 767-6815
Christine Thompson, 767-6818
Mary Craddock, MSW, 767-6803
Barry Perkins, 767-6820
Amanda Long, 767-6833
Sam Swanberg, 767-6813 (Maternity Leave)
Rev. Joe Cobb, 767-6883
Margie Lindsey, 767-6800
Stephanie Jackson, 767-6801
767-6806
Michael DeHaven, 520-9716
Charnice White, Mark Davis, 767-6819
767-6829
Dainette Glover, 767-6881
767-6811
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767-6816
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<th>SUN</th>
<th>MON</th>
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<tr>
<td><strong>Types of Activities offered</strong></td>
<td><strong>OU-Outdoor</strong></td>
<td><strong>Source</strong></td>
<td><strong>Creve Coeur</strong></td>
<td><strong>Heritage Fishing Rodeo (B)</strong></td>
<td><strong>10:30 YMCA (B)</strong></td>
<td><strong>10:00 Cool Coloring! (AR)</strong></td>
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<td><strong>NA-Natural world</strong></td>
<td><strong>PR-Productive</strong></td>
<td><strong>Fishing</strong></td>
<td><strong>Cookbook Club (IL Parking Lot)</strong></td>
<td><strong>10:00 Exercise Group with Melody (AR)</strong></td>
<td><strong>8:30 YMCA (B)</strong></td>
<td><strong>10:00 Exercise with Melody (Channel 1960)</strong></td>
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<td><strong>SO-Social</strong></td>
<td><strong>SE-Sensory</strong></td>
<td><strong>Movie</strong></td>
<td><strong>Music Club Performance! (VR)</strong></td>
<td><strong>10:30 Thursday Morning Music Club Performance! (VR)</strong></td>
<td><strong>8:30 YMCA (B)</strong></td>
<td><strong>10:20 Exercise with Melody (Channel 1960)</strong></td>
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<tr>
<td><strong>CO-Cognitive</strong></td>
<td><strong>RE-Refective</strong></td>
<td><strong>13:00 Mocktail Margaritas! (P)</strong></td>
<td><strong>Sleep Well Lecture (AR)</strong></td>
<td><strong>3:00 Saloon Museum Presentation: Civil War (AR)</strong></td>
<td><strong>10:00 Exercise Group with Melody (Channel 1960)</strong></td>
<td><strong>2:00 Electronics Class (AR)</strong></td>
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<td><strong>PH-Physical</strong></td>
<td><strong>2:35 Vespers with Communion (Channel 1960 &amp; Assembly Room)</strong></td>
<td><strong>3:00 Who, Where, What? (Ro)</strong></td>
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<td><strong>1:30 Mocktail Margaritas! (P)</strong></td>
<td><strong>2:35 Vespers (Channel 1960 &amp; Assembly Room)</strong></td>
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<td><strong>4:15 Dinner Out: Ichiban Japanese Steakhouse (AR)</strong></td>
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<td><strong>2:30 Vespers (Channel 1960 &amp; Assembly Room)</strong></td>
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<td><strong>4:00 30 Minute Seated Disco Exercise (Channel 1960)</strong></td>
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<td><strong>Mother's Day</strong></td>
<td><strong>HB Jerry John</strong></td>
<td><strong>11:00 Bonsack Senior Adult Choir! (VR)</strong></td>
<td><strong>1:10 Exercise Group with Melody (AR)</strong></td>
<td><strong>10:00 Exercise Group with Melody (AR)</strong></td>
<td><strong>10:30 Visits with Miss Yoko! (VR)</strong></td>
<td><strong>10:00 Hermitage Helping the Hungry (Fr)</strong></td>
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<td><strong>7:00 Instrumental Hymns (Channel 1960)</strong></td>
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<td><strong>1:30 Shop Lakeside (B)</strong></td>
<td><strong>1:30 Chocolate Bingo! (AR)</strong></td>
<td><strong>1:30 Chocolate Bingo! (AR)</strong></td>
<td><strong>1:30 Walk Group (FC)</strong></td>
<td><strong>10:20 Exercise with Melody (Channel 1960)</strong></td>
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<td><strong>2:00 Game Fest! (AR)</strong></td>
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<td><strong>2:00 Virtual Chair Yoga! (AR)</strong></td>
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<td><strong>13:00 Strawberry Festival with Leslie Brooks! (P)</strong></td>
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<td><strong>3:00 Yoga Class! (AR)</strong></td>
<td><strong>11:00 Bible Reading (AR)</strong></td>
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<td><strong>13:00 Honey Bee Outreach! (P)</strong></td>
<td><strong>3:00 Independent Word Searches Available (Ro)</strong></td>
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<td><strong>1:10 Exercise Group with Melody (AR)</strong></td>
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<td><strong>10:00 Playing Skip-Bo! (AR)</strong></td>
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<td><strong>10:20 Exercise with Melody (Channel 1960)</strong></td>
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<td><strong>HB Mary Bolotnick</strong></td>
<td><strong>HB Karen Bate</strong></td>
<td><strong>11:00 Croquet Tournament (Flagpole)</strong></td>
<td><strong>10:00 Memory Jogging with Michael! (AR)</strong></td>
<td><strong>10:00 Exercise Group with Melody (AR)</strong></td>
<td><strong>11:30 Strawberry Festival with Leslie Brooks! (P)</strong></td>
<td><strong>10:00 Playing Skip-Bo! (AR)</strong></td>
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<td><strong>7:00 Instrumental Hymns (Channel 1960)</strong></td>
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<td><strong>11:45 Updates &amp; tidbits (Channel 1960)</strong></td>
<td><strong>1:15 Walk Group (FC)</strong></td>
<td><strong>10:00 Exercise Group with Melody (AR)</strong></td>
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<td><strong>10:00 Exercise with Melody (Channel 1960)</strong></td>
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<td><strong>1:30 Lemonade in the Shade (P)</strong></td>
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<td><strong>11:30 Yoga Class! (AR)</strong></td>
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<td><strong>2:35 Vespers (Channel 1960 &amp; Assembly Room)</strong></td>
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<td><strong>14:00 Yoga Class! (AR)</strong></td>
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<tr>
<td><strong>Memorial Day</strong></td>
<td><strong>10:30 U.S. Army Concert Band</strong></td>
<td></td>
<td><strong>10:00 Garden Party! (Flagpole)</strong></td>
<td><strong>10:00 BBQ with Choir in the Shade (P)</strong></td>
<td><strong>10:00 Spa Day! (Ro)</strong></td>
<td><strong>10:00 Spa Day! (Ro)</strong></td>
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<tr>
<td><strong>7:00 Instrumental Hymns (Channel 1960)</strong></td>
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<td><strong>1:30 May flower Party with the Jazz Trios! (P)</strong></td>
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<td><strong>10:20 Exercise with Melody (Channel 1960)</strong></td>
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<td><strong>4:00 Word Puzzles Available! (Ro)</strong></td>
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<td><strong>2:00 Memory Jogging (AR)</strong></td>
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<td><strong>2:30 Suzanne &amp; Angel in the Salon (Beauty Shop)</strong></td>
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<td><strong>4:00 30 Minute Seated Disco Exercise (Channel 1960)</strong></td>
</tr>
</tbody>
</table>

**May 2024**

Independent Living

**Hermitage**

**Roanoke**

**Location Key**

- AR - Assembly Room
- B - Bus
- DWL - Dogwood Lane
- FR - Florida Room
- FC - Front Canopy
- FC - GMUIC BUS
- P - PARLOR
- P - Chapel
- Ro - Rotunda
- VR - Virginia Room